

## Comfort Zone Assignment

**Due Date:** Due on the last day of the semester (end of terms 2 and 4).

**Goal:** My goal is to stretch my students to help them become more feeling, understanding people and more authentic, confident performers.

### Assignment:

1. Do any activity that stretches your comfort zone. It must be legal, school appropriate, with your parents' permission, and safe.
2. Write 2 paragraphs minimum (about 1 page, doubled spaced, Times New Roman, size 12). First, describe your experience. Tell the story! Second, describe why it was meaningful. How did it stretch your comfort zone? What did you learn from this experience? Would you do it again?

This is a fun assignment. Some assignments may be read anonymously during class. Enjoy!

### Ideas to get you started:

Visit a retirement home

Eat sushi

Sing aloud with your headphones in

Hold a tarantula

Sit with a stranger at lunch

Sing for someone

Don't wear makeup for a week

Ride a horse

Invite some to sit with you

Pet a snake

Ask for someone's number

Dance publicly

Make a new friend

Volunteer at a food bank

Eat a food you don't like

Eat a food you've always been afraid to try

Apologize to someone

The possibilities are endless!