

Courage



Curiosity

Courage

Trying New Things **Comfort Zones**



**"Do one thing every day that scares you."
Eleanor Roosevelt**

Activity 1

Aim(s)

- To practise using courage in the context of trying new things.

Resources

- *Comfort Zone Worksheet.* **OPTIONAL**
- 'New' foods for people to try. Decide this depending on the young people you work with, but there are some suggested foods here:
 - Olives
 - Blue cheese
 - Eels
 - Mashed potato with green or red food colouring.

Delivery Guide



Before doing this activity, do check any dietary requirements, allergies or issues related to eating in your group.

Give the young people the *Comfort Zone Worksheet* and, as you read the different types of food, get them to mark on their worksheet how comfortable they are eating it. For instance, if it's something they like and would eat without a problem, they need to put it in the centre of their comfort zone, represented by the circle. If it is something they would never touch, they need to put it far outside the circle. Things that are borderline could be put on or near the edges of the circle.

Set the foods up on a table, with labels saying what they are. Give each young person a chance to choose a food to try – they should ideally aim to try the food that are outside their comfort zone, or on the edge.

You could do this as an 'I'm a Celebrity Get Me Out of Here' style challenge: split the group into teams, and set up the food on the table on separate plates with covers over them (tea towels or kitchen towel, for instance). Each person is given an opportunity to try a different food once it's unveiled; if they try it (and what constitutes 'trying' the food will be decided by you), they win a 'star' for their team. The team with the most stars wins overall.

Some of the young people may find it easy to try new foods, or they may find that all of the foods are in their comfort zone. This can prompt a conversation around how different people have different fears (some people may be okay with public speaking while for some people it's their biggest fear; some people may be terrified of spiders whereas other people can catch them without a problem).

Once they've completed this activity, take a moment to think about how it felt before, during and after trying the food. What can they learn from this about how to approach scary situations in the future?

Some things that may come up include:

- It's not as bad as I thought it would be.
- If I did it quickly, it helped.
- I was dreading it so I just had to try and do it as quickly as possible.
- It wasn't a big deal.

Points to highlight

- It takes courage to try things outside our comfort zone.
- The more you do scary things, the easier it gets, although the fear never goes away.



Extension Activities

You could do this activity with a variety of different things and over a slightly longer time. Call out a variety of different tasks and ask the young people to mark them on their *Comfort Zone* Worksheet. Some suggestions:

- Give a speech to over 100 people.
- Perform a dance in front of all your friends.
- Sing in public.
- Write a letter to someone important.
- Wear fancy dress down the street.
- Play a sport you've never tried.
- Stand up for a friend in need.
- Tell someone a secret about yourself.
- Show people a piece of artwork you've created.
- Give up your phone and social media for a day.
- Eat something you've never eaten before.
- Do something you're really bad at.

Then get young people to choose a particular challenge – ideally one at the edge of their comfort zone, or outside it – and arrange for them to be able to complete it.

