

# Wise Minds



## FACILITATOR HANDOUT

### Working Towards Wise Mind

Ever notice how you can be a completely rational, logical person one moment and a complete emotional mess the next? Sort of like when you are having a reasonable conversation with your family, and then 20 minutes later, you find yourself in a yelling match. You aren't even sure how it happened or what set you off, you just know you don't like it. This shows how quickly people can move from reasonable mind to emotional mind. Both mindsets are important - reasonable mind helps us to function in our world, and emotional mind tells us if we're living a life in line with our values and can release the tensions from our day to day life. However, if you find yourself swinging from reasonable mind to emotional mind a lot, or if you are only living in one type of mind, you've robbed yourself of the delights and contentedness of wise mind.

Wise mind is where emotional mind and reasonable mind meet. Have you ever had the experience when you've made a decision, and no matter what others said, you just knew it was the right choice for you? The knowledge and confidence that comes with this experience is an example of wise mind. It feels good, it feels right, and you're in a state where you can acknowledge and honour both emotions AND reason.

#### Demonstration



Have three chairs lined up in a row. Describe a situation where someone may have acted in an emotional way e.g. getting cut up while driving or getting low marks on a test where you thought you had done well. Sit in each chair one at a time, acting out what the response would be to the situation in emotional mind, reasonable mind and finally, wise mind, using the chair in the middle.

#### Activity



Draw two large circles on the white board which cross over. Label the left emotional mind, the centre cross over part wise mind and the right is reasonable mind. Get the child to provide an example situation then work through each response as a group.

**Finally, get the child to work through their own personal examples using the worksheet provided.**