



FLOURISH · CREATION

YEAR 6

The brain alarm

T2 · STEADY · REGULATION AND RESILIENCE. Why bodies react first.

#regulation

#resilience

#steady

#calmbody





Why does your body sometimes react before your thinking has caught up?

You can always pass, write your answer privately, or use a made-up example.



Psalm 56:3–4

“When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?”

Psalm 56:3–4, New International Version (NIV)

CHRISTIAN CONNECTION

Fear is not a failure; even the psalmist felt it and chose trust. Naming what our body is doing, and who we can trust, helps the alarm settle.



CONNECT



EXPLORE



PRACTISE



REFLECT



EXPLORE · Watch together

T2 · THE BRAIN ALARM · WEEK 1

The brain alarm



BibleProject · “Shalom / Peace”

bibleproject.com/explore/video/shalom-peace

WATCH FOR

- The alarm reacts before thinking
- Naming a feeling settles it
- Psalm 56:3 — “When I am afraid, I trust in you.”



CONNECT



EXPLORE



PRACTISE



REFLECT



Which norms help us flourish?

In groups, sort the six cards below: HELPS FLOURISH or NEEDS EDITING.

Then agree on the four norms this class will actually keep.

1 Whatever is said here stays here, always

2 Concerns go to a trusted adult

3 Privacy is respected

4 Everyone must share something

5 Pass is allowed

6 Fictional examples are okay

Cards 5 and 6 are the drafts that need editing — rewrite them together, then keep your final four.

 CONNECT

 EXPLORE

 **PRACTISE**

 REFLECT



“One action I can take to make this group safer for learning is ...”

Write this one privately — you don't have to share it.

TAKEAWAY

Dignity is received, and safe participation is something we build together.



CONNECT



EXPLORE



PRACTISE



REFLECT