

Learn From Jess Stenson: Get Out Of My Comfort Zone

THE HOWIE
GAMES

SA

Learning Intention:

Embrace opportunities to get outside my comfort zone.

Success Criteria:

- I can explain what a comfort zone is.
- I can get embrace opportunities to get outside my comfort zone by getting to new people.

Extra Materials Needed:

- None

Vic Curriculum Standards:

Person and Social Capability

*Explore the links between their emotions and their behaviour (VCPSCSE025)
Describe what it means to be confident, adaptable and persistent and why these attributes are important in dealing with new or challenging situations (VCPSCSE027)*

Reporting Statements:

Embraces ways to get outside their comfort zone by getting to know new people

Part 1: Introduce the Lesson

1. Distribute Student Reflection Sheet (printed out version or digitally shared eg: Google Classroom link)
2. Open Up Learn From Jess Stensen - Getting Out of Your Comfort Zone
3. Introduce lesson with learning Intention and Success Criteria

Part 2: “I Do” – Watch Howie Games Episode

1. Play the Introduction video of Jess Stenson (1st video)
2. Play the Howie Games video of Jess Stensen modelling getting out of her comfort zone and embracing the opportunity to run in her primary school cross country for the first time (2nd video)
3. During the episode, Howie will prompt you to pause the video and for the students to reflect on the student activity questions. Students to take this time to answer these questions, brainstorm or add their own wonderings from the video they just watched.

Part 3: “We Do” – Share and Facilitate Discussion through Student Reflections

1. Consider beginning the discussion by reading out the optional discussion questions. If not click to next section.
2. Students are to share their reflection and wonderings to generate discussion within the class. Facilitate students answers to bounce off one another with “What did you think, what about you, what were you wondering, how does their answer now make you think? etc.
3. During these discussions teachers may find opportunities to dive deeper into explicitly teaching / clarify / answer some wonderings students have. Conversely teachers may wish to learn with the students or assign students to find out more about a particular wondering.

Part 4: “You Do” – Student Activity: “Exploding out of my comfort zone”

1. Teacher to pair up students who may not know a lot about each other
2. Students to chat with each other for 10 minutes with them.
5 minutes is for the 1st student to tell the other about them, and the second 5 minutes is for the 2nd student. Students to write down all the great things about this new mate.
3. After time is up, share 1 great thing about your mate with the class and celebrate them.
4. If you have time, rotate and do this activity with another person you don't know much about.
5. (Optional) Discuss - how did you get out of your comfort zone



Social
Awareness

Upper Primary
Education Program

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