

# DISTRACTIONS AND YOUR BRAIN

Students will explore the impact distractions have on driving by first understanding how the brain processes distractions.

They will also learn about the brain's limitations in multitasking and the importance of staying focused behind the wheel.

## Instructions for the Lesson:

### 1. WATCH THE VIDEO

Start by playing the video [What Does a Distracted Brain Look Like?](#) Have students pay attention to how the brain handles multiple tasks and why it's difficult to concentrate on more than one thing at a time.

### 2. DISCUSS DISTRACTIONS

After watching the video, lead a class discussion about common distractions that drivers face. Ask students what they think happens to a driver's ability to focus when they are texting, talking on the phone, or eating while driving. How could these distractions impact driving performance?

### 3. PLAY THE DRIVING GAME

Have students play the Fast Focus driving game. The objective is to follow driving instructions while dealing with various distractions simulated in the game. Encourage students to observe and note how the distractions impact their performance.

### 4. WORKSHEET ACTIVITY

Hand out the worksheet for students to complete.

### 5. SHARE AND DISCUSS

Have students share their storyboard ideas in pairs or small groups. Then, bring the class together for a broader discussion about what they learned. Discuss how understanding these distractions might change their behavior or influence their decisions in the future.



## Time Required:

30-40 minutes

## Materials

- Video: [What Does a Distracted Brain Look Like?](#)
- Fast Focus driving game
- Worksheet: [Create Your Own Storyboard](#)
- Paper and pencils for notes

## Objective:

Students will understand the dangers of distractions while driving and recognize how these distractions can lead to serious consequences. They will also learn about the brain's limitations in multitasking and the importance of staying focused behind the wheel.

## Elevate Your Lesson:

Here are some ideas for ways to expand this lesson:

**Data Analysis:** Provide statistics on distracted-driving accidents and have students create a visual representation (graph, chart, etc.) of the data.

# CREATE YOUR OWN STORYBOARD

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Define Your Message

What is the main message of your TikTok or video about distractions and driving?  
(Example: "Even a quick glance at your phone can lead to a crash!")



My message: \_\_\_\_\_

## Visualize Your Story

Create a storyboard for your TikTok or video. Use the boxes below to sketch out each scene or shot. Include a brief description of what's happening, any text or dialogue, and the type of visuals you plan to use.

Set the Stage

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Introduce the Distraction

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The Consequence

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The Message

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Final Touches

What sound or music will you use to enhance your TikTok or video? \_\_\_\_\_  
\_\_\_\_\_

My music choice: \_\_\_\_\_

Any hashtags or captions you'll include? \_\_\_\_\_