

ACTIVITY - FOCUS OR FAIL

Why: This activity is designed to demonstrate the effects of distraction on the ability to complete a task. It is a great way to start a discussion about the importance of staying focused while driving.

HOW TO RUN THIS ACTIVITY

Create an obstacle course and time people completing the course, then have them repeat the same course but doing it while they simultaneously complete a complex task (such as typing out a text). The idea is to demonstrate how distractions affect reaction times and accuracy.

IDEAS OR THINGS TO CONSIDER

- Don't make the original course too simple, ensure it needs some concentration and coordination.
- Make sure that the additional task you add in the second time is complex enough to distract them, even just a little.
- Remember to follow up with students to reinforce the message behind the activity. You may like to give a talk in assembly or put a message in the school notices.