

One challenge every month
The Driver takes the challenge, the Passengers enforce the rules

Mindful Driving Challenge for August Hi Hello Wave

*Your mindful driving challenge for August is to wave at every person you see
who is shorter than your car.*

Humans are hardwired to focus on immediate threats. The delivery truck blocking the road, the motorcycle weaving in and out of traffic: our brains instinctively register these as threats while we're driving and bring those into focus. Two 50-pound children walking home from school are not a threat to a 2000-pound car. So our brains dismiss them unless we're consciously looking for them. And even when we're looking for them, it can be hard to see someone whose head is lower than our car windows. This month, as you return to the school routine, we challenge you to consciously look for and wave Hi Hello to everyone you see whose head doesn't reach above the roof of your car!

These Challenges are brought to you by the Cupertino Safe Routes to School Program. Check out Cupertino's [Back to School page](#) for tips and resources on getting to school safely.

