

Quick-fire activity

The importance of challenge

Aim: To help students understand the benefits of facing challenges

Age range: 11-14 and 14-16

Steps

1. Tell the students you're going to give them a quick quiz and ask them to answer the following questions on a piece of paper
 - a) What is $3 + 3$?
 - b) What is the day after Saturday called?
 - c) How do you spell 'cat'?
 - d) What does the colour red mean on a traffic light?
 - e) Where does milk come from?
2. Go through the answers with the students and ask them what they scored – hopefully everyone will have five out of five! Now ask them how much fun the quiz was. Discuss how it could have been made more fun. They should realise that doing something really easy is usually not very interesting
3. Now ask the students to think about something they've done that was challenging. It doesn't have to be big or dramatic; it could be something simple like staying away from home without their parents for the first time, applying for a part-time job or asking for a refund in a shop. It's important to remind students that something one person finds easy might be really challenging for another

You could start by telling them about a time you faced a challenge, describing how you felt before, during and after the challenge – and ideally how tackling the challenge gave you the confidence to do it again or to tackle something even more challenging next time
4. Ask some students to share their feelings before, during and after their challenge. You may want to make a note of some of these on the board
5. Draw together some of the positive outcomes from facing challenges and summarise for students how facing a challenge can be an opportunity to learn new skills and gain confidence: avoiding challenges, like the easy quiz, could make for an unexciting life

Taking this activity further

Use the 'Self confidence' (11-14 and 14-16) lesson to look further at the value of challenge: barclayslifeskills.com/selfconfidence