

## KEEP YOUR MIND IN GEAR - MINDFUL DRIVING FILM ACCESSIBLE SCRIPT

*Music starts*

*Shot of Jimmy and his girlfriend arguing on a street corner. She is pointing at her mobile phone.*

Girlfriend: What is that?

Jimmy: What, I was literally just playing football with my friends.

Girlfriend: You promised me you were going to meet me. If you're not going to tell me the truth then I just don't even want to know anymore.

Jimmy: What's the problem? What's the problem?

*Girlfriend storms off and Jimmy strides to his car and gets in.*

*Short opening montage of Jimmy driving his car badly. He is looking frustrated, and annoyed about the argument.*

*MUSIC CRESCENDOS AND SCREECH*

*Jimmy almost knocks down a female pedestrian. He look shocked.*

SAT NAV VOICE-OVER:

When you're driving, where are you? Where is your mind focused?

*Driver looks around confused and then realizes the voice is coming from his iPhone on*

*the dashboard.*

SAT NAV VOICE-OVER:

Sometimes you are not in the best frame of mind to start your journey.

You may be distracted by an argument you've just had or pushed for time, and your emotions are in control, but to safely get from A to B, your mind should be right here, right now, in gear, alert and alive.

So before you set off, relax. Notice how you feel inside.

Is your heart racing?

Then stop. Take control.

Breathe in and breathe out.

And when you breathe out sigh a little...

And again, breathe in and breathe out.

This is an opportunity to try something different. To let the seat take the weight of your body. To feel the seat belt across your chest as you breathe in and out. To invite your shoulders to drop and soften.

Now you can start the engine.

*Jimmy starts engine and pulls away*

SAT NAV VOICE-OVER:

On your journey there will be challenges, obstacles and situations to manoeuvre around safely.

You can't change the red light so release the tension from your jaw and allow the world to move at its own pace.

*Jimmy's mobile phone is ringing*

SAT NAV VOICE-OVER:

Notice the temptation to respond to your phone. Does it have to be right now?

Jimmy: I'll call him back.

*Passengers are arguing on the back seat and talking loudly on their phones.*

SAT NAV VOICE-OVER:

When distractions send your mind spinning off in all directions, sense your breath in your stomach, your chest and your shoulders, keep your eyes on the road and your mind in gear.

*Jimmy arrives safely at destination.*

SAT NAV VOICE-OVER:

You have arrived at your destination.

*Jimmy gets out of car and greets his friend.*