

Comfort Zone & Learning Edge

Comfort Zone: we are not being challenged and we are not learning anything new

Panic Zone: well outside comfort zone--tend to withdraw or resist. also not learning anything new

Learning Zone: this is where we want to be

Learning Edge:

the place at the outermost reaches of your comfort zone, but right before panic zone.

It's where the most learning takes place.

We need to pay attention to when we are here.



Stop & Jot

(Don't worry--your teacher goes first!)

Describe a time when you were on your **learning edge** with new information or a skill.

How did you know you were on a learning edge?

What **feelings** and **physical** changes did you experience?

How do you know you are on your learning edge? The signals...

Feelings:

annoyance

anger

anxiety

confusion

surprise

defensiveness

Physical signals:

pounding heart

sweaty palms

butterflies in stomach

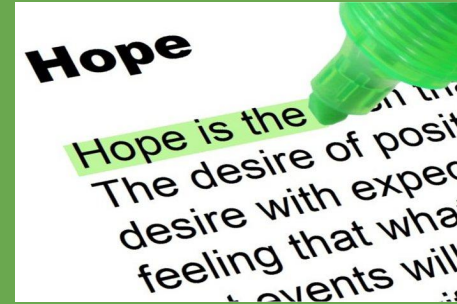
excited, focused

attention

We are going to be talking a lot about topics that may be uncomfortable.



One **FEAR** I have about discussing race, racism and police violence is...



One **HOPE** I have about discussing race, racism and police violence is...

YOUR FEARS

Processing our hopes & fears:
Circle up!



What are our hopes & fears?

1.

You will receive one **FEAR** that you will read aloud to the group (If you get your own, fake it).

As people read the fears, listen for themes. There will be no discussion, yet.

2.

Quick brainstorm on themes heard while the teacher jots these down on chart paper.

3.

Now, you will receive one **HOPE** and we will repeat the process.

Establishing Working Agreements

- What are working agreements?
- What types of working agreements will help us achieve our hopes and address our fears?

Potential Working Agreements

- One student at a time can speak, and when you are not speaking, you should be listening.
- Always assume positive intent (Everyone's contribution is valid- different isn't wrong. Respect ALL participants)
- Address ideas, not people. (Don't attack a person because of their viewpoint. Attack the idea)
- Actively listen to a speaker's thoughts and respond appropriately.
- Consider everyone's viewpoint - We have very diverse groups that we are working with, and very different backgrounds. Our experiences here are going to be very different. Embrace those differences