

Module 5: Lesson Plan Details

DANGERS OF DISTRACTION



1

Discussion 1

FOCUS & DISTRACTION

Today we are going to talk about what distraction is and how it can affect peoples safety while walking, biking and driving.

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Q Who can tell me what "focus" means?

A *Paying attention to something.*

We focus all day long – in school, when doing our homework, even when watching television we are focusing!

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Q Who can tell me what a distractions is?

A *A thing that prevents someone from giving full attention or focus to something else.*

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Give an example of something that might distract you throughout your day?

Have students list a few things that distract



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Q What does a distraction do to your focus?

A *It takes your focus and full attention away.*

This video will show us a bit more about how distraction affects our safety when we are out walking.

2

Video

WATCH VIDEO 5: DANGERS OF DISTRACTION





Now we are going to play a little game to teach you about focus and distraction. There are several ways you can run this activity. The key is to give all students a task that they need to focus on for 5 minutes. The key is to have them do the task twice – once without distraction and once with it and then they will compare how far they got along in the task each time.

Suggested activities

Completing a small puzzle (i.e., 24 pieces) and noting how many pieces they got in a 5 minute time frame

Reading pages from a book and noting how many pages/paragraphs they read in 5 minutes

Completing a page of math problems and noting how many they complete in 5 minutes

Copying a drawing

Writing out a list of words

Doing a simple word search



record how far along they got in the task (i.e., solved 9 of 12 math problems, read 6 pages of the book, completed the drawing).

2. Have the students start the second similar task. This time play music while they are completing their tasks and every 20-30 seconds have them:

Stop and get up and walk around their desk (the time it would take to look at a text message on their phone)

Sing with the music

Stop and tell the person next to them what their food is

Stop and look around in their pockets, desk, bag for something that is white



Keep distracting them every 20-30 seconds until 5 minutes is up. Have them all stop and have a discussion.

Make sure that the first and second task are similar in scope but not exactly the same (i.e., change up the words they are writing or searching for in the word search each time, change up the math problems slightly, have them start reading from a different spot in the book. This will prevent them from being quicker the second time around just because they already completed the task.

1. First have the students complete their first task in total silence and time them using a timer. Instruct the group that you are giving them 5 minutes to complete the task but if they do it quicker than that they should put up their hands but stay silent. Once 5 minutes is up, have everyone stop and





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How far along did you get with your task this time? Did you finish it or not get as far as the first time?

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Q What was I doing the second time you were completing your task?

A *Distracting us.*

Explain here how getting up and walking around their desk takes about the same amount of time that they would take to read a message on their phone, listening/singing to music while in the car or walking, talking on the phone or with a friend while walking, looking for something while in the car or walking etc.

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Q Why do you think the distraction caused you to complete the task more slowly the second time?

A *Kept taking our focus away.*

This is what distractions do to your focus. They slow your senses, brain and reaction time down and they make it harder to focus on the task at hand. They also make you react slower to unexpected things you might encounter in your environment.

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Q What are some things that could distract you as a pedestrian?

Have them come up with a few examples.

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Q What can you do to be safe from distractions while walking?

Have them come up with a few examples. (i.e., put away books/mobile devices, take off head phones, keep attention on surroundings.)

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Q What can you do to be safe while walking near distracted drivers?

Have them come up with a few examples. (i.e., making eye contact, being visible, giving drivers lots of time to see them before they cross, ensure driver is slowing down before they cross the street.)

Wrap up and ask if anyone has any questions or feedback.

