

## **Cool Croc – Cranky Croc**

### Who's Croc?

- The oldest part of the brain is called the amygdala. It's also called the reptilian brain
- It's called the reptilian brain because it's so old
  - reptiles have been around since the time of the dinosaurs, so that's really old!
- Our reptile is a crocodile called Croc – can you find him? He lives in the emotional brain

### Croc's job:

- Croc is there to keep us safe – he's always on the look-out for danger
- He sits in our emotional brain and reacts really fast if he thinks there's any danger
- So, a long time ago, when we needed to hunt for our food, if we saw a tiger who might want to eat us, the croc in our brain would react really fast and we would either run away, fight or faint/freeze
- When Croc's in charge we don't think, we do (*fight/flight/freeze*)

### When Croc gets confused:

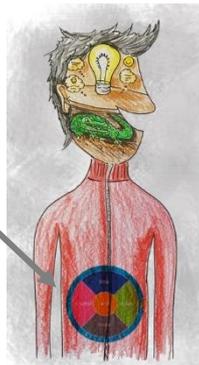
- Sometimes Croc thinks there's danger when there isn't any
- When this happens, Croc keeps taking charge and telling us to run, fight or freeze when we don't need to
- When Croc is in charge we can't think because Croc lives in our emotional brain, and we can't access/reach our thinking brain when Croc takes charge
- At these times we can't listen, think or learn & it can be harder to get on with our friends

### Helping Croc feel Cool:

- The good news is that:
  - No feeling lasts forever
  - We can find ways to help Croc feel calm and cool – this helps us to feel better too!
- Remember, adults are here to be helpful - we can be detectives and work together to find out how to sooth Croc so that he feels safe, calm and cool
- When Croc is calm and cool, we can listen, think, learn, and get on with our friends

*When Croc is cool and calm our thinking brain is in charge...*

*When Croc is cool our Resilience Wheel gets stronger*



**Cool Croc**



**Cranky Croc**

*When Croc is cranky our emotional brain is in charge...*