

Of Mindsets and Monkeypots

How do hunters capture animals with a pot?



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In rural India...

...there are men who earn extra money by trapping and taming monkeys to be sold as pets.

Over the years, several ways have been devised to capture these primates, but the simplest method is said to be the monkeypot. In a clearing, the trapper fastens a short piece rope to a tree-stump. To the other end he attaches a small pot, one with a rather narrow neck. Into this pot he drops several nuts, and scatters a few more on the ground nearby. He then goes a short distance away to wait out of sight.

So how do you think is the Monkey trapped?

So how is the Monkey trapped?

- Poison Fruit?
- They hide and throw nets over them?
- They shoot the Monkeys with darts?
- The Monkeys fight over the fruit and knock each other out?

Discuss in pairs how you think this is achieved

The answer...

Soon a band of monkeys descends to feed. Before long, one of them discovers the contents of the pot. He puts his hand in easily enough, but, having grasped the snack, he cannot pull his clenched fist out through the narrow opening no matter how hard he struggles. In fear and panic the trapped monkey creates quite a ruckus, which brings the trapper running with net and cage. The monkey's fate, for all his cleverness, is sealed.

So what does that have to do with your, “Inner Chimp”, that was introduced last term?



I'm your '**Inner Chimp**'. I'm inside every single one of your brains because you all used to be a bit like me...



This is the story of how we EVOLVED over
4000 MILLION years...

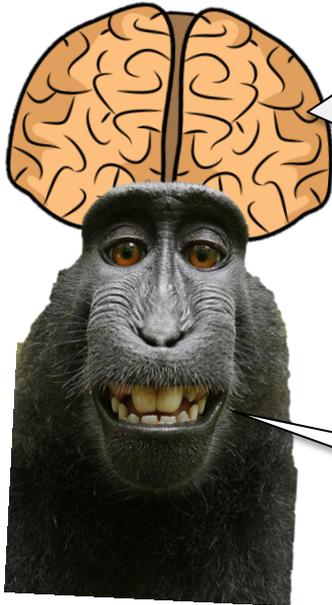
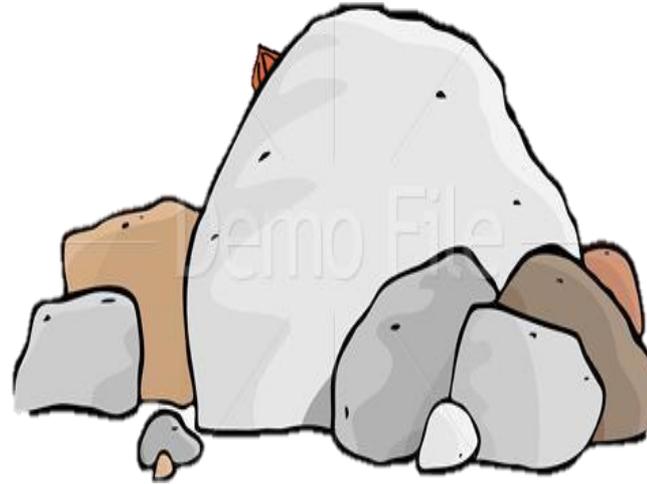




For the last 25 million years, right up to today, we have been APES. For most of that time our brain has evolved to help us SURVIVE. It has done this by developing clever ways to take over our thoughts and actions when we are in danger. This is called **FIGHT or FLIGHT** and it happens like this...



A happy
monkey...



AUTOMATIC CHIMP BRAIN

'Can I eat it or will eat me?'

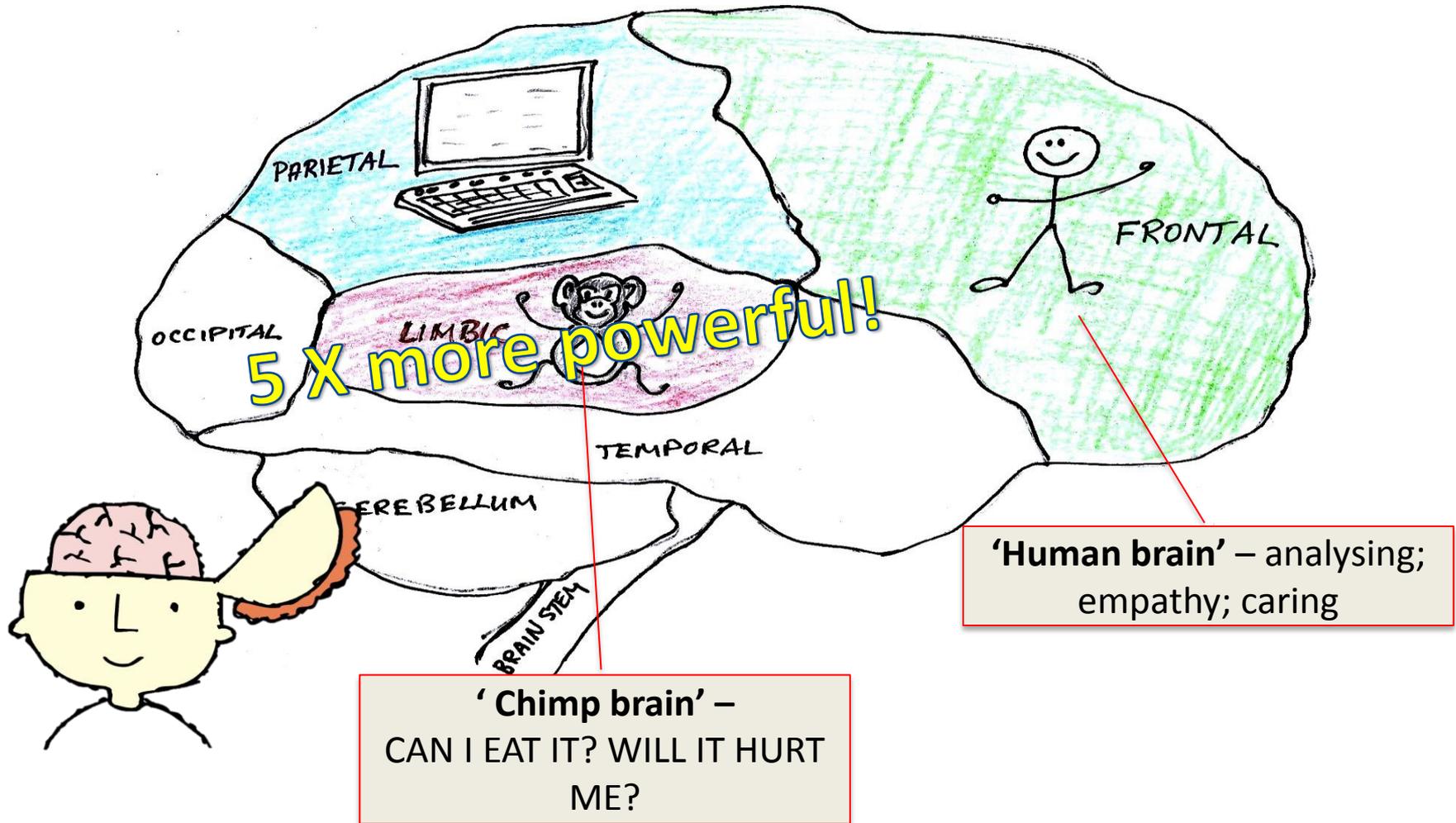
If answer = 'I can eat it' then PUMP ADRENALINE
around body and **FIGHT** it.

If answer = 'It can eat me' then pump adrenaline
around body and **LEG IT!**

Leg it!



The problem is we still have a small part of the 'CHIMP' brain left in us today, and it is **5 times more powerful** than our HUMAN thinking brain! We can't STOP it.





The chimp CAN'T let go of the snack because its CHIMP BRAIN is too powerful.

We have to learn how to CONTROL our own CHIMP BRAINS!

**When do you struggle to let go?
Fly off the handle?
Lose it?**

Online

Scenario cards

Peer Pressure

Scenario cards

Break ups

Scenario cards

Rows with your parents

Scenario cards

Year 7-8

Online	A person in your tutor group posts about you in their status update on Facebook, insulting your parents and calling you unattractive	A person messages you online to say they have kissed your boyfriend / girlfriend and are going to try to break up your relationship.	A 'friend' hacks your Facebook account and reads all your messages. They then start to tell other people in your tutor group about your private messages.
Peer Pressure	You are in Sainsbury's with some of your best friends. You know one of them sometimes steal sweets and clothing. Today they dare you to steal some sweets. When you initially refuse they start to laugh at you.	You are with a group of your close friends at lunch time. A girl walks past, whom one of your friends has fallen out with. Your friends start to shout nasty abuse at her. They then ask you 'Why aren't you joining in? You don't like her do you?'	Someone you know in school approaches you at lunchtime and offers you an iPad for £20. He shows you his bag – he has 2 iPads with him. You suspect they are stolen. The iPads aren't password-protected. The boy is very popular at school.
Break-Ups	You have been going out with your boyfriend / girlfriend for a year. They went on holiday for Christmas. Since their return you have noticed them spending lots of time texting someone on their phone. You have JUST managed to sneak a look at their phone and have found out they have been text-flirting with someone they met on holiday!	You have just broken up with your boyfriend / girlfriend. That evening you go on Facebook and find out they have started going out with your best friend.	Your boyfriend / girlfriend dumps by text message. At school the next day you discover they have told some of their friends some really personal stuff you told them in secret.
Rows with your parents	Your best friend is having a big party. Everyone from your year is going. That night you fall out with your parents over something quite minor. They ban you from going to the party.	Your mum hacks your Facebook account and reads all your personal messages.	Whilst mucking around with some friends outside your house you accidentally damage your parents' car by knocking a bike into it. It will cost £300 to fix. Your parents tell you they are going to take it from your pocket money / mobile phone allowance

Year 9-11

Online	A person in your tutor group posts about you in their status update on Facebook, insulting your parents and calling you unattractive	A person messages you online to say they have kissed your boyfriend / girlfriend and are going to try to break up your relationship.	A 'friend' hacks your Facebook account and reads all your messages. They then start to tell other people in your tutor group about your private messages.
Peer Pressure	You go to a party at a friends house. A friend has brought some alcohol and dares you to drink a lot of it with them. When you initially refuse a few of your friends start to laugh and call you a chicken.	You are with a group of your close friends at lunch time. A girl walks past, whom one of your friends has fallen out with. Your friends start to shout nasty abuse at her. They then ask you 'Why aren't you joining in? You don't like her do you?'	Someone you know in school approaches you at lunchtime and offers you an iPad for £20. He shows you his bag – he has 2 iPads with him. You suspect they are stolen. The iPads aren't password-protected. The boy is very popular at school.
Break-Ups	You have been going out with your boyfriend / girlfriend for 6 months and are due to go on holiday with them and your parents next month. You have just found out via another person they have cheated on you with one of your best friend. Twice.	You have just broken up with your boyfriend / girlfriend. That evening you go on Facebook and discover they have posted a really embarrassing photo of you online	Your boyfriend / girlfriend dumps by text message. At school the next day you discover they have told some of their friends some really personal stuff you told them in secret.
Rows with your parents	Your best friend is having a big party. Everyone from your year is going. That night you fall out with your parents over something quite minor. They ban you from going to the party.	Your mum hacks your Facebook account and reads all your personal messages.	Whilst mucking around with some friends outside your house you accidentally damage your parents' car by knocking a bike into it. It will cost £300 to fix. Your parents tell you they are going to take it from your pocket money / mobile phone allowance

Resentment is like drinking poison and hoping someone else dies.

Everyone feels resentment, anxiety, stress, inadequacy at times.

You cannot remove your chimp, we all need him to survive.

You have to **manage** your chimp or the only person to be damaged will be you.

Resentment is your chimp, your monkey, so how can you let go?

Stress Management

- Breathing!
- Counting to calm down
- Exercise
- Music
- Talking things through with a neutral friend
- Seeing the other person's point of view