

<b>OBJECTIVE</b>	To develop a basic understanding of behaviour and emotions and the concept of self-control, using the analogy of a car.
<b>EQUIPMENT</b>	Four chairs and four pieces of A4 paper with actions, thinking, feelings and physiology written on them.
<b>TIME</b>	10 minutes to 30 minutes.
<b>METHOD</b>	<p>Set out four chairs and ask for four volunteers to sit down. Tell the young people that the chairs represent a car with a driver's seat, passenger seat and two back passenger seats. Give the piece of paper which says 'action' to the person sitting in what would normally be the driver's seat. Give 'thinking' to the person in the passenger seat and then give 'feelings' and 'physiology' to the two people in the two seats behind. Explain that the 'car' is now the 'total behaviour car' and make sure everyone is aware of the meaning of each of the words on the four cards.</p> <p>Now initiate a discussion with the group about a difficult situation we might face in life.</p> <p>Examples – a fight with your family, an argument with your teacher, a disagreement with a shop-keeper.</p> <p>It is useful to ask the group to come up with something a young person has to deal with commonly in their everyday life. It could be as simple as being called a name. Once you have decided what you are going to use, explain to the young people that you are going to throw this problem into the Total Behaviour Car. Ask the people in the car how they would react in the situation being discussed and ask them to identify which chair in the car is 'driving' different reactions.</p> <p>Example, if you were at school and you were told you were fat which seat would first control your behaviour? More often than not it would initially be your feelings (hurt/embarrassed/humiliated)</p>

and then your physiology (going red/adrenalin pumping/crying) from there you would react with your thinking (what should you do?) and then actions (fight/say something nasty back).

## POINTS FOR DISCUSSION

Using the analogy of the car, if the back two seats of the car (feelings and physiology) begin to run your behaviour, you are rear wheel driven and more likely to be out of control and behave in a way that you might not want to or that might get you into trouble. If the front two seats are driving your behaviour (action and thinking) you are more likely to be in control. Often it feels like we don't have a lot of control over how we react. Is it possible to change that?

Life constantly throws things at us that we need to react and respond to. How can we be more in control of how we behave?

How can we become more likely to 'think' first?

Can 'thinking' have an affect on feelings and physiology?

Example, If you watch a football match on TV and you see a player about to get into an argument with another player and he stops and walks away which part of his total behaviour is in control?

Answer: Action, thinking.

In a similar circumstance in the last World Cup try and take your mind back to think what happened with the French football player 'Zinedine Zidane', which part of his total behaviour was in control?

Answer: feelings and physiology. (He got a red card and was sent off).