

Seat Belt Challenge

Topic area: Seat belts

Materials/Supplies:

- Car with 4 doors and working seat belts (*see below for alternative)
- Stopwatch/Phone with a stopwatch
- Paper and pen to record the teams' official times
- Teams of 4 people
- One person to run the stopwatch
- Helper(s) to confirm that seat belts are buckled

How the Seat Belt Challenge Works:

- A team of 4 people starts by sitting in the car, each buckled into his/her own seat (front driver seat, front passenger seat, back driver side seat, back passenger side seat)
- The person holding the stopwatch yells "GO!" and starts the timer
- Everybody must unbuckle the seat belt, get out of the car and rotate one seat position clockwise (the driver runs around the front of the car to move to the passenger seat, the passenger moves to the back passenger side seat, etc.)
- Once in the new seat, each person must buckle his/her seat belt and hold up both hands to indicate they are ready to be checked
- Once all seat belts are confirmed buckled, the helper(s) yells "MOVE!" and the participants rotate again
- After 4 rotations, the participants will end up in the seat they started in
- Once all participants are buckled into the seat they started in, the helper yells "DONE!", the stopwatch is stopped and that is the final time recorded for that team
- At the end of the challenge, the team with the shortest amount of time is the winner!
- Watch this video for an example: <https://www.youtube.com/watch?v=BZwrxFdJCo0>

*If you don't have a car, set up 4 chairs and use belts, ropes, ribbons, etc. as seat belts!

