

Conflict and the Brain 1

Preparation

We find that the activities work best if you familiarise yourself with the digital resources.

Keep in mind that when discussing emotions and feelings, participants may need a trusted person to talk to.

You will need to ensure that:

- you have access to WiFi,
- participants have access to a digital device (or are able to share).

This activity should take 45-60 minutes (not including set up time).

Monkey Vs Lizard is a light-hearted and engaging way to begin to think about the way in which we manage conflict in family life, and depending on the results, offers different tips and suggestions on improving our conflict management techniques.

This activity helps people understand which part of the brain they tend to use when faced with a difficult situation; the reactive reptilian brain (the Lizard), the reflective mammalian brain (the Monkey) or a bit of both.

The learning bit...

- How to manage the negative impact of conflict in positive ways.
- Do you think about how you react? (Are you reflective or reactive?) Understanding the difference between our automatic or instinctive and learned responses.
- How to manage our responses and reactions and understand the responses and reactions of others.
- Introduction to Conflict and the Brain, Oxytocin, Cortisol, empathy, stress and anxiety.

Don't forget...

It's important to remember that no quiz result is solely 'good' or 'bad'. It all depends on the situation you're currently in. But by learning how to connect more with our monkey brain we can then learn to listen, reflect, emphasise and communicate which can help us resolve conflict and improve.



For details of how these resources help to deliver a number of national outcomes see our Resource Booklet.



Are you more Monkey or Lizard?



Find more resources online to help develop the discussion.



You may also like:

#KeepTheHeid and #CranialCocktail

Activity

Getting started (15-20 min)

1. Google SCCR or go to www.scottishconflictresolution.org.uk
2. Select Brainy Stuff from the menu bar.
3. Select #MonkeyVsLizard.
4. Click on 'Take the Quiz' - this has 10 questions and done individually will take around 5 minutes.

Are you Lord of the Lizards or a Monkey Genius? (15-20 min)

5. Share and discuss your results.

- What does your result suggest about how you think about how you react?
- How do you manage your responses?
- How might you manage your responses in similar situations?
- If you were having a good or bad day do you think your results might change. Why?

Conflict and the Brain (15-20 min)

6. Click on the 'Learn more' button to find out more about conflict and the brain.

