

Challenges

Introduction: This is a great activity to allow students to get to know each other, introduce the students to the concept of challenges, and follow-up with how to approach challenges that they may face as a teenager.

Materials: A container filled with “Challenges”

Group Size: 15 or more

Time Frame: Flexible

Directions:

1. Ask the participants to choose from the container, read the challenge and then perform it.
2. The group is challenged to guess what the event was that the person performed.
3. Allow everyone in the class an opportunity to draw and then perform a challenge.
4. The performer may not talk during their demonstration.

List of possible challenges:

- You just won 10 million dollars in the lottery
- You just won Miss America; take your walk down the runway
- You are a fly trying to get out of the car windshield
- You are a bird finding a new flying pattern
- You are an egg being scrambled
- You are a shoelace being tied
- You are a *Dances with the Stars* contestant.
- You are a pen running out of ink.
- You are a witch on Halloween
- You are Santa on Christmas Eve
- You are a paperboy delivering his papers
- You are a cheerleader
- You are a cat being chased by a dog
- You are taking a test that you don't know any of the answers to
- You are sunbathing on a beach



Debrief:

- How did your attitude affect the success of this activity?
- Describe something that pushed you outside of your comfort zone.
- If you could do this activity again, what would you do differently?
- If you are currently facing challenges how could you approach them?