



# 110. Cool in the hot seat

*This activity is a question and answer session on the theme of calm.*

**What you need:** nothing

## What to do:

Choose a character or person who is a good example of calmness – sportsman, mythical hero, fireman/policeman, actor, etc.

Sit on a chair in front of the group. This chair is the ‘hot seat’.

Introduce yourself as the person you are pretending to be for the duration of the hot seat.

Encourage the group to interview you in order to discover the secret of your calmness. For example:

Leader: *Hello everybody, this afternoon I am going to be a gladiator. Who would like to ask me a question about how I keep my cool at the Roman Games?*

Child 1: *How do you keep your cool before you go out into the arena?*

Leader: *That’s a good question. I have trained myself to stay calm by repeating over and over again, “I am strong and fearless. I am strong and fearless.” Staying positive works for me.*

Child 2: *How do you feel when you hear the crowd shouting and yelling at you?*

Leader: *I focus on what I have to do. It took a bit of practise but I’ve learned to zone out distractions. Now I don’t hear the crowd, I just concentrate on what I have to do. That keeps me clear-headed and calm.*

etc.



The big book of Calmers by  
Jenny Mosley and Ross Crogan

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