

Student Resource: Challenging Your Comfort Zones - Exit Card

Which situations fell into your comfort zone and which situations fell into your challenge zone and why?

How did you feel when you stepped into your challenge zone?

What is something else that would fall into a challenge zone for you?

What do you think you might need to try new outdoor education activities that would be challenging for you (for example, support/encouragement from a friend, talk about why it is a challenge, see someone do it first)?

What might you say to support and encourage a classmate with their personal challenges to their comfort zone during an outdoor education activity?