Getting to know my comfort levels
In-person or Virtual

Activity Directions:

1. Have the group brainstorm a list of social actions.
   a. If in-person: saying hello to people, talking with someone in a waiting room, raising my hand to answer a question in class, etc.
   b. OR if virtual: saying hello to classmates or group-mates when entering the virtual group, adding ideas to virtual chats, staying connected to the group while on screes, etc.

2. Teacher or adult: share your screen to show a color-coded ***comfort vs. uncomfortable scale*** (green for very comfortable, yellow for a little uncomfortable - but okay, and red for very uncomfortable). You can use any colors for the scale. If in person, make your scale on paper

3. Share a blank white board on zoom (or other platform) and make a rectangle for each student and one for yourself.

4. Read aloud each social action and have the students use the annotate feature to add stripes to their box in green, yellow, or red depending on how comfortable or uncomfortable they are with each one. Make sure to include your own responses.

Discuss which color appears the most often across the group. Are there obvious trends. Discuss whether or not anyone is surprised. Introduce emotions linked to comfort levels.

Variation: Start with everyday tasks (chores or academic tasks) rather than social actions to get a sense of how everyone has different levels of being comfortable, a little uncomfortable- but ok, or uncomfortable.

Comfortable to Uncomfortable Scale

Comfortable

A little Uncomfortable

Very Uncomfortable

How Comfortable or Uncomfortable does it feel?