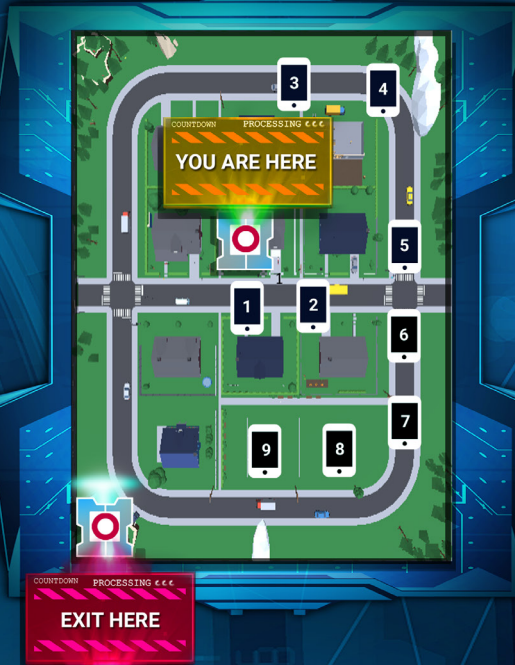




# CHALLENGE 3 - SUBURBAN SURPRISE

## 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



# CHALLENGE 3 - SUBURBAN SURPRISE

## PUPIL SHEETS

1 Copy/  
Pupil (excls.  
Peer Team)



## 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.





## CHALLENGE 3 - SUBURBAN SURPRISE

### 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





# CHALLENGE 3 - SUBURBAN SURPRISE



## CLASSROOM INDIVIDUAL ACTIVITY 1

### FALLING OUT AND GETTING BACK TOGETHER AGAIN



#### 1. Write Ideas

On your own jot down some ideas about how Selva and Steve could restore their relationship.



#### 2. Discuss

Discuss your ideas in your teams.



#### 3. Role Play

Two people from your group have to role play how Steve could approach Selva, or maybe Selva should approach Steve, to sort things out and make sure they can work together effectively. They've got a venture to run and they can't let an argument disrupt their plans.



# CHALLENGE 3 - SUBURBAN SURPRISE



## FEEDBACK SHEET

Enter the date

\_\_\_\_/\_\_\_\_/\_\_\_\_

Enter the team members' names of today's Peer Educators

TEAM MEMBERS ARE:


On your own answer yes or no to each question below. Then add up the score.

Success Criteria	Achieved? (Y/N)
Everybody in the presenting group contributed.	
Peer Educators tried to speak clearly.	
Peer Educators tried to sound enthusiastic.	
Peer Educators tried to stimulate discussion amongst the rest of the class.	
Peer Educators tried to encourage each group to feedback their thoughts / comments.	
TOTAL YES: <input type="text"/> TOTAL NO: <input type="text"/>	



In your groups, list 3 things today's team did well.




In your groups, note one item that would make the presentation even better if.

--





# CHALLENGE 3 - SUBURBAN SURPRISE



## HOME ACTIVITY

### MISSION LOG

Write down below your takeaways from your challenge today:

Large white rectangular area for writing takeaways.



### IT'S COOL TO BE ME

Look at yourself in the mirror and say "it's cool to be me" every day for the next five days.





# CHALLENGE 3 - SUBURBAN SURPRISE



## HOME ACTIVITY

### PREPARE FOR THE NEXT CHALLENGE 4 - WILD WEST

Talk to your family and ask where / when / how they worked as a team? Can they give you an example (in a work or home setting) of when they worked with other people to successfully complete a task – it could be putting up a tent or just doing the washing up.

Parent/ Guardian signature



# CHALLENGE 3 - SUBURBAN SURPRISE



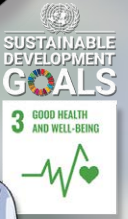


# MAGICAL LEADERS

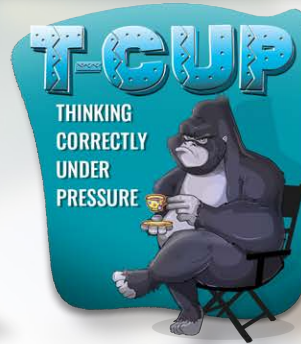
## CHALLENGE 3 - SUBURBAN SURPRISE

HANG ME  
ON YOUR  
BEDROOM  
WALL

### SELF AWARENESS & RELATIONSHIPS



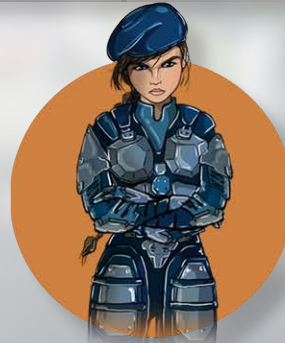
#### GREEN ZONE - CALM



#### T-CUP TECHNIQUES



#### AMBER ZONE - ANXIOUS



#### RED ZONE - FLIPPED



#### TO REPAIR RELATIONSHIPS:

- TALK FACE TO FACE
- USE LOTS OF ACTIVE LISTENING





# CHALLENGE 3 - SUBURBAN SURPRISE

