

Learn From Jess Stenson: Get Out of Comfort Zone

THE HOWIE
GAMES



Watch the video but when the video is paused, reflect on the questions below. The aim is to share these at the end of the video.

Pause 1 Reflection

What do you think a comfort zone is? Could you describe Jess' comfort zone, what was she comfortable doing, what was she comfortable not doing?

What did Jess do to get out of her comfort zone when she was a child?

What happened as a result of getting out of her comfort zone? What lesson can you learn from this?

Pause 2 Reflection

What might be some of the things that Jess told herself to keep persisting throughout her running career?

Why are both persisting and embracing opportunities important in life? What do these skills help you do?



**Social
Awareness**

**Upper Primary
Education Program**

THE HOWIE
GAMES

Learn From Jess Stenson: Get Out of Comfort Zone

THE HOWIE
GAMES



Your teacher will pair you up with someone you may not know a lot about, you may not know them at all. It's OK to be nervous, or uncomfortable at first.

Spend 10 minutes with them - 5 minutes is for you to tell them about you, and the second 5 minutes is for them to tell you about them. You must write down all the great things about this new mate

Your last challenge is to share 1 great thing that you found out about each other with the rest of the class.

Good questions to ask -

Tell me what you like to do in your spare time?

Tell me about your happiest memory?

Tell me about your family?

Tell me something new you'd like to do one day?

Tell me what you want to do when you are older?

What do we have in common?

Exploding out of my Social Comfort Zone

My new mate's name	Interesting things about them / Things we have in common?



**Social
Awareness**

**Upper Primary
Education Program**

THE HOWIE
GAMES