

# Comfort Zone Circles

Comfort zone exercise to explore personal growth boundaries.

## How To Play

1. Place two ropes on the ground forming two concentric circles.
2. Explain that the circles represent three distinct zones:
  - Inner circle – represents your Comfort Zone (everything you know and have learned to be successful).
  - Larger circle – represents the Stretch Zone (where all meaningful learning occurs, need assistance to succeed).
  - Beyond large circle – represents the Panic Zone (aka flight or fight zone, little or no learning occurs.)
3. Having set the scene, announce a series of scenarios that offer a physical, emotional or mental challenge.
4. Ask people to position themselves within the zones according to their relative comfort level of meeting the particular challenge.
5. Repeat many times, later inviting suggestions from your group.

## Variations

- **Horizontal Format:** Lay three ropes (or mark lines) on the ground, parallel to each other. Explain that standing on the first (closest) rope represents the ultimate in comfort, standing on the second rope represents you are being 'stretched' and standing on or going beyond the third rope is the Panic Zone. Naturally, there are degrees of comfort, stretch and panic between and beyond the ropes. Then, proceed as above.



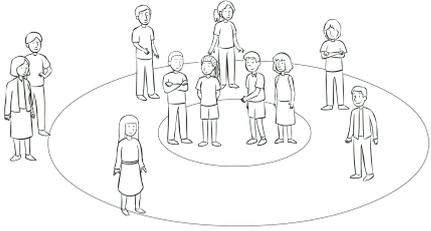
## Benefits

- Fun [Challenge by Choice](#) introduction
- Simple, rapid execution
- Non-threatening interaction
- Extremely meaningful

**Time** 15 - 20 min

**People** Mini (3–8 ppl)

- **Graphical Interface:** Present the zones with an X and Y axis, where X represents the level of perceived challenge (comfort, stretch, panic), and Y represents the degree of actual risk present (none to lots). For example, spotting a big snake may make most people move into the right-hand side of the X-axis (high perceived risk,) but if it wasn't venomous (low actual risk,) some may position themselves lower on the Y scale.
- Open the **Virtual Adaptation** tab to learn how to present this activity online.



**Benefits**

- Fun [Challenge by Choice](#) introduction
- Simple, rapid execution
- Non-threatening interaction
- Extremely meaningful

**Time** 15 - 20 min

**People** Mini (3–8 ppl)

## Leadership Tips, Video Tutorials & More

<https://www.playmeo.com/activities/ice-breakers-get-to-know-you-games/comfort-zone-circles/>

© playmeo – the largest online database of interactive group games & activities in the world [www.playmeo.com](http://www.playmeo.com)