

## Lesson Title: Nothing ever grows in your comfort zone

**Aim of session:** This confidence focused activity is designed to empower and motivate children to try something new outside their comfort zone, even if they feel nervous about trying.

### Lesson information

**Duration:** 30 - 40 minutes

**Age range:** 5 - 11 years

**Session plan number:** 1



movie



worksheet

### Activity 1: Moving out of your comfort zone



- Set up the movie ready to play. The children should be standing with their chairs pushed under their desks giving them plenty of room to follow along to the movie.
- Play the movie, encourage the children to move along with Jack and Morgan.
- Once the movie has finished, children should sit down ready to complete activity 2.

### Activity 2: Comfort zone concept



- Draw a circle on the whiteboard and explain that this is their comfort zone and each of them has one. It's a place there is no stress or effort required—it's easy and comfortable for them.
- Draw a bigger circle around the outside of the comfort zone. Explain that stepping out of their comfort zone, like learning a new skill, can be scary and requires effort and motivation. However if they practice this skill until you feel confident and happy at the new skill, you will have made your comfort zone bigger!
- Discuss examples of children being brave and expanding their comfort zone.
- Move on to activity 3 on the next page.

## Activity 3: The Bravery Slide and Ladder of Success

- Print off **The Bravery Slide (KS1)** or **The Ladder of Success (KS2)** poster for each child and hand them out.
- Discuss the types of things they could try to learn, from learning to ride a bike, or learning to bake a cake, or trying out a new team sport! Explain that in the early stages they will get it wrong a few times before they start to feel more confident.
- Using **The Bravery Slide (KS1)** or **The Ladder of Success (KS2)** poster the children must decide on a new thing to try and commit to it by writing it in the blank space provided.

### Plenary

Over the following week they must use the ladder to indicate where they are in the challenge, they could tick or draw a smiley face next to the step they have completed. Once they have completed their challenge and have reached the top of the ladder, you can celebrate their achievement as a group by virtually sliding down their bravery slide together (with a big group Yippee!) for KS1, or jumping up and down as they reach the top of their Ladder of Success for KS2

Some may find their challenges easier than others and take less time, therefore give them a brand new Bravery Slide or Ladder of Success to start again with a new challenge.