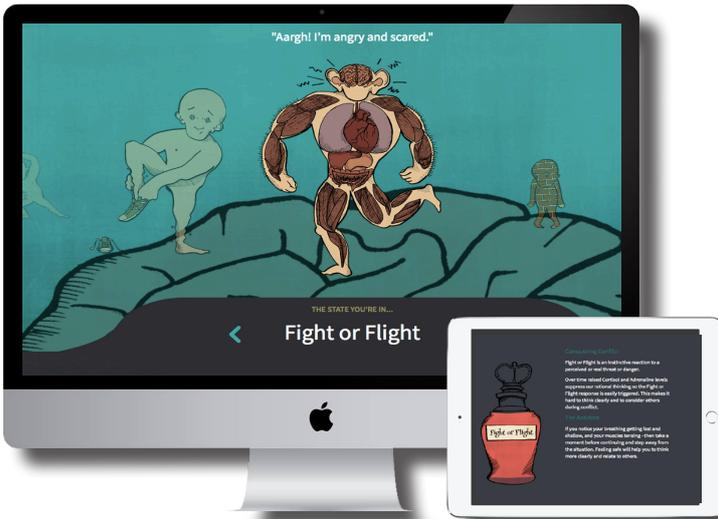




# Physical feelings and emotional feelings



Find more resources online to help develop the discussion.



## Further activity suggestions

Discuss ways might you 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](http://www.scottishconflictresolution.org.uk/homunculus)

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

### Physical Feelings (10-15 min)

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

The internal organs of each emotional state is represented by its 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 (10-15 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 specific drugs?

You may also like:

#KeepTheHeid and #MonkeyVsLizard