

Lesson 6: Where the Magic Happens!!

WE ARE LEARNING TO: Step out of our comfort zone.

- BORIS ASKS:**
- Can the children describe some things that may try to keep us in our comfort zone?
 - Can the children suggest what could happen when they step outside their comfort zone, into 'Where the magic happens!'?
 - Can the children apply this learning to a real-life scenario?

RESOURCES: Slides; Hula-hoops; Post it notes - two different colours

Ask the children to list their ideas to define the phrase 'comfort zone' (e.g. familiar, known, safe, already good at, can do easily, routine, etc.)

Show the children the slide with the famous Thomas Jefferson quote, 'To want something you have never had, you have to do something you have never done.'

Ask the children what they think this means. Draw out that all of life's opportunities lie beyond our comfort zone. Show the slide and explain this is 'Where the magic happens!'.

Give the children a hoop each and a set of two different coloured post it notes.

Ask the children to write on one of the sets of post it notes things that keep us in our comfort zone. Ask them to place these post it notes in the hoop (e.g. fear of failure, fear of being laughed at, lack of opportunity, peer pressure, not wanting to be different, lack of confidence, past failures, apathy, lack of support, habit, lack of awareness, etc.). Come back together and ask the children to share their ideas. Explain that new activities and experiences are often going to feel uncomfortable and unfamiliar - because they are new and something they have never done before.

Remind the children that just outside of our comfort zone is 'Where the magic happens!'. On the other colour post it notes, ask the children to write what could happen when they step outside their comfort zone into 'Where the magic happens!' (e.g. dreams, grow, learn, adventure, excitement, new relationships, new experiences, realise 'I can do it!', etc). Ask the children to place these on the floor outside the hoop.

Continued...



HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:

PSHE

H8. about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement

H9. to differentiate between the terms, 'risk', 'danger' and 'hazard'

SMSC

The spiritual development of pupils is shown by their:

- use of imagination and creativity in their learning
- willingness to reflect on their experiences

'No Way Through' isn't True!



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Use this as an opportunity to talk about the upcoming move from the comfort zone of primary school to the unknown of secondary school. Explain the Scrapman's voice may try and tell the children it's scary, unfamiliar and uncomfortable but it is important to remember all the reasons why it is important to step outside of your comfort zone and into 'Where the magic happens!'

Ask the children to stand in their hoops and call out all the good things that could happen when they step out of their comfort zone and start secondary school. When they call something out, they can step out of their hoop and into 'Where the magic happens!'



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