Loop

ACTIVITY GUIDE

Week 1: *Outside the Zone*
Outside the Zone

Loop Got Talent

This is a fun activity to help students get outside their comfort zones.

Activity Objective

Get outside your comfort zone and show off your singing skills or talent to the room!

You'll Need

- Chips*

***Note:** *Numbers of bags of chips will vary based on how many prizes you give out. Make sure you only give the chips to students who participate in the talent show!*

Instructions

Activity:

1. **Explain:**
   - We've been talking about getting outside our comfort zones, so to help you practice that, we're doing a Loop Got Talent activity.
   - Whoever wants to participate can show off a talent you have in front of the whole room. You can also sing a song if you want, like *Happy Birthday* or *Old McDonald* or something.
   - The winner gets bragging rights and some chips—because you're all that and a bag of chips!
2. **Give** students a chance to *one at a time* (unless they're performing as a group) come up to the front and show off their talent or song.
3. Make it fun and low-risk by having a leader start singing Happy Birthday if students are shy.
4. Don't force anyone to participate. It has to be their choice. If no one participates after a while, challenge students to think of ways they can get outside their comfort zones and move on to small groups.
5. **Give** a round of applause to those who participate.
6. **Say:**
   - We've got some talented people in here! Okay, so I said that the winner gets a bag of chips. But, since we're talking about comfort zones—anyone who participated gets a bag of chips!
   - Thanks to those of you who got outside the zone.
7. **Give** only those who participated a bag of chips.