

Driver Wellness Coach Notebook -1

Welcome to a new approach to helping teen drivers acquire healthy attitudes and skillful habits of AWARENESS, CAR CONTROL, and SPACE MANAGEMENT to Share the Road to find, solve and control the 4-Second Danger Zone to prevent a potential crash at the "critical second."

Teaching teens the right things to do, is easy. **Getting teens to do the right things, automatically without thought by habits, is very complex.** This program breaks the complexity into actions that can successfully be mastered into habits — one action at a time. The purpose of this program is to provide you and parents with a structure of activities that can be used in the classroom and in the car for backseat students as well as for the student driver. You can incorporate *Professor Mottola's Driving MIND eCoach* into your time frame and your style of teaching. To begin with, use the *eCoach* like a digital textbook. You can give teens assignments of what Activities you want them to perform. And, that is the only thing you would need to do. Then, as you become more familiar with the activities, you can use the suggestions that are presented in this *Notebook*.

I look forward to getting feedback from you as to how effective the activities are for preparing teens and parents for in-car successful practice sessions that cultivate the Ten Habits of Zone Control.

You can play this activity, or hold up a \$20 bill and you give the same message without showing this activity. We want to promote courtesy and kindness as powerful values that not only makes us feel good, they are essential for preventing crashes.

Intro 1.4 - [Giving a \\$20 bill - Courtesy](#)

You can show the three programs that are under "**Message for Parents**". Have discussion after showing each activity

Most important in this course is learning the language of Zone Control. You can form the class into teams of 3 or 4 students. Show the activities and have students in the group taking turns responding the the situations, and using the language of Zone Control. In a later session there will be a quiz on these situations.

[H04-220 Chip Car for Mind Training](#)

You can email ProfMottola@NIDB.org at any time for questions and comments.