

# Activity Outline



**Activity Name: Fast and Furious**

## Principle:

Sober drivers

Safe speeds

No distractions

Avoiding risks

Driving to the conditions

Building experience

**Summary:** Challenge students to undertake a simple task under a 10 second limit (e.g. constructing a Jenga tower or painting a picture). The idea is that the time limit is impossible so it ends in a poor/messy result. Repeat the activity under a longer time limit to demonstrate how giving yourself more time can mean a better result.

## Current Available Resources:

There are free resources available on the SADD website to support your activity such as posters that can be used for advertising and stickers and conversation cards to give out to participants.

## Notes:

You could make the task competitive by having two or more running alongside each other simultaneously.

Use Facebook and school notices to promote the activity.

Hold an assembly following the activity to reinforce the message and ensure everyone understands the learning behind it.

You could approach local businesses about sponsoring spot prizes for the event or purchase SADD merchandise from the website.