Flipping your lid

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).

The learning bit...

- How to manage the negative impact of conflict in positive ways.
- How do you act in conflict? Do you Flip your Lid or Keep the Heid?
- Understanding anger and how the brain responds to conflict.
- Introduction to the Thinking Brain and the Emotional Brain, anger, stress and anxiety.

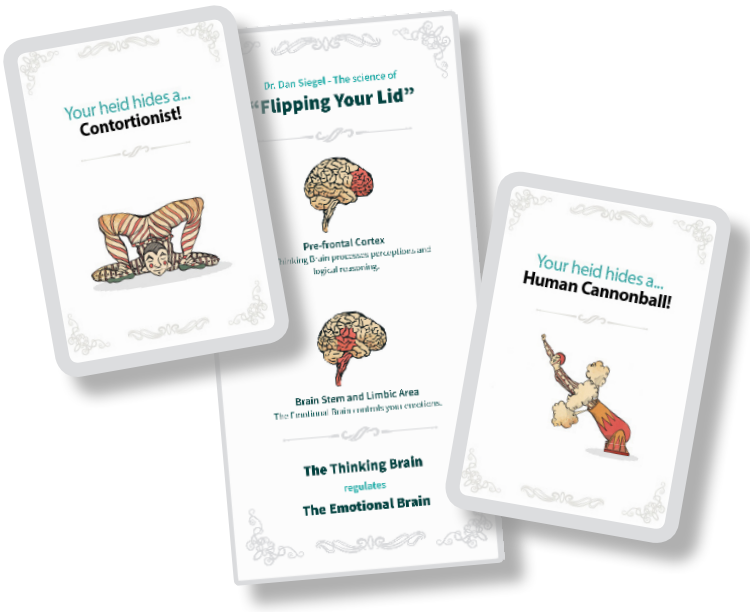
For details of how these resources help to deliver a number of national outcomes see our Resource Booklet.

"Relationships can feel like a bit of a balancing act sometimes… and no one wants to fall off the tightrope."

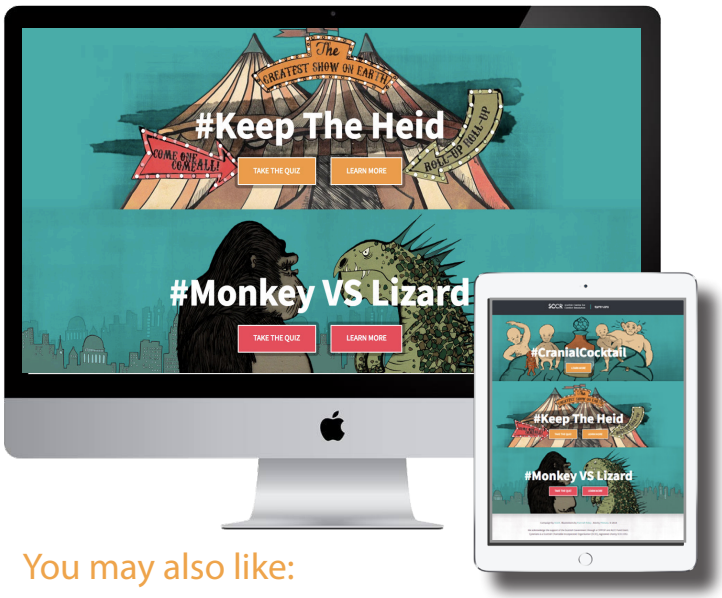
This activity explores the science behind our reactions and reactions and asks us to consider when 'the bomb goes off' what's more important: being "right" or rescuing the relationship?

Based on Dan Siegel's 'Flip Your Lid' model of the brain, this activity uses circus characters to help people think about their reactions and responses to conflict.

Are you a contortionist or a cannonball?



Find more resources online to help develop the discussion.



You may also like:
#MonkeyVsLizard 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 #KeepTheHeid

4. Click on 'Take the Quiz' - this has 10 questions and done individually will take around 5 minutes.

Are you a controlled contortionist or a human cannonball? (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.

Flipping your Lid (15-20 min)

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

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