



# Beyond Your Comfort Zone

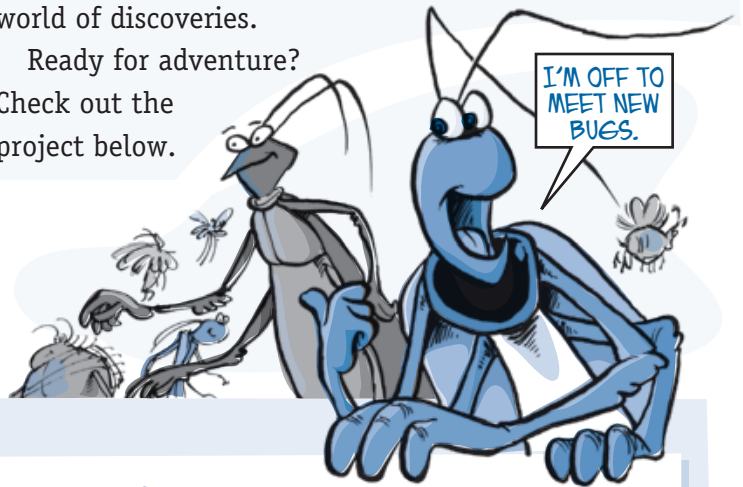
"Each soul is investigating reality . . . We are living at a time when we should enjoy real friendship." —'Abdu'l-Bahá

**W**hat if they laugh at me? What if they don't like me? Worries like these can make you nervous about meeting new friends.

It may feel safe to stick with your familiar friends—like being in your own home. Always doing the same things with the same people, so you feel secure, is staying in your "comfort zone." It takes courage to strike up a conversation with someone new, but it can also be fun and rewarding.

If you meet someone from another culture or religion, you may find out about new foods, games, or traditions. Hearing about different goals or interests could inspire you. You might even have a lot in common. Encounters like these can lead to lasting friendships and a whole world of discoveries.

Ready for adventure? Check out the project below.



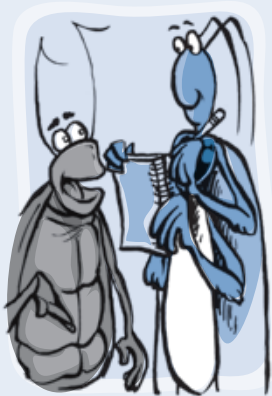
**You'll Need** Notebook • pencil • markers  
stickers or other decorations (optional)

## Book of Cool Questions

**1** Design the cover of your notebook. Add welcoming, inviting words and images. Include the title, "Book of Cool Questions: Share Your Amazing Answers!"



**2** At the top of the first page, write a question. Choose from the "Cool Questions" or make up your own. Add questions until you have about 10 in your book. Skip three pages between them, so there's plenty of space for answers. Write your own answers first, with your name.



**3** Introduce yourself to a kid you don't know well. Say something like, "Hi, I'm (Your Name). Can I interview you for my project? You'll just answer some cool questions." Write down the kid's answers with his or her name after each.

**4** Interview at least 10 kids, and review the answers. What did you learn about them and yourself? Who would you like to know better? What do you have in common?

## Cool Questions

1. If you could have any magical or superhero power, what would you choose, and why?
2. If you could visit anywhere in the world, where would you go, and why?
3. If you could be famous for any talent, what would you want it to be?
4. If you could give three things to every person on the planet, what would they be?
5. If you had a million dollars, what would you do with it?
6. What do you think is the coolest job in the world?
7. If you could be any animal, which would you want to be, and why?
8. If you could meet anyone from history, who would it be, and why?
9. What would your perfect day be like?
10. If you had a time machine, what time and place would you visit?

