

**FOCUS:** Participants place themselves in unfamiliar and uncomfortable settings as a way of understanding others and themselves.

## ✓ LIST

### You will need:

- notepads or small journals (one for each participant)

**ADDITIONAL ASSETS:** Asset 4, Caring Neighborhood; Asset 7, Community Values Youth; and Asset 33, Interpersonal Competence.

**TIME REQUIRED:** Two 45- to 60-minute meetings over one week.

**DIRECTIONS:** Give participants the following instructions:

**Staying in one's social group can feel very easy and safe. However, some of the greatest learning comes from going beyond our comfort zones. Many of the great people of the world became great because of their willingness to explore the unknown and go beyond their internal and external boundaries.**

**I want you to spend the next week purposely putting yourself in situations and settings that go beyond your normal comfort zone. In order for the activity to be personally meaningful to you, you have to choose environments that are unfamiliar and slightly uncomfortable.**

**Some suggestions might include:**

- A different seat on the school bus
- A senior citizens center or nursing home
- A playground in another neighborhood
- A different faith worship service
- A restaurant where the cuisine is foreign to you
- A part of town where another language is spoken

**Keep a journal of what happens. Describe the settings you chose. Describe how others reacted to you, your thoughts, how you felt, and what you learned about yourself. After the activity, prepare a talk about your experiences that you can share with the group.**

*Note: Participants' safety should always be the facilitator's first priority. Participants should have the consent and support of their parents or caregivers before participating in this activity, as well as supervision if traveling to unfamiliar neighborhoods.*

### DISCUSSION QUESTIONS:

1. How easy or difficult was it for you to do this activity?
2. What did you learn from doing this activity?
3. Of what value was this activity to you? How can it help you in the future?