

Cyrenians
SCCR

Scottish Centre for
Conflict Resolution

EMOTIONS AND THE BRAIN



Check out our
Monkey Vs Lizard Quiz!!

Instructions: Read the scenarios and draw a line to sort the responses into Monkey or Lizard response.

Sammy has fallen out with their friend over something that was said in a group chat. Sammy is feeling angry so Sammy...

Avoids them in school.

Talks to them about how they are feeling.

Considers their friend's side of the story.

Shouts at them.

Gets into a physical fight.

Comes up with a cunning plan to get them back.

Sammy is having an argument with their parent /carer about school work so Sammy...

Goes to their room and slams the door.

Pretends that they can't hear what their parent/carer is saying.

Takes some time to think about why they feel angry.

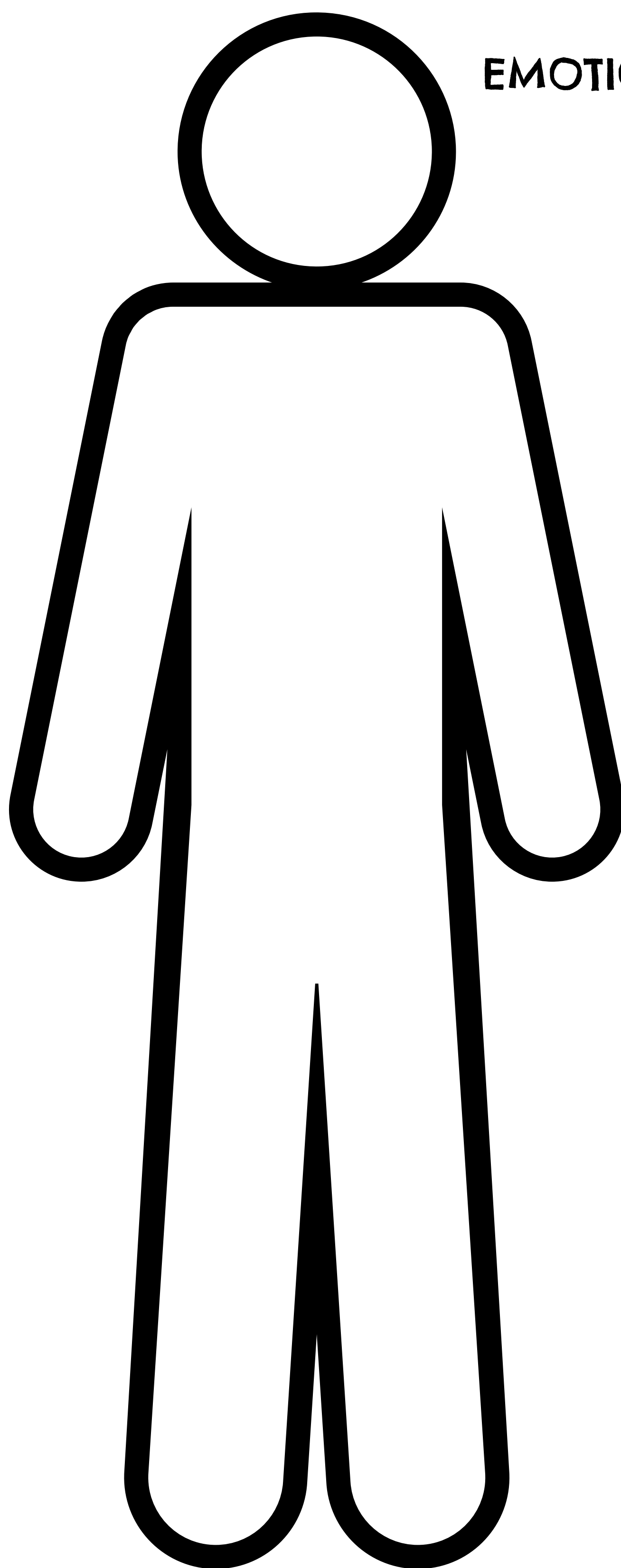
Gets upset and starts to cry.

Tries to make their parent/carer feel guilty.

Explains that they are going for a walk to clear thier head and can talk later.



Instructions: Choose an emotion and draw/label how it feels in your body. HINT: Think about your heart rate, temperature, breathing and facial expression.



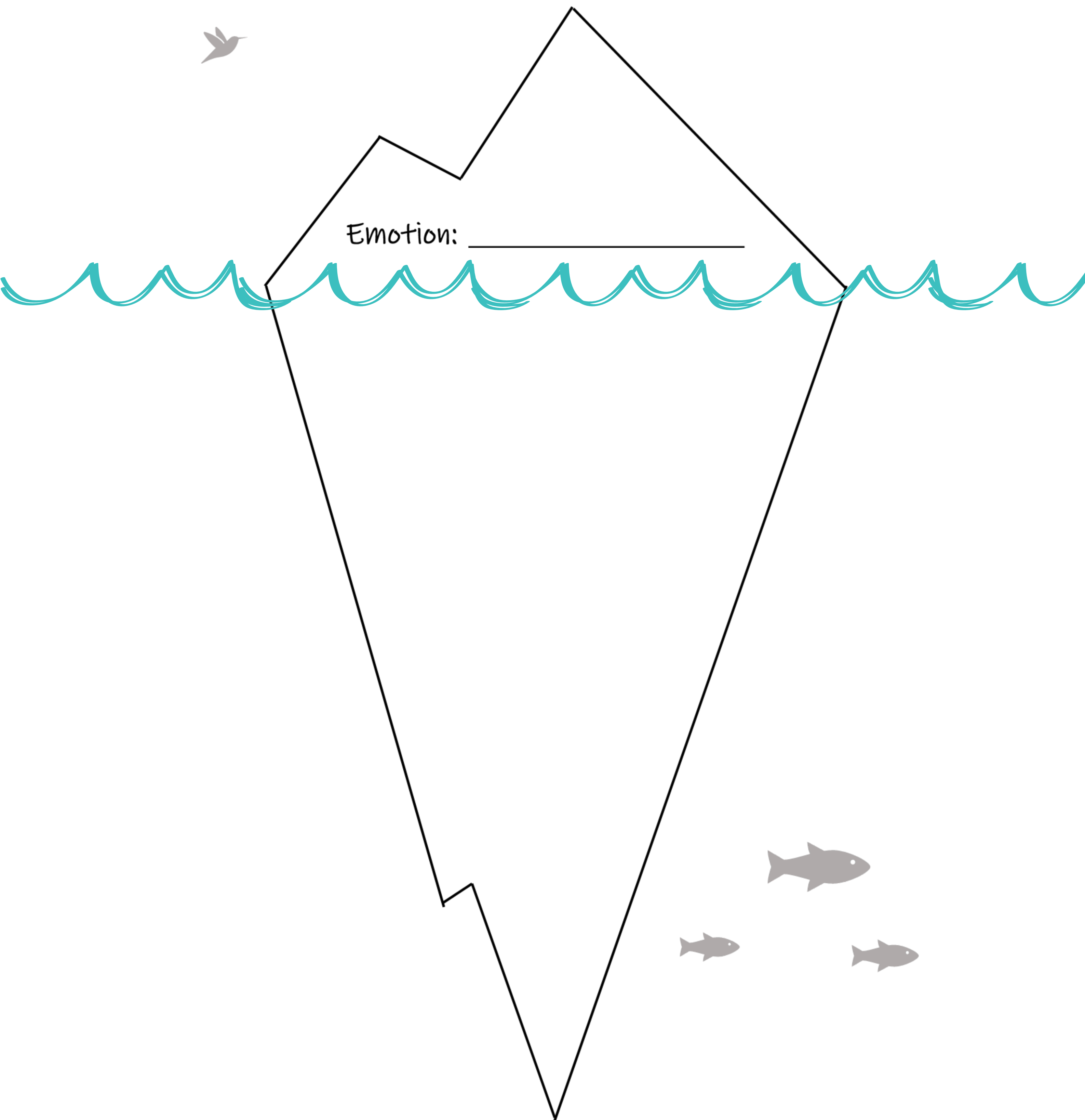
EMOTION: _____

Instructions: Write down some of your triggers in the green box. Then for each stage, write down how you feel (emotions and body sensations) and some behaviours you might show.

MY TRIGGERS:

	ESCALATION	CRISIS	DE-ESCALATION	DEPRESSION
Feelings				
Behaviours				

Instructions: Choose a secondary emotion and write it in the tip of the iceberg. This is the emotion that others might see. Now think about everything that is going on underneath and write down all the primary emotions under the surface



Instructions: Make a list, or draw all the things you can think of that boost your mood and help calm you down. Try coming up with a playlist to boost your mood or a quick exercise routine to release stress.

THINGS THAT MAKE ME HAPPY

THINGS THAT CALM ME DOWN

MY PLAYLIST

MY WORKOUT