**Perseverance**

Keeping going in the face of difficulties, channeling the energy of frustration productively. Knowing what a slow and uncertain process learning often is.

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**A Taster Activity**

**IN THE ZONE**

**Organisation**

The activity can be done in the classroom, but is more fun if in a large space – hall or playground.

**Resources**

Make a set of large “In the Zone” labels, i.e: “Comfort Zone”, “Stretch Zone” and “Panic Zone”.

Print a set of “In the Zone” Cards.

- In the space, set up three “zones” with hoops, mats, etc. Use the labels to identify the zones.
- Explain the zones and tell the children you will give them different scenarios/tasks.
- They have to decide how they would feel if they had to carry out these tasks – comfort (no problem); stretch (with a bit of effort/courage); panic (no way!).
- They run to the appropriate zone. Adults can join in too!
- After doing several of these, talk about how different tasks present different challenges to individuals – what would panic some people would be comfortable to others.
- Model your feelings. E.g. “I’d be quite comfortable flying in a hot air balloon but I’d panic if I had to sing in front of an audience.”
- Talk about different feelings when learning - disappointment, worry, frustration, happiness, relief, pride etc. All these feelings are natural. Everyone feels like this from time to time.
- Having/using stickability means we keep on going and try to overcome our negative feelings and difficulties.