

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.



Understanding emotions and feelings



Find more resources online to help develop the discussion.



You may also like:

#KeepTheHeid and #MonkeyVsLizard

Activity

Getting started (10-15 min)

1. Play one of the three animations
2. Discuss the emotional states that the characters are experiencing.

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

3. Go to:
www.scottishconflictresolution.org.uk/homunculus
and go through the carousel discussing each of the emotional states.
4. Scroll down to discover how the body is experiencing each emotional state.

Cranial Cocktail (15-20 min)

5. Discuss the Brain Drugs that are active in each emotional state. How do they change between the emotional states?

Conquering conflict (15-20 min)

6. Discuss how to manage each of the states by being aware of our brain and body connection.
7. Click on the 'Learn more' button to find out more about conflict and the brain.

