Sometimes it feels like there are lots of terrible drivers on the road, whether it's the tailgaters, the speeders or the traffic light jumpers. The good news is that there are things YOU can do to recognise what causes people to speed and develop ways to avoid speeding yourself.

ACTIVITY 1 The reasons you might speed

Write all the possible reasons you might speed inside the exhaust fumes below. To help you with this we have broken these down into three categories.

Prep time 30 mins You will need a pen or pencil

Environmental

What happens in the space outside of the car.

Vehicular Anything to do with the car itself.

Circumstance

Events or activities which have caused or contributed to you breaking the speed limit.

