

Original October

overview

Theme

Try something new.

Initiative

Going into the last few months of the year, you might be pretty settled into your routines. This October, get original and **shake** things up by trying something new.

Although October is known as a spooky month, we're feeling optimistic this year that the TLLM family won't engage in scary behavior. Take care of yourself and others by encouraging digital wellness and distraction-free driving!

driving activity

Phone-Free Movie Night

Objective

Students will plan a phone-free movie night.

Overview

October is perfect for watching movies with friends. Although it's Halloween season, it doesn't have to be a horror movie. At this time of year, the chillier weather outside makes it much more fun to have a relaxing night in and cozy up with a great movie. An easy way to make a movie even better is to make it phone-free! Without phones you'll focus more on the movie and being with the people around you.

Introduction

- Discuss the benefits of phone-free time with students.
- What does it mean to them to have quality time with friends?
- Pick a movie together, preferably one that most people haven't seen.
- If it's a new watching experience, it will be easier to stay off phones!

Activity

Have a phone-free movie night.

- Have a basket where everyone puts their phones during the movie.
- Try to bring fun snacks! This is another way to keep people from missing their phones.
- If you can't have a movie night as a group, encourage students to go home and have a phone-free screening with their family or a different group of friends.

wellness activity

New Friend Lunch

Objective

Students will plan a “New Friend Lunch” at their school, pairing drivers with non-drivers.

Overview

This month we’re focused on trying something new – like making new friends! New friends are great, and they often come with novel perspectives and advice. Students often have an easier time learning and discussing topics with peers, so it’s time to apply that idea to driving. National Teen Driver Safety Week is in October, and who better to talk to teens about safe driving than other teens.

Introduction

- Have students make a new friend while also creating the opportunity for more experienced drivers to share advice with others who will be driving soon, or who maybe just started.
- Figure out the best time to do it.
- Sometimes upperclassmen and underclassmen don’t share the same lunch periods – find a solution that will allow drivers and non-drivers to interact.
- Decide what the incentive will be.
- Sweet treats? Gift card raffle? The possibilities are endless.
- Decide how you will be pairing drivers and non-drivers (consider doing groups as well, if that makes people more comfortable).
- Different colored wristbands, then people get to choose someone with the opposite bracelet to eat lunch with.
- Randomize it.

Activity

Host a New Friend Lunch!

- Come up with a list of talking point ideas.
- The conversations don’t have to be exclusively about driving, but driving advice should be one of the goals.