

Animal Brain – Resource pack

You-tube video link for Animal Brain video https://youtu.be/H_dxnYhdyuY



**the video is aimed at parents/carers not teachers and has 1 inappropriate point where it says you can ask for a kiss.....use this to prompt discussion on what is appropriate in school and what is appropriate at home and use it in the following points, particularly 'I need messages' and how these can be different depending on the environment you are in at the time.

Discuss the video with the child in relation to themselves. You can pause the video at key points and ask them about their animal brain: what animal is their brain, how does their animal brain respond to difficult challenges (fight, flight, freeze) what do each of those look like for the child themselves.

If the child is able to, you can use the same discussion points above to discuss the animal brain within in relation to family members and friends and how they are similar or different to their own animal brain.

Make your own animal brain finger puppet.

Write your own 'I feel messages' and discuss these in relation to fight, flight and freeze.

Write your own 'I need messages' in relation to attention, affection, appreciation and alone time and what this looks like for the child. Discuss and relate these to how the child can use 'I need' messages to self-regulate.

Make a power-point or a video recording of your own animal brain using all of the above and present it to the whole class or just the teacher, or even friends or at assembly!

The key aims are to get the child to understand their animal brain, their feelings and what they can do when they have strong feelings and how this helps them to self regulate. Also, for teachers, parents/carers, friends and family to understand that child's individual animal brain and how to support that child when they are having big feelings.