



In The Zone

Spirit of Adventure:

Spirit of Adventure is about challenging yourself to grow. We rarely learn when materials or situations are too easy or too difficult. Figuring out where your comfort, challenge, and panic zones are can help you learn.

Objective:

Students will be able to categorize their experiences into three different zones: comfort, challenge, and panic. Students will be able to evaluate a challenging experience and their learning.

Materials:

Three large pieces of newsprint and markers; devices with photo-editing apps for extended learning.

Steps:

- Warm-up discussion: What does it mean to challenge yourself? Why are some people able to take more risks than others?
- Place three pieces of newsprint in different corners of the room with the headings: COMFORT ZONE, CHALLENGE ZONE, and PANIC ZONE.
- Give students a brief description of each zone.
 - Comfort Zone: Things are easy for you, your skills are completely equal to or exceed the task at hand, your heart rate is even and breathing is easy—for example, reading to your younger sibling.
 - Challenge Zone: Things are more difficult but not unworkable. Your skills are stretched, your heart rate picks up, and you may take a deep breath—for example, reading aloud to the class when the subject matter is new.
 - Panic Zone: Things seem impossible and completely over your head. Your reaction is to resist or run. Your breathing is short and your heart pounds—for example, memorizing a poem and reciting it to the whole school.
- Students will go to each corner and write down examples and real-life experiences for each zone.
- Debrief with students after all have finished. Did you notice that what was comfortable for one person might be a challenge for another, or even a panic zone?

Personal Reflection:

- Write a narrative about one of your experiences in your challenge zone.
- Why was this activity in your challenge zone? How did you feel?
- How did this impact your learning?

Group Reflection:

- Why do you think the same activities create comfort for some, challenge for some, and panic for some? Give an example. With a small group, answer the following questions:
 - What would it take for you to move an activity in your comfort zone to challenge zone?
 - What would it take for you to move an activity in your panic zone to your challenge zone?

Extended Learning:

Have students create a motivational poster or Internet meme to encourage students to have a Spirit of Adventure and push themselves to take on challenges in their challenge zone. Students can use apps like Meme Something, PicCollage, or A Beautiful Mess.

Notes:
