

LEARN

COMFORT ZONE, STRETCH ZONE, PANIC ZONE

Equipment Cones/ Beanbags/ Something to throw, A large open space **Time** 10 – 15 mins

Participants Minimum 6

How To Play

1. Using cones, create 3 circles inside each other, large enough for people to stand in the space between each circle.
2. Name each circle from smallest to largest as the following
A. Smallest Circle – Panic Zone B. Middle Circle - Stretch Zone
C. Largest Circle – Comfort Zone
3. Explain each circle to the group and offer some examples of how you would relate in each circle. For example, coaching might be your comfort zone, but speaking in front of an audience might be your panic zone.
4. Begin by asking the group how they felt about coming here today, how they feel, How they feel when playing sport? More questions on the back.
5. Chat through feelings they may feel when in the comfort zone.
6. Repeat 4 & 5 for stretch and panic zone.
7. At the end, discuss how we might behave if forced into our panic zone & how to recognise when we are in it.

Facilitator Tips

Start the game slowly by asking young people less personal questions to help them to want to share with the group. Bring in some humour with some funny questions like “How does someone asking you to dance feel?” This game is about learning more about ourselves & our relations to our peers. By allowing young people to be honest with moving in & out zones, allows them to see where others put themselves. When asking questions, try not to put any bias on where you think the group will move. The questions are deliberately not in order so that young people don't answer how we think “we” want them to answer. If the group don't want to move themselves into zones, you can use beanbags to have them throw into the zone instead.