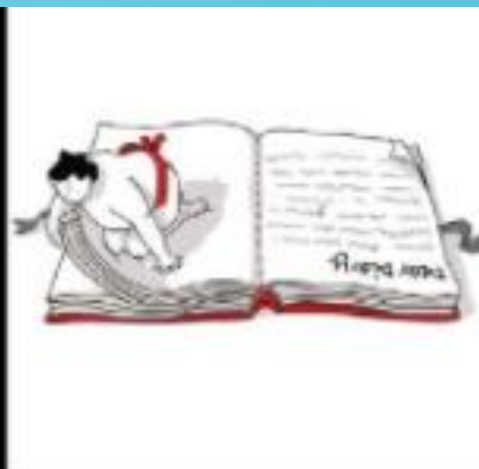


⊗ Faced with a challenge?

7 questions to help you
S.U.M.O.



1: Where is this issue on a scale of 1 - 10?



2: How important will this be in 6 months time?



3: Is my response appropriate and effective?



4: How can I influence or improve the situation?



5: What can I learn from this?



6: What will I do differently next time?



7: What can I find that's positive in this situation?

Discovery and Atlantis -
our red cap brain.



Enterprise and
Endeavour - blue cap
brain.



Red Cap:

Oldest part of our brain.

Survival part of our brain.

Makes quick decisions.

Can jump to the wrong conclusions.

Better to be safe than sorry.



Blue Cap:

Our calm brain.

Our thinking brain.

Our decision making brain.

Our brain uses lots of energy.



We are more likely to use our red cap brain. We think quicker and use less energy.

BUT....



If we aren't thinking enough, we make bad choices.



PANIC!!!!!!!!!!!!!!!



Worry about things that probably won't happen.

Believe things that are not true.

Think things that are not true.

Arguments

Hiding away

Who is the most important person you will ever talk to?





Remember, whatever happens, you can control how you act.

You think a friend might have said something bad about you.

- 1) You go and talk to the friend, you are horrible back.
- 2) You run away and hide in the corner of the playground, spending playtime on your own.
- 3) Get upset, think about it all the time.

Blue Cap Thoughts:

When faulty could happen think:

- Take a deep breath
- Have a mindful moment
- Ask for help or tell someone
- As yourself what if I try...
- We could take a minute to talk to God.



Our Christian Values can help us to do our positive TEAR:

- Courage
- Perseverance
- Wisdom
- Friendship
- Respect
- Trust



WWJD:

"I can do all things
through him who
strengthens me."

PHILIPPIANS 4:13



Prayer for SUMO

Father God,

Thank you for our red cap and blue cap brains. Thank you that you have given us different ways to think. Help us to use our red and blue cap brains at the right time. Help us to recognise when others aren't and help them.

Amen