Comfort Zone Family Questions

Today we explored what our comfort zone is. It can be tough building up the courage to try something new and get out of our comfort zones. However, when we do, we have the opportunity to learn so much more about ourselves. Getting out of our comfort zone can be exciting, fun and very rewarding! We just have to build up the courage to give it a go!

I heard today's topic was about comfort zones...

What is a Comfort Zone?

What does it mean to get out of your Comfort Zone?

Why is it important to return to your Comfort Zone?

Tip: Getting out of our comfort zone is a wonderful way to learn new things about ourselves. As a family, try an activity together that encourages you all to get out of your comfort zones. You could try a new food together or go somewhere you have never been before? This will be a great bonding experience and will help you to learn more about your likes and dislikes. Getting out of your comfort zone can also help to boost your confidence, resilience and self esteem.

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