



## ACTIVITY: 'PLEASE STEP OUTSIDE'

**TIME:** 15+ minutes  
**SIZE:** Large groups of 10–12  
**SPACE:** For large groups to sit and work  
**RESOURCES:** Character Biographies, Scenario & rating Sheet (pp.83–84 or SenseAbility CD), pens

**The aim** is to place students in a simulated situation where their Sense of Control will be placed under pressure.

**The result** should be discussion about the value of perspective-taking and helpful thinking in building and maintaining a healthy Sense of Control.

1. Break the class into groups of 10–12.
2. Randomly assign each student in the group a character from p.83. (Every character has values but also some liabilities). Also give each student a Rating Sheet.
3. Set the scene: group/s are the last human survivors on the Jovian lunar outpost of Ceres 2; an explosion has destroyed the main building and the escape rocket. Your group is hunkered down in a smaller storage complex. While a MayDay has been sent to Earth, it will be three years before a rescue mission arrives. There is only enough oxygen and supplies to support your entire group for eighteen months; therefore, to survive until the rescue craft arrives, half the group must be asked to 'step outside'.
4. Groups must consider which characters should remain alive and which should go, using the Rating Sheet. Groups can decide by popular vote, or they can elect a leader to make decisions – it's their choice.
5. There are no right or wrong answers – it is the process that is important.

**Caution:** some students could become very emotionally invested in their characters, so some shepherding and debriefing may be required.



## DISCUSSION SUGGESTIONS

- How would you describe your Sense of Control at the start of the activity? Did it change through the course of the activity? How do you know? Why did it change?
- How did you react (thoughts, emotions, physical symptoms) when your character's life was being weighed in the balance? In retrospect, was the way you thought about the process the most helpful one possible? If not, what might have been a more helpful way to think? Why?
- What criteria did your group use to make decisions? What did that process say about individuals' Sense of Control?
- Did the activity cause stress or anxiety for anyone? Why? What changes in thinking might have reduced these levels of stress/anxiety?
- Hopefully, none of us will be in situations where we have to make such grave decisions. But what thinking strategies used in the activity do you think might be useful in day-to-day life? In what situations would they be helpful? Why?