

Conflict and the Brain

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) or the reflective mammalian brain (The Monkey).

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.

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.
6. Give it another go and see if you get a different result imagining you're having a good or a bad day.

Conflict and the Brain (15-20 min)

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

