

# Crossing the Empty Quarter

## Lesson One: The Challenge

### Student Workbook



**Activity 1:** Read the following quote:

*“If you do nothing, you will go nowhere.” (Anon)*

What do you think it means? Make some notes that summarise your thoughts.

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**What is a Challenge?**

**Activity 2:** Rearrange the boxes to make a definition for 'Challenge'.

tests a person's	or physical	done successfully	ability	effort in
a situation	order to be	and therefore	great mental	that requires

A Challenge is .....

.....

**Activity 3:** List the different challenges that the expedition team face. Separate the challenges into **Physical Challenges** (those created by nature) and **Human Challenges** (those created by Man). Some examples have been given for you.

Physical Challenges	Human Challenges
<p><i>The stony surface of the terrain</i></p> <p><i>Hot temperatures</i></p>	<p><i>Misunderstandings between team members</i></p> <p><i>Chance of injuries</i></p>

Which column do you think would test the expedition team most? Why do you think this?

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**There are many different ways of thinking about ‘comfort zones’.**

A comfort zone is “a mental state where all things feel familiar and people experiencing it feel at ease with and in control of what lies ahead”.

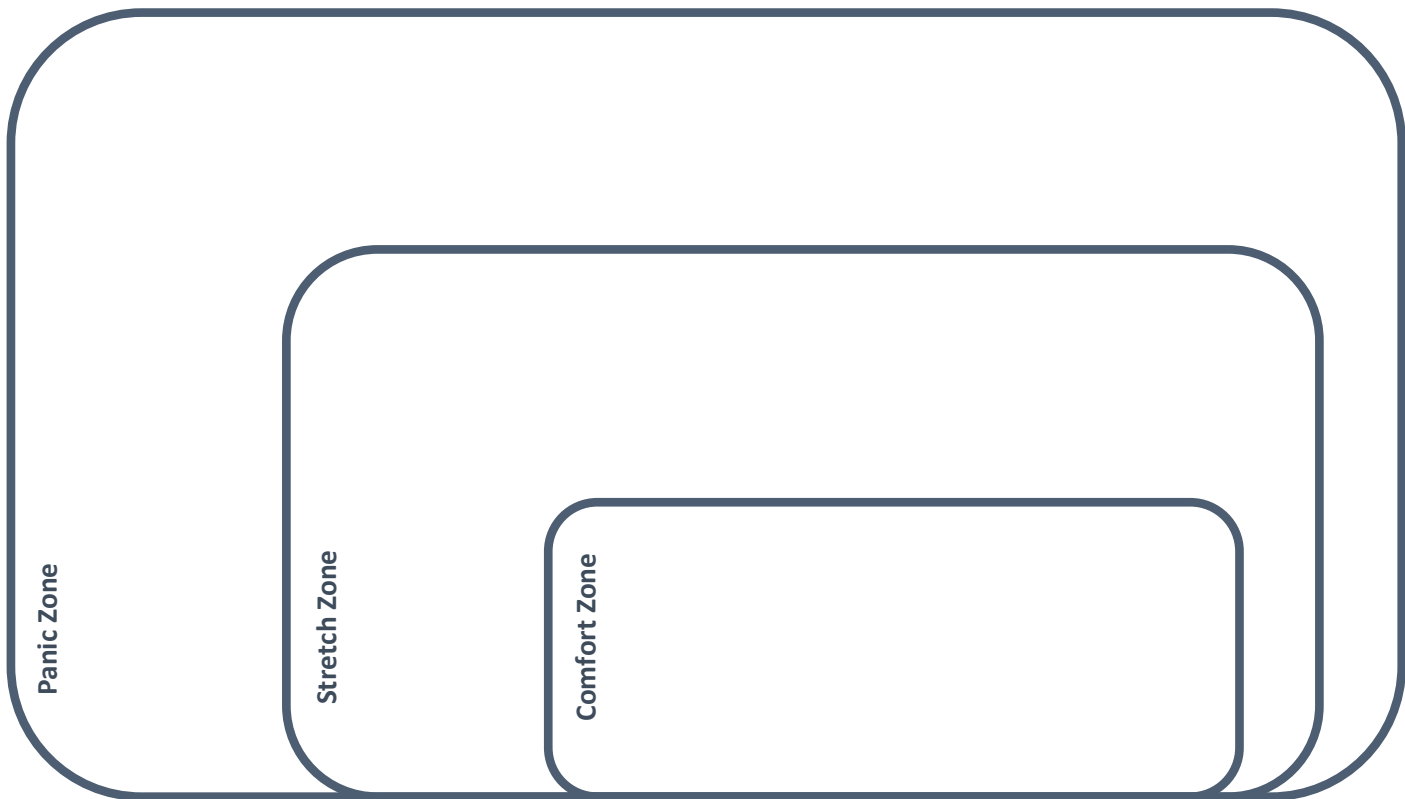
**Activity 4:** think of an activity where:

1. You feel you are in your comfort zone.
2. You feel you would be stretched. This means you would be challenged with something new.
3. You would feel a sense of panic. This means you would not know what to do in a situation.

**EXAMPLE:**



Write each example in the right place on the diagram.



Show your comfort zone diagram to a friend. Does your friend feel the same as you? If not, why not?

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What might be the benefits of stepping into your stretch zone?

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### Preparing to step outside your comfort zone

The expedition team had to make thorough preparations for stepping outside their comfort zone and accepting a challenge. Planning things carefully meant they were not in their 'panic zone' as the expedition went on.

**Activity 5:** What preparations may you have to make to step into your 'stretch zone'? List three ideas.

- 1 .....
- 2 .....
- 3 .....

Why are such preparations important? What are the short term and long term consequences of not preparing for a challenge in this way?

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**Activity 6:** Can you think of a situation in your life so far that went wrong because you did not plan thoroughly?

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Can you identify something coming up in the next two years of your life that will require careful planning - what is it, and how will you prepare for it?

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**Summary Activity:** What can you gain by challenging yourself, perhaps by joining an **Outward Bound** course? Make a list of five reasons why a four-day Outward Bound Course might make you more attractive to a potential employer.

1. ....
2. ....
3. ....
4. ....
5. ....