

Wellbeing Builder:

Middle – FIGHT, FLIGHT OR FREEZE
Senior – FAST AND SLOW TRACK
RESPONSES

Wellbeing Element:**STRENGTHS AND EMOTIONS****Character Strength:**

SELF-REGULATION

Strengths Booster:

STRENGTHS SPOTTING

Wellbeing Reflection Activities:

Middle – FIGHT, FLIGHT OR FREEZE,
Senior – FAST AND SLOW TRACK RESPONSES (see website)

Parent Wellbeing:

The best way to build your wellbeing and personal growth is through contributing to make a positive difference to others' lives; doing good to feel good and feeling good to do good. Describe three times you have done this and the emotions you felt.

Students' thinking is influenced by two competing parts of their brains, the amygdala and the prefrontal cortex.

- The amygdala is the unconscious part which generates emotions. It is well developed in students and causes the fight, flight or freeze reactions, depending on the intensity of the positive or negative emotions produced (also called fast track responses).
- The prefrontal cortex is the conscious rational part which controls the intensity of their emotions to make better decisions (also called slow track responses). It not fully developed till they reach their early twenties, meaning their responses to what they experience may vary considerably.

When their amygdalas are in charge of their feelings, good decision-making is difficult; often called emotional hijacking. The key is to raise their self-awareness of this, so that they are able to self-regulate their emotions. Cultivate this by:

- initiating discussions about positive, negative, mixed and hidden emotions and their intensity
- helping them create their own positive coping and self-calming strategies to reduce emotional intensity
- exploring common thinking traps each week (see website)
- learning how to use assertive and positive self-talk to combat hijacking
- doing Mindfulness Activities each week to distract their amygdala to put their prefrontal cortex back in charge (see website).