



INTRO TO ADVISORY



# COMFORT LEVELS



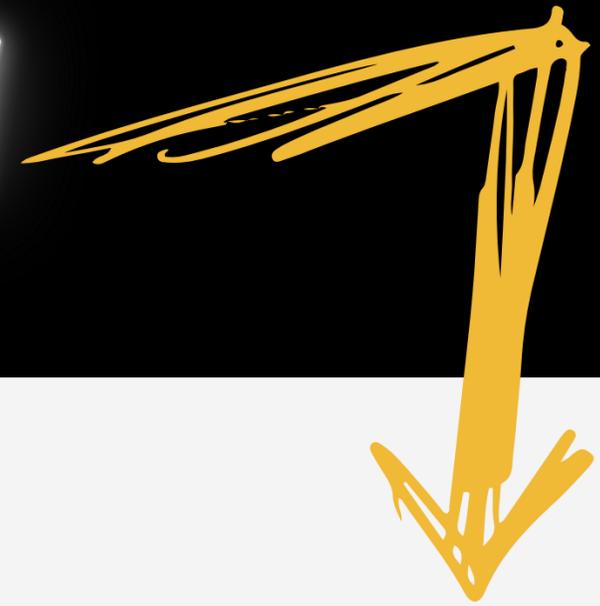
# INTRODUCTION

Today, we will:

- \* Examine Prince Ea's music video on Comfort Levels
- \* Reflect on our own comfort levels



# SEL CONNECTION



Today, we will practice **self awareness** by considering our own boundaries, comfort levels and comfort zones.



# ICEBREAKER

# STRIVE TO THRIVE





## STRIVE TO THRIVE



It's only after you've stepped outside your comfort zone that you begin to change, grow, and transform."

– Roy T. Bennett

*What does this quote mean to you?*



# ICEBREAKER



TALK ABOUT IT

## STRIVE TO THRIVE

- What is comfort?
- When do you feel comfortable?





### STRIVE TO THRIVE

- What do we do to become stronger in our bodies?
- How do we become better at sports, skills, or hobbies?





LESSON

PART ONE

EVERYONE DIES, BUT NOT  
EVERYBODY WINS



# LESSON: PART ONE



WATCH A VIDEO

## EVERYONE DIES, BUT NOT EVERYBODY WINS

Watch Prince EA's video "Everyone Dies but Not Everybody Lives."

- What comes to mind as you watch the video?
- How does Prince EA speak about comfort levels?





# LESSON

## PART TWO

# STEPPING OUT OF OUR COMFORT ZONES



# LESSON: PART TWO



## DEFINITION

### STEPPING OUT OF OUR COMFORT ZONES

#### COMFORT ZONE

Learning does not take place in this zone. This is the zone where you are comfortable and you are not challenged.

#### GROWTH/STRETCH ZONE

Where learning takes place. Being in this zone requires you to deal with fear, being challenged or doing something differently.

#### PANIC ZONE

This is the zone where learning does not happen because your brain is filled with fear and you are too scared to grow.

# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

- 1) Listen to the following statements.
- 2) Walk to the zone that matches the statement.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You are on the couch watching one of your favorite TV shows.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You are on the couch watching one of your favorite TV shows and you see a mouse run along the floor.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You are on the couch watching one of your favorite TV shows and a spider crawls by your foot.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You are going on vacation and you need to take a plane.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You land in a country for vacation and you do not know the language.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You are swimming in the ocean.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You are swimming in the ocean and a large fish swims by.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You are swimming in the ocean and a jellyfish floats by.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You have to have a serious conversation with a friend who disappointed you.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You have sports practice and two tests to study for, all in one evening, and you waited until the last minute to prepare.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You are the only person of your ethnicity at a party.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You have to attend a new school and you are the only new student in a class.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You have to make a speech in front of your class.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

You have to make a speech in front of the entire school.



# LESSON: PART TWO

➤➤➤ GET MOVING!

## STEPPING OUT OF OUR COMFORT ZONES

Your entire class is going on a one week camping trip away from home.



# LESSON: PART TWO



TALK ABOUT IT

## STEPPING OUT OF OUR COMFORT ZONES

- How did it feel to know that you were not in a zone alone?
- How have your experiences affected the choices that you made during the activity?
- What can this class do to help you feel encouraged and motivated?
- What type of encouragement do you need from your advisory peers in order for you to move out of your comfort zone?

