Activity 1
Look at the images below and write down all of the things that they have in common.

_____________________________________________________
_____________________________________________________
_____________________________________________________

Activity 2
Where are you comfortable?
Think about all of the different things in your life and write them in the correct circle for how they make you feel.

Where did you write down the most things?
How often do you step out of your comfort zone to learn something new?
**Activity 3**
Successful people all have one thing in common, they work hard to be the best and they step out of their comfort zone. You will have a dominant hand – one that you prefer to do things with, for example writing and throwing and catching. You are now going to try and use your other hand. How many times can you throw a ball against the wall and catch it in 1 minute.

Record your self doing it.
Now keep doing this repeatedly. What happens to your score?

**Activity 4**
Now come up with your own challenge. What could you do and challenge others to do to step out of their comfort zone and learn something new?
Record the instructions and challenge us to have a go.

Share your journeys with us on social media using #THFOnline2020 and tag Compass For Life Foundation in your posts.

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