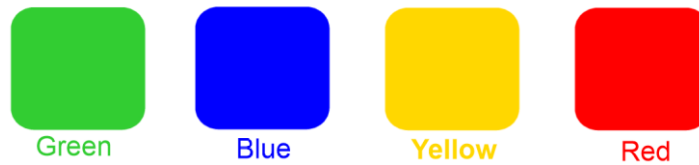


# 05.02.2024 Whole School Assembly: The Chimp Paradox

Thinking time whilst coming into assembly:

What are emotions?

Can you remember which emotions you would associate with these colours?

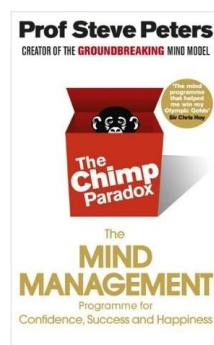


In our recent well-being survey, our pupils lowest scoring response was to the following statement:

*I can say how I feel and how strong a feeling is.*

We then reviewed what emotion each colour represented. We also discussed what feeling each person had this morning. Talking about feelings isn't always easy. Feelings are complex and hard to understand, especially for children who are encountering new situations and new feelings so regularly in their young lives.

I used a favourite book of mine to explain feelings and how we might manage them: The Chimp Paradox by Professor Steve Peters.



Think of your emotions like having a per chimp; you cannot always control your chimps behaviour but you are responsible for it. We therefore have to learn how to manage our chimp. We then talked through some strategies we could use to help control our chimp (emotions). Some of those we looked at were:

- Give your emotion a colour. It helps you understand your strength of feeling and gain control.
- Walk away. The worst reaction is when it is immediate. Buy time.
- Count to 10. It allows your rational brain to get up with your reacting brain.
- Deep breaths. It helps relax the body.
- Positive thoughts.

Get control of that chimp!

