



CHALLENGE 3 - SUBURBAN SURPRISE

CHALLENGE 3

Your challenge is to work your way through the Suburbs. Find the phones. Complete your mission log and report back to Soportar.



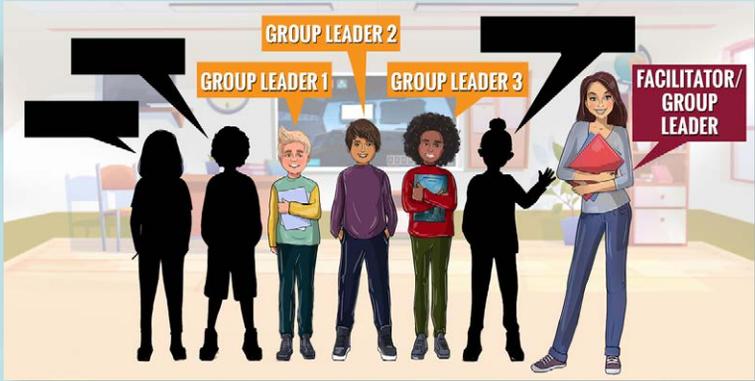
CONTINUE



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GROUP LEADER SHEETS

4 Copies Per Class



PUPIL OVERVIEW

Your Challenge is to explore the Suburbs and find the 9 phones and unlock the collectable. The Challenge is about **self-awareness and relationships**. Venture owners have to think correctly under pressure. Each person's brain reacts to stress in a similar way. When we are stressed our brains go into 'fight', 'flight' or 'freeze' modes.



We can recognise when we are stressed by the signals our bodies give us. Some examples of the signals are: dry mouth; heart beating fast; shaking knees, or ; sweating palms. The brain stem looks after breathing and keeping your heart beating. Another part of the brain, the amygdala looks after reacting to threats. The pre-frontal cortex manages emotions and makes complex decisions. When the amygdala takes over, we flip our lid and our pre-frontal cortex goes offline.

T-CUP stands for thinking correctly under pressure. To go from the 'amber' stressed zone back to the 'green' calm zone we need to recognise our bodies' stress signals and to use T-CUP techniques. Examples of such techniques are going for a walk or listening to music.



If you go into the 'red zone' and say or do something in anger, talk afterwards face to face with the person and use lots of active listening.



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HERE ARE THE KEY MESSAGES

- When stressed, people are hard wired to go into 'fight', 'flight' or 'freeze' modes.
- In fight, flight or freeze mode we cannot think calmly or rationally.
- The signs of stress on our bodies are: dry mouth; heart beating fast; shaking knees, or; sweating palms.
- Have a plan for when you get stressed e.g. go for a walk.
- To repair relationships talk face to face and use lots of active listening.

HOW OUR BODY SIGNALS STRESS





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PREPARATION INSTRUCTIONS



Read through your group activity sheets. Think about what kind of answers people might give and what questions you could ask to get everyone thinking.

If you have any questions about the challenge make sure you ask your teacher beforehand. You can also practice at home by getting your friends and family to play the role of the pupils that you will be helping during the challenge.



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CLASSROOM GROUP ACTIVITY 1

READ:

If we experience something scary, we all know that feeling, we get scared and until things settle down again we just cannot think calmly.

ASK:

Question: What are some of the signals our bodies give us when we are stressed?

ANY OTHER QUESTIONS





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CLASSROOM GROUP ACTIVITY 2

READ:

If you are going to be a Magical Leader you have to stay calm and think correctly under pressure, to stay in the 'Green zone'.

ASK:

Question: What are some of the things that somebody could do to stop the gorilla going bananas and help us think correctly under pressure (T-CUP)?

ANY OTHER QUESTIONS

