

ACTIVITY NAME: COMFORT ZONES

ACTIVITY DURATION: 10'

Two circles are formed from ropes or drawn in chalk on the floor. The facilitator explains that the inner circle is the comfort zone where one feels safe and comfortable. This circle should be big enough to hold all the participants. The zone between the two circle lines is the challenge zone, this is where one has to make an effort so that one can develop. The outer line is the boundary of the panic zone where one is frozen with fear or might act aggressively and without thinking. The facilitator lists activities and each participant can decide in which zone they would be if they had to perform that activity. The facilitator asks some of the participants to explain their choices and feelings. If somebody goes to the panic zone, the facilitator asks what could help in these situations to ease the panic.

Activities:

- - talking to a mass of people
- - dress a bleeding wound
- - talk to an angry parent
- - pet a spider
- - comfort a crying child
- - plan a wedding for a hundred people
- - visit the headmaster's office
- - make an official complaint
- - sing publicly