

Cranial Cocktail

Preparation

This activity can be used as a follow-on activity from [The state you're in... Understanding feelings and emotions](#).

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

Click 'Watch the video' at:

www.scottishconflictresolution.org.uk/homunculus

Scroll down and watch the animations.

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

This activity should take 60-70 minutes (not including set up time).

All of our emotions related to conflict - arise from the biological connection between our bodies, brains and memories.

In learning to observe what we're feeling in our bodies and being aware of how our brains are perceiving these feelings, we can begin to understand how to use our bodies and thoughts to rebalance our emotions.

This activity helps us to bring awareness to our bodies and learn how the body and brain work together to create or change our emotional states.

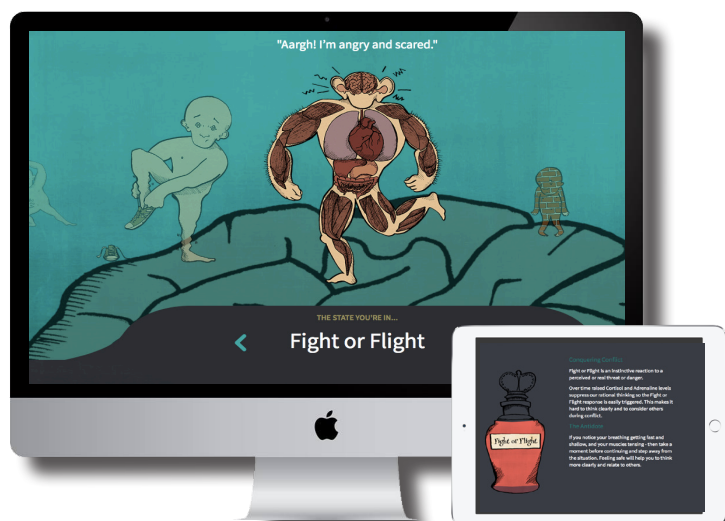
The learning bit...

- Recognising the connection between feelings in our bodies and brains
- Understanding the importance of the brain-body connection
- Understanding the affects of brain chemicals on our mental and physical health.
- Learning awareness of our emotional states through our awareness of our physical feelings.

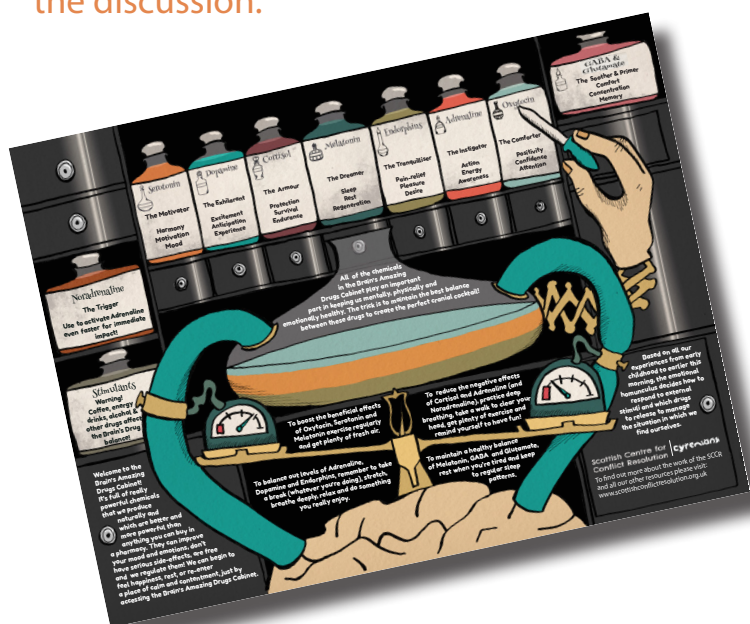
For details of how these resources help to deliver a number of national outcomes see our Resource Booklet.



Physical feelings and emotional feelings



Find more resources online to help develop the discussion.



Further activity suggestions

Discuss ways you might use your body to shake up your cranial cocktail and rebalance your state of mind.

Explore the Brain's Amazing Drugs Cabinet for more Brain Drugs, and discover how to recalibrate your emotional state.



Activity

Getting started (10-15 min)

1. Go to:

www.scottishconflictresolution.org.uk/homunculus

2. How you are feeling physically? Discuss with the group. What does your body tell you about how you're feeling emotionally?

Physical Feelings (20-25 min)

3. Scroll down the webpage to discover how the body experiences each emotional state.

The internal organs in each emotional state are represented by their size in relation to what is happening physically in our bodies.

You can also guide the conversation by asking how people are feeling in their stomachs or gut, in their hearts or where their 'heads are at'.

Cranial Cocktail (20-25 min)

4. Scroll down to Cranial Cocktail to get a description of what's happening to our bodies in the state we're in.

5. Which drugs from the Brain's Amazing Drugs Cabinet are affecting our physical and emotional states?

6. What are the reasons that your Brain's Amazing Drugs Cabinet might be releasing these particular drugs?

You may also like:

#KeepTheHeid and #MonkeyVsLizard