

Road trip



Personal safety and self-defence



20 mins



Challenge yourself



Distraction



Aim of activity

Imagine bumping into a lamp post – or worse – while looking at your phone. At best it would be a bit embarrassing, at worst you could get hurt. Remind each other how easily you can be distracted when out and about with this activity.

What you'll get out of it

- Improve your spatial awareness
- Recognise distractions

What you'll need

- Hooded jacket or sunglasses (something to obscure vision)
- Headphones
- A calculator
- Portable music player
- 3 sheets of coloured paper (1 red, 1 orange, 1 green)
- A timer
- A pen
- Scrap paper
- At least 5 or 6 objects to become obstacles – for example, hula hoops, upturned buckets or a table to climb under



WE DISCOVER, WE GROW

Girlguiding



Try it this way

If you have a large unit, you can set up two obstacle courses and try one with the 'distractions' and one without. Then compare your results!

1 What to do

Set up an obstacle course as a group, and agree what you have to do and in what order. The idea is to create something like a busy street.

2 Choose a Guide to be a 'Pedestrian'. She's going to complete the course while 'texting' on the calculator – and to make it harder, she'll be listening to music while wearing a hood or sunglasses. She waits at the beginning of the course.

Top tip

You could use a real phone to text on if you don't have a calculator, but be extra careful not to drop it!

3 Choose a Guide to be the 'Traffic Light'. She stands at the other end of the course with the coloured paper, holding one sheet up at a time – which she then changes when she wants. She counts how many times she holds up red.

4 Choose another Guide to be the 'Timekeeper': she has the timer ready to time the Pedestrian.

5 Everyone else? You're the 'Cars'. Get ready to move in straight lines across the obstacle course, in front of the Pedestrian.

6 When the Timekeeper calls 'Go!', everyone starts moving through the obstacle course. The Pedestrian has to move while pretending to text on the calculator (typing her date of birth and age over and over). At the same time, she has to count how many times the Traffic Light turns red.

7 When the Pedestrian gets to the end, the Timekeeper stops the clock.

Now the Pedestrian says how many times the light was red. Is she right? Add a penalty of one extra second for every missed red light, and note down her name and time (including penalties).

8 Keep playing until everyone's had a go as the Pedestrian. Swap around the Traffic Light and the Timekeeper too.

9 Talk as a unit about what you've seen – what difference do distractions make? What should you do to stay safe crossing real roads?

10 Let the two Guides with the longest times have another go – this time without texting or wearing the distracting items. Do they get better times?