

## Exploring our comfort zones

We have tried to organise different activities into the different challenge zones but we seem to have got a few muddled up!

Can you help us place these in the comfort zone, challenge zone and panic zone? You could colour code them to show which zone you think they should go in.



Making a cup of tea with no electricity and no access to water.	Making a cup of tea	Making a cup of tea with no electricity
5 star jumps in one minute.	500 star jumps in one minute.	50 star jumps in one minute.
Giving someone a note.	Communicating a message using only your eyebrows.	Sending a letter.
Riding a bike without a saddle or handlebars.	Riding a bike with stabilisers.	Riding a bike.