

One challenge every month  
The Driver takes the challenge, the Passengers enforce the rules

## Mindful Driving Challenge for September Superglue Hands

*Your mindful driving challenge for September is to play Superglue Hands while driving to school – both your hands must remain on the steering wheel at all times while the car is in gear.*

We live in a busy world where multi-tasking is considered a valuable skill. But no matter how good our brains might be at doing two things at once, our eyes can only look at one thing at a time. Reading the cell phone while driving, lifting a cup of coffee in front of our face to take a sip, turning around to make sure our children are buckled in the back seat ... all these things take our eyes away from the road and the kindergartener who might be running after his bouncing ball. This month we challenge you to “superglue” your hands to the steering wheel while driving to school every day to remind yourself to keep looking at the road ahead. The rules of the game? While the car engine is on, the glue only releases your hands to work the turn signals, windshield wipers, and manual shifter. Your kids are your challenge monitors and may levy a fine every time you let go. Good luck!

These Challenges are brought to you by the Cupertino Safe Routes to School Program. Check out Cupertino’s [Back to School page](#) for tips and resources on getting to school safely.

