



Monthly Initiatives to End Distracted Driving and Promote Digital Wellness

driving activities • wellness activities





SADD Program Guide

Introduction

The GetLiving 2023 SADD Program Guide is formatted by month.

Each month includes 3 pages:

overview

Monthly theme and initiative.

driving activity

Monthly activity to encourage digital wellness.

wellness activity

Monthly activity to promote attentive driving.

Additional resources can be found in the appendix. Contact cat@textlesslivemore.org with any questions or inquiries.



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Jet Into January

overview

Theme

New Year, New Goals

Initiative

Let's set goals for the year. Your resolutions should be **realistic** and **measurable**; think of things you can actually accomplish and that you can track and check in with over time.

If you spend six hours on your phone each day, maybe set a goal to only be on it for five hours. If you're bad about changing music while you drive, resolve to not mess with your playlists behind the wheel.

driving activity

Driving Resolution

Objective

Students will set a New Year's Resolution for driving safely.

Overview

Start the New Year off by setting achievable goals. Focus your energy on driving better, for yourself and those around you. There are many different types of distracted driving – you might partake in some of them. Let's fix that.

Introduction

- Go over the three types of distracted driving (Cognitive, Visual, Manual).
- Have students discuss common distracted driving causes and sort them into the correct category.
- Students can brainstorm distracted driving actions and say which category it belongs in.
- You can present them a list of distracted driving actions and then have students sort the actions into categories. Some actions can be in multiple categories!

Activity

Write a resolution addressing one or two distracted driving actions you often partake in.

- Goals should be achievable.
- Focus on what is actually an issue for them – no need to fix what isn't broken.
- Collect resolutions and keep them in a safe place to hand back out later.
- Examples:
 - If a student is always running late for school, they're probably stressed while driving. A good resolution would be for them to decide on a correct time to leave every morning, and really commit to leaving at that time.
 - Most importantly: most people text and drive. The best resolution a student can make is to not text and drive at ALL. An achievable goal would be to have them turn on the Focus feature of their phones, or to create a pre-driving routine, such as turning on music, checking maps, and putting the phone in their glove box.

wellness activity

Digital Wellness Resolution

Objective

Students will set a New Year's Resolution to improve their digital wellness.

Overview

Start the New Year off by setting achievable goals. Focus your energy on breaking your phone addiction and forming healthy technology habits. Many of us struggle with an overuse of our phones, but that doesn't mean we can't get better. By improving our digital wellness, we expand our opportunities to enjoy life and be more present every day.

Introduction

- Ask students about their phone habits:
- Which social media platforms do they use?
- How often do they use them?
- How do they feel about the amount of time they spend on the phone?
- Discuss the effects of phone usage.

Activity

Write a resolution addressing one or two poor digital practices you often partake in.

- Goals should be achievable.
- Focus on what is actually an issue for them – no need to fix what isn't broken.
- Collect resolutions and keep them in a safe place to hand back out later.
- Examples:
 - Using your phone's screen time tracking, figure out which app takes up the most time. Put a time limit on that app.
 - Choose an hour each day that will be completely phone free. Try to maintain the same time every day.
 - Fully delete an app that takes up too much time. Choose to use it exclusively on your computer, making it more difficult than just having it on your phone.

Find Gratitude February

overview

Theme

Show love through gratitude.

Initiative

February is about all kinds of love, not just of the romantic kind. One of the best ways to show love for others and yourself is through gratitude.

Go through this month with gratitude in mind. Try to think of at least one thing you're grateful for every day and either **write it down** or **share it** with someone you love. Choose to be grateful for your health and safety.

driving activity

Thanking Attentive Drivers

Objective

Students will write and give thank-you notes to three good drivers.

Overview

February is all about showing appreciation, and there's a lot to appreciate about safe driving. Feeling comfortable in a car is invaluable. Good driving is rarely discussed, since many programs focus on dangerous habits. Show some love to the attentive drivers in your life by writing them thank-you notes.

Introduction

- Talk with young people about good driving habits (wearing seatbelts, not texting, keeping eyes on the road, etc).
- Pinpoint people in their lives who should be good driving examples (parents, bus drivers, older siblings, etc).
- Discuss why it's important to recognize safe driving.

Introduction

Write Thank-You notes for safe drivers.

- Students identify three safe drivers they personally know, such as parents, bus drivers, or friends.
- Students write three thank-you notes, one for each of the safe drivers they identified.
- Actually give the recipients the notes!
- Students can use the printable thank-you cards we have included in the appendix, or make their own.
- Notes should include specific driving habits the students appreciate, and why they appreciate them.
- We suggest writing three notes, but feel free to write more!

wellness activity

Gratitude List

Objective

Students will write a list of 50 (or 100) things they are grateful for.

Overview

Gratitude is an important part of Living More. Expressing and thinking about gratitude has been scientifically proven to increase optimism and positivity in individuals. When we are happy, we experience life through a different framework than we do during difficult times. Gratitude is an easy way to make each day better.

Introduction

- Talk about why gratitude is important.
- Potentially have students research the effects of gratitude on our wellbeing.

Activity

Write a gratitude list.

- Students can use the gratitude list template we have included in the appendix, or use any piece of paper.
- They can write down big or small things, whatever they think of.
- Extra: If you want to make this a school-wide event, you just need some markers/pens and sticky notes or a poster:
- Students can set up a station at the front of the school where people can write their own gratitude lists/items.
- Find a place to display the notes/poster so that everyone can be reminded of the good things in their lives.

Mindfulness March

overview

Theme

Be in the moment.

Initiative

To be mindful is to be in the present moment. Mindfulness is about observing your feelings and thoughts **without judgment**, and trying not to stress about the future. Mindfulness is a good addition to the gratitude practices we worked on last month.

Practice mindfulness this month. Really focus on being in the present, being aware of what is happening around you in the moment. Focus on making great choices about your driving and phone habits.

driving activity

National Day of Unplugging

Objective

Students will take part in the National Day of Unplugging.

Objective

Sundown to sundown March 3-4, 2023 is the 14th National Day of Unplugging. From the NDU website,

“National Day of Unplugging is an awareness campaign that promotes a 24-hour respite from technology annually observed the first weekend in March. For more than a decade, schools, religious institutions and businesses have used our resources to inspire healthy life/tech balance within their communities. Participation is open to anyone who wishes to elevate human connection over digital engagement.”

Introduction

- Prepare for NDU.
- Talk about why unplugging from your phone is so important.
- Discuss ways students can realistically unplug (print off directions for places they plan on going that day, tell friends and family ahead of time that they will be away from their phones, etc).
- Unplug with a group and plan a day of phone-free activities.
- Make a list of valid reasons why they might need to use their phones during NDU.

Activity

Participate in National Day of Unplugging!

- Have students write down some thoughts during NDU:
- How does unplugging feel?
- Did they feel like they needed their phone during this time?
- Was 24 hours phone-free a realistic goal?
- Next time you meet iwth students, talk about their experiences on NDU.

wellness activity

Mindful Driving

Objective

Students will practice mindfulness during their drive to school.

Overview

Driving to school, especially during traffic, can be frustrating and monotonous. It's natural to want to tune it out with music or podcasts. But commutes are also a great time to practice mindfulness – the practice of living in the moment and being fully aware of your environment. Being mindful means being less distracted, which means safer driving.

Introduction

- Discuss what mindfulness is with students.
- If you have time, lead them through a short mindfulness meditation to show them how nice practicing mindfulness can be.
- Have them choose which mindfulness driving activity they will be testing.

Activity

Practice a mindfulness driving technique for a week.

- Ask students to record some of their thoughts.
- Students can obviously practice mindfulness whenever they want, but for this activity they should focus on a particular time of day – driving to school is a good one.

Distracted Driving Awareness Month

overview

Theme

Think of yourself. Think of others.

Initiative

April is an important month for TLLM. Ending distracted driving is our mission.

Focus on your driving habits this month. Think about how your actions affect those around you, as well as yourself. There is no such thing as a good distracted driver, only a lucky distracted driver. The goal that runs through this entire campaign is, of course, to **commit to staying off your phone while driving.**

driving activity

Pledge to Never Drive Distracted

Objective

Students will hold a pledge drive at their school.

Overview

Every April is Distracted Driving Awareness Month. This is an important time for TextLess Live More's mission to end distracted driving. The CDC states that more than 3,000 people die each year from texting and driving and other distracted driving behaviors. According to [Drivesafeonline.org](https://www.drivesafeonline.org), "texting while driving has the same effect on your driving reaction time as if you had consumed four beers in a single hour." It's critical to start safe driving habits at a younger age to ensure you will be dedicated to safe driving for life.

Introduction

- Talk about distracted driving statistics with students.
- Discuss how they realistically affect people's lives. Statistics aren't just numbers.
- If students have a better understanding of distracted driving facts, they'll be able to communicate them to their peers more effectively.

Activity

Hold a pledge drive at your school.

- Hold the drive during the best time – lunches are often ideal.
- Have students cover the table, encouraging their peers to sign the pledge.
- Have students sign a TLLM banner or a big poster – make sure it says "I pledge to not text and drive" somewhere on the banner.
- Need a banner? Let us know!
- If you have the resources, offer an incentive to anyone who signs.
- We usually give out the classic blue TLLM bracelets.
- You could give out cookies or sweets.
- If you can, share over the school announcements how the drive went – how many people signed, and where you will hang the banner, etc.

wellness activity

Earth Day Nature Walk

Objective

Students will go on a phone-free nature walk.

Overview

TextLess Live More encourages everyone to spend more time outside in their pursuit of Living More. Earth Day is a great day to celebrate the outdoors and all the ways it can help us disconnect from technology, and reconnect with the world and people around us.

Introduction

- Discuss what Earth Day is and the history of Earth Day.
- Discuss what Earth Day means to students.
- Plan your group walking route, or the students' individual walking routes.

Activity

Take a phone-free nature walk to celebrate Earth Day!

- Aim for at least 30 minutes.
- Have students put their phones on Do Not Disturb mode.
- Go together as a group, or have students do it on their own time.
- Extra: if possible, plant a new tree on your school's campus!

Memorable May

overview

Theme

Make new memories.

Initiative

Make memories this month! It's always easier to GetLiving when the weather is nice and the sun is out. Try new things, get together with friends, and spend time with family. **Enjoy** the end of spring and get excited for summer. Make sure you are keeping yourself and others safe during your adventures.

driving activity

Spring Car Cleaning

Objective

Students will plan a school or chapter-wide event encouraging people to clean their cars.

Overview

Making memories often means driving friends around and you don't want trash and clutter taking up space and causing distractions. By keeping your car clean, you're more likely to respect the space – and having more respect for your car leads to safer driving. It's easy to let car litter get out of control, especially when you're busy with school, extracurriculars, and jobs. Setting aside time just for cleaning (maybe with friends!) makes the chore a lot more effective and fun.

Introduction

- Discuss why cleaning your car leads to safer driving.
- Decide if you want it to be only your chapter or if you want it to be a school-wide event.
- If it is school-wide, make sure you get approval from the administration.
- Gather materials necessary for cleaning a car (trash/recycle bags, cleaning wipes, vacuums if possible).

Activity

Have a car-cleaning party during a planned 30 minute period.

- Advertise! Make posters and hang them around the school, telling other students what, when, and why.
- Have your chapter students walk around with trash bags for other students.
- Create a fun contest (have participating students tell your chapter about the wildest thing they found in their car).
- Play music!
- Extra: have a raffle for a gift card.
- Person who wins the raffle (they must participate in the car cleaning party to win) gets a gift card.

wellness activity

Spring Phone Cleaning

Objective

Students will delete unnecessary apps from their phones.

Overview

For many students, May means the end of school. Students may be stressed with finals, or are preparing for the summer break after finals are over. Either way, it's a good time to clean out your phone. We've all downloaded unnecessary apps at one point or another, and many of them are just sitting and taking up storage space. We can also take this activity literally: physically clean the phones as well! Our devices are one of the biggest places for germs and bacteria to collect. Go into the summer with a clean phone and a fresh start.

Introduction

- Discuss why phone cleaning can be helpful – both with apps and with physical cleaning.
- Use this opportunity to challenge students to clean out apps they might use a lot but want to use less (like social media).

Activity

Delete apps you don't use (and some that you use too much), along with physically cleaning the surface of your phone.

- Have students set a goal ahead of time: aim for deleting 5-10 apps, depending on how many the student already has.
- Have cleaning supplies available for students to physically clean their phones, like wipes or glass cleaners. Make sure the students don't damage their phones during the cleaning process.

Jump In June

overview

Theme

Reconnect with yourself and nature.

Initiative

June is National Great Outdoors Month! Summer is here, let's make the most of it by Living More. Strive to **spend time outside** and off your phone.

Enjoy the summer weather by going outside and being active. Remember to drive safely on the way to your destinations!

driving activity

Halfway Point Reflection

Objective

Students will make a plan to accomplish a goal, OR students will accomplish a goal.

Overview

June marks the halfway-point in the year, making it the perfect time to stop and reflect. Checking in on goal progress is an important aspect of accomplishing long-term challenges and commitments. With all we have going on in our day-to-day life, it's often difficult to maintain momentum with our objectives. Taking time to reconnect and remember why you set the goals in the first place is a great way to get back on track.

Introduction

- Give students the resolutions they made at the beginning of the year.
- They should read them, reflect, and come to the activity with some thoughts and ideas regarding the progress they've made so far.

Activity

Write out a plan to accomplish a goal.

- Plans should be concrete and doable, similar to the resolutions.
- This can be a plan for completing one specific goal as part of a resolution.
- Examples:
 - Resolution/goal: Get in better shape – be able to do a three-minute plank.
 - Plan: decide when you want to accomplish this goal.
 - Map out a day by day or week by week step system to help you get to the end.

wellness activity

Make a Summer-Specific Resolution

Objective

Students will set a summer-specific goal (hopefully about the outdoors).

Overview

For many students, summer is like a mini New Year – school is out and their summer activities can begin. The school year can be stressful, and it's understandable to want to relax, but it's also important not to squander the opportunity for new adventures. June is the perfect time to plan a summer resolution so you make the most of your time away from school.

Introduction

- Have students write down all their time commitments for the summer.
- Discuss why setting goals is important for growth.

Activity

Create a realistic, summer-specific resolution.

- Goals should be achievable.
- Aim to have the goal be unrelated to their normal summer commitments – try a new sport or activity instead of practicing more for the one they are already a part of.

Just Unplug July

overview

Theme

Literally **Text Less** and **Live More**.

Initiative

It's the height of summer and a big month for TLLM. Join us in observing **TextLess Live More Day** on July 3rd, then choose **Digital Independence** on July 4th.

Focus on other activities instead of using your phone. It's summer – get outside and live your life! Check out summer concerts in your area, farmers markets, or festivals. Remember why we encourage a healthy relationship with your phone: to make it easier to drive without distraction!

Just Unplug July

Objective

Students will participate in an unplugging challenge.

Initiative

TLLM's mission is twofold: **ending distracted driving** and **promoting digital wellness**. We believe that if we break the addiction to our phones, we won't be as tempted to use our phones on the road and distracted driving will decrease exponentially. Living More is all about stepping away from technology. In July, we want you to do exactly that.

Introduction

- Present the two unplugging challenges: **TextLess Live More Day** and **Digital Independence Day**.
- Show TLLM's "Merritt & The Blue Chair" video.
- Reflect on why unplugging is important.
- Write down some thoughts – you'll be more likely to succeed at unplugging if you take the challenge seriously.

Activity

Unplug for **TextLess Live More Day**, **Digital Independence Day**, or both!

Just Unplug July

textless live more day

TextLess Live More Day is **July 3rd**, a day we remember Merritt Levitan, who lost her life because of a distracted driver and who is the inspiration behind TLLM. Join us in unplugging to honor Merritt.

- Unplug for at least 3 hours.
- Do something fun with someone you love and care about.
- Tell at least one person about TLLM.

digital independence day

Celebrate **July 4th** by staying off your phone.

- Turn your phone off for one **FOURTH** of the hours you are awake. For most people, that's four hours per day. You can space the hours out and turn your phone off for four one-hour chunks, two two-hour chunks, or designate a period of four hours phone-free – however you like!
- Only check your phone every four hours.
- Feeling like you want a real challenge? Take the Fireworks Challenge, and only check your phone after the fireworks you watch in the evening end.

Anchored August

overview

Theme

Take care of yourself.

Initiative

August is National Wellness Month. We're well into the second half of the year, and for many people August is the beginning of a busy period. Take some time to collect yourself and set the rest of your year up for success by checking in with your personal wellness.

Use this month to regain some **balance** in your life. **Anchor** yourself to things that bring you joy and happiness.

driving activity

Driving Playlist

Objective

Students will create a go-to music playlist.

Overview

We love music! Music is important. But it can also be distracting. When you're on the road and looking to curate the perfect vibe, it's easy to take your eyes off the road and your hand off the steering wheel to mess with your music app. This is an example of distracted driving, and it's extremely dangerous to yourself and others. If you have a go-to playlist set aside specifically for driving, it stops you from fiddling with your phone while behind the wheel.

Introduction

- Discuss what a driving playlist is and why it's important.
- When the playlist is on, they are not touching their phones.
- Start the playlist before they begin driving.
- Students should know which platform they want to use to create the driving playlist (Spotify, Apple, SoundCloud).

Activity

Create a driving playlist.

- Have students collaborate with each other – it's fun to share and find new songs.
- Share their finished playlists with one-another.
- Have students aim for “no skips” so they truly don't have to touch their phones while driving.
- Playlists can be as long as they want, but aim for at least an hour so there is enough variety.

wellness activity

Hydration Nation

Objective

Students will set a hydration goal for a week.

Overview

Water is SO IMPORTANT. Drinking more water is one of the easiest ways to improve your health. Water effects your cognition, energy, and overall well-being. Most people are chronically dehydrated, but there's an easy solution: drink more water! Committing to a regular hydration goal will have noticeable positive effects. Hydration affects everything.

Introduction

- Discuss the importance of hydration with students.
- Talk to them about why water is the superior option compared to other drinks, such as sodas, tea or coffee, and juice.
- Most liquids are better than nothing, but water is definitely the goal!
- Have each student set a hydration goal for the week.
- Make sure the goal is realistic. It shouldn't be too much or too little.
- Coming up with a personalized goal should be different for each person – optimal water intake depends on activity level, diet quality, age, and many other characteristics.
- To make this an easier activity, set the same goal for each student, maybe 8-10 cups a day.

Activity

Set a hydration goal for the week.

- This can be an exclusively individual challenge for each of the students, OR you can make it a competition of some sort.
- If possible, have some sort of prize for students who reach their goal each day.
- Discuss with students if they feel any better after making hydration a focus.

Self-Improvement September

overview

Theme

Focus on growth.

Initiative

Last month was all about re-centering yourself, now it's time to build on that by organizing and bettering yourself.

Reflect on some aspects of your life that you aren't completely satisfied with. How can you make it better? There are always doable improvements to be made. As always, we encourage you to better yourself by improving your relationship to your phone so you can drive safer!

driving activity

Driving Checklist

Objective

Students will make a driving checklist to put in their cars.

Overview

It's vital to treat driving with respect and keep ourselves and passengers as safe as possible in a car. When we're in a hurry, it's easy to forget steps that make our drives safer, like buckling up or putting your phone away. Making a driving checklist and displaying it in a highly visible spot so you see it every time you're in your car helps you focus and drive safely.

Introduction

- Discuss timing with students.
- How long does it take them to get to and from school? To practices or clubs?
- How long do they give themselves to get ready in the morning?
- How often do they feel rushed?
- Discuss and have students honestly evaluate their driving preparation habits.

Activity

Make a driving checklist to put in your car.

- As a group, have students brainstorm action items for the list.
- Examples: putting on a seatbelt, setting up directions and music before driving, sending last minute messages, putting their phone away.
- Have students design lists they can pass out to others in their school.
- Alternatively, have them pass out our TLLM cards.
- Students should actually put the lists in their cars, somewhere they will see it (on dashboard, by gear shifter, etc).
- Extra: if you are able, laminate the lists and give each student a dry-erase marker. This way they can physically check things off.

wellness activity

Back-to-School Goal Setting

Objective

Students will set a goal for the new school year.

Overview

Starting a new school year can be exciting, nerve-wracking, and very busy! It's easy for your new organization techniques to get swept away by new classes, extracurriculars, and responsibilities. Each year we have things we want to improve on. That's why it's important to set new goals for yourself as you move forward in your education. Take this opportunity to improve one of your habits – especially about your phone usage!

Introduction

- Talk with students about bad habits they might have.
- Bonus points if you discuss technology and phone use with them!
- Discuss why these habits might be harmful:
 - What are their consequences?
 - How do they make students feel?

Activity

Set a goal for the new school year.

- Goals should be achievable.
- Focus on what is actually an issue for them – no need to fix what isn't broken.
- Examples:
 - Put the phone away while working on homework. If they're working on a longer assignment, schedule set breaks, and then time the breaks.
 - Commit to putting the phone down an hour before going to sleep – this actually improves quality of sleep!

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.

Go Cold Turkey November

overview

Theme

Break the addiction.

Initiative

The holiday season is officially upon us! The next couple months are filled with cold air and warm emotions. Make the most of your time with family and friends by **prioritizing your relationships**, not your phone.

Make a **commitment to lower your phone usage** this month. If you aren't addicted to your phone, you won't reach for it while you're behind the wheel.

driving activity

Go Cold Turkey for Thanksgiving

Objective

Students will spend the day off their phones, participating in TLLM's annual tradition.

Overview

Thanksgiving means something different to everyone, but the best way to approach the day is with gratitude. The holiday is about being thankful for the positive things in your life, like friends and family. Staying present in the moment with the people you care about is essential to Living More, and a great way to do this is by staying off your phone. Each year, Team TextLess Live More chooses to "Go Cold Turkey" from our phones for Thanksgiving Day.

Introduction

- Discuss what it is like to have uninterrupted time with family and friends.
- If the entire day seems unrealistic for any students, have them come up with alternatives that still allow them to participate in the unplugging event.
- Examples:
 - Stay off social media for the whole day, but can send texts
 - Stay off phone completely during dinner
 - Only use phone for pictures
- If students really want to challenge themselves, have them choose a friend or relative they can give their phone to for the whole day so they won't be tempted.

Activity

Go Cold Turkey and stay off your phone for Thanksgiving Day.

- Have students write down some thoughts about unplugging and staying in the moment.
- How does unplugging feel?
- Did they feel like they needed their phone during this time?
- Was this a realistic goal?
- Next time you meet with students, talk about their unplugging experiences during the holiday.

wellness activity

Sleep Challenge

Objective

Students will set a sleep goal for the week.

Overview

Sleep is one of the most important parts of our lives, and most of us don't get enough! Especially in high school, it can be difficult for students to make sleep a priority when they have so many other activities and responsibilities. Although it might be challenging, getting enough sleep makes a big difference. It helps with cognition, energy, and overall well-being (much like hydration!). It is also critical to preventing drowsy driving. The goal for this week is to set a sleep goal and to stick to it. See what a difference it makes!

Introduction

- Discuss the importance of sleep with students.
- Ask each student how much sleep they usually get.
- Have each student set a sleep goal for the week.
- Remember, they should be realistic.
- Each person has a different sleep need, make sure students account for that and listen to their own bodies!
- In general, though, high schoolers probably think they need less sleep than they actually do.

Activity

Make a sleep goal for the week.

- Have students keep track of how many hours they sleep each night.
- If possible, have prizes for students who hit their sleep goal.

Dazzling December

overview

Theme

Set yourself up for success.

Initiative

Can you believe it's the end of the year? You might be feeling tired and burnt out, but let's do some work to take care of ourselves and others. That way, you can head into the new year **re-energized** and excited about the future and **ready to dazzle**.

Set up yourself and those around you for success as we head into a new year, while reflecting on the present one.

driving activity

Winter Warmth Drive

Objective

Students will organize a drive for extra winter gear for people to put in their cars, and then to donate.

Overview

Winter can be a lot of fun, but cold temperatures can be dangerous. It's important to have extra warm clothing in your car in case something goes wrong and you get stranded somewhere. Although you may never use them, you'll be grateful if you ever need it.

Introduction

- Discuss why a cold-weather car kit is important to have, even if they think they won't ever use it.
- Decide how much effort you want to put into the drive – it can be as big or small as you want. It can be your chapter, your whole school, or get the community involved!
- If you're in a warmer state and not as concerned about life-threatening cold temperatures, consider reaching out to another SADD chapter in a different part of the country to work with them.
- Make sure to get approval from the school administration.
- Pick a time frame for the drive – a week is ideal.
- Advertise for it, make posters and announcements – get people excited and involved!

Activity

Hold a winter clothing drive.

- Have students bring in extra or old hats, gloves, scarves, and coats (ask people to wash things before bringing them in!)
- Make individual bundles, each containing a hat, a pair of gloves, and a scarf.
- Put hats, gloves, and scarves into separate bins.
- Make two stations at school: one for taking donations, one for giving them out.
- Give a set of warm items to anyone who needs one for their car.
- If you have extra items at the end of the drive, donate them to a local shelter!
- Keep track of how many donations you received and gave out, so you can let the school know the results of their efforts.

wellness activity

Holiday Quality Time Gift Exchange

Objective

Students will host a gift exchange for phone-free activities.

Overview

The holidays are for being with friends and loved ones but it's also a very busy time of year. This holiday season, make an effort to spend phone-free, distraction-free time with people who are important to you. This is much easier to do when you are doing something fun, and when you've set a date and time for it!

Introduction

- Talk with students about the importance of phone-free time.
- Have a brainstorm session for easy, realistic, and fun activities they can give each other or loved ones.

Activity

Give at least one person in your life a phone-free activity.

- Students should make a nice card to go with it, so they have something to physically give their recipient.
- The card should have details about the activity, time, and date, as well as making it clear that it will be phone-free time!
- You can do this within your chapter or have students do it for other friends and family.
- Examples:
 - Movie.
 - Walk.
 - Game night.
 - Group reading time.
 - Cooking a meal together.