

The state you're in...

Preparation

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 60-80 minutes (not including set up time).

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

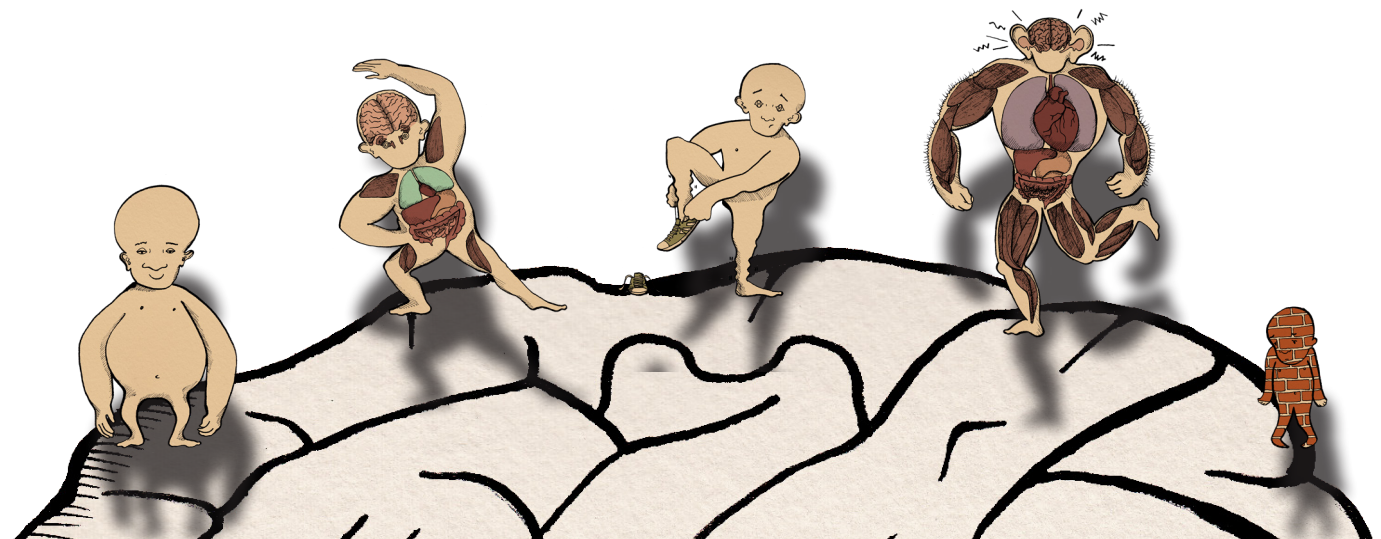
In learning to observe what we're feeling in our bodies and being aware of how our brains are perceiving these feelings, we can begin to understand our own emotional states and those of others.

This activity helps us to understand why we react in a certain way when we are in different emotional states.

The learning bit...

- Recognising emotional states in ourselves and others
- Understanding the importance of the brain-body connection
- Understanding the affects of brain chemicals on our actions and reactions
- Reflecting on our feelings and reactions

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



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The image shows a desktop monitor (iMac) and a tablet (iPad) displaying a website. The desktop screen features two main sections. The top section, '#Keep The Heid', has a background of a circus tent with a sign that says 'The GREATEST SHOW ON EARTH'. It includes a red arrow pointing left with the text 'COME ON IN! COME ON IN!', a central orange button labeled 'TAKE THE QUIZ', and another orange button labeled 'LEARN MORE'. The bottom section, '#Monkey VS Lizard', features a background of a city skyline with a gorilla and a lizard. It includes a red button labeled 'TAKE THE QUIZ' and an orange button labeled 'LEARN MORE'. The tablet screen displays a mobile-optimized version of the website with three sections: '#Cranial Cocktail' with a background of three people, '#Keep The Heid' with the circus tent background, and '#Monkey VS Lizard' with the gorilla and lizard background. Each section on the tablet has a corresponding button to 'TAKE THE QUIZ'.

#KeepTheHeid and #MonkeyVsLizard

Getting started (10-15 min)

- ## The state you're in... (15-20 min)

- www.scottishconflictresolution.org.uk/homunculus

4. Scroll down to discover how the body is experiencing each emotional state.

Cranial Cocktail (15-20 min)

- ## Conquering conflict (15-20 min)

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

