

Try Something New Quest

Choose real or fictional examples. Skip private details; never include passwords, medical information or contact details.

Learning goal: Choose a manageable learning risk and make an if–then support plan.

Trying something new can feel interesting and uncertain at the same time. A learning risk might be asking a question, testing a design or sharing a draft with a willing partner. It should be safe and chosen by you. You can shrink the quest or ask for support.

Your steps

1. Choose one safe, manageable learning risk.
2. Predict a worry and a possible benefit.
3. Create an if–then plan and a smaller backup.
4. Try it when ready and reflect on what you learned.

1. Choose my quest

Pick a learning experiment, not a dangerous challenge. You can use a fictional quest.

The new thing I choose	Why it interests me
One worry I predict	One possible benefit

2. If–then preparation

Make a plan for starting, getting stuck and needing a smaller version.

IF...	THEN I will...
I hesitate to begin	
My first try does not work	
The quest feels too big	
I need more support	

Try Something New Quest · Practice & next steps

Continue your ideas from page 1. Write, draw, use symbols or ask someone to scribe. Share only what you choose.

3. Return from the quest

Complete after trying, or label this as a rehearsal plan. Success can mean learning what to change.

What I actually tried	What surprised me
What support helped	What I would change for another try

My next step

My next manageable learning risk could be...

Optional stretch · Grades 6–8

Separate a prediction from evidence gathered after trying. Design a second quest based on the first result.

Optional teacher / parent follow-up: Keep participation voluntary and safe. Do not pressure personal disclosure or equate courage with ignoring distress.