

Sleep Shocker Activity

EASY



Planning Hours: 1

Event Hours: 2

Best Time to Conduct: Lunch

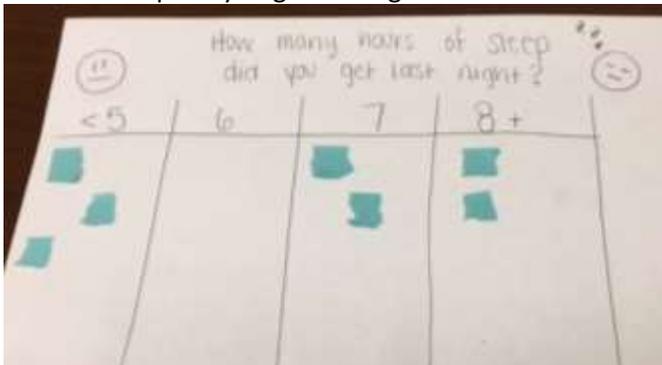
BRIEF DESCRIPTION OF EVENT – The TDS team will conduct a poll on how many hours their peers slept the night before. The results of the poll will be displayed in the hallway to show how many “drowsy drivers” are walking the halls.

Items Needed

- TDS volunteers in their TDS t-shirts
- Parchment paper or large poster board
- Markers
- post-its

Steps

1. During a meeting create the poll tallying board. Include the question at the top; “How many hours of sleep did you get last night?” See miniature sample in photo.



2. Decide on a day to conduct the poll. Have TDS team members man the table.
3. Use post-its as a way to tally the board, or ask people to draw a tally mark
4. **DO NOT** tell participants why you’re conducting the poll. Keep an element of surprise.
5. The next day hang your poster results in a popular hallway or on a bulletin board, BUT incorporate Drowsy Driving messaging.
 - For example: Put a new title “Drowsy Driving is Dangerous,” “Health studies show teens should get 7-9 hours of sleep each night,” “You’re driving drowsy if you marked this column (and draw arrows to the <5 and 6 column).”
6. Now you’ve incorporated the shock factor!
7. Don’t forget to take pictures to send to us, post on social media and your website.
8. Complete an activity form on t-driver.com under the “Be Involved” tab to earn TDS Cup points. *If in Texas, submit affidavit or sign in sheets as well.*

● ● ● ● ● **Don't Forget**

Goal—Raise awareness about how little teenagers sleep and how important it is to get sleep before driving.

Make it GREAT

- Use sleep related cut outs, like a pillow or sheep. Have people decorate their pillow and tape it on the tallying board. Ask staff to participate as well!
- We welcome any suggestions to make the activity bigger and better.