

Seeing things differently

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 60 minutes (not including set up time).

“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.



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.
- Seeing things from a different perspective.
- Recognising situations that can lead us to flip our lids.

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



Are you a contortionist or a cannonball?

Getting Started

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.

Activity

Groupwork (15-20 min)

5. Take the online quiz in groups of two or three. Discuss each of your response to the quiz questions.
6. How do you think you act or react in each situation? How do others in the group think you might act or react? How might someone else react?
7. What are your reasons for acting the way you do? How would you act differently or prefer to act? What feelings come up to provoke your reactions?

Seeing things differently (15-20 min)

8. Click on the 'Learn more' button to find out more about how anger affects different parts of the brain.
9. What situations might cause you to 'flip your lid'? How can you manage your feelings to help Keep The Heid in conflict?



Find more resources online to help develop the discussion.



You may also like:

[#MonkeyVsLizard](#) and [#CranialCocktail](#)