

The Meerkat, Elephant & Owl – 3 Stories

To try and practice remembering about what we've learned about our brains and the fight, flight or freeze response. Have a go at filling in the gaps with what animal you think best fits!



The Meerkat

Our part of the brain that notices danger!



The Elephant

Our part of the brain that remembers things



The Owl

Our part of the brain that thinks about things

Alex's Story

When Alex sees a spider in his house, it gives him a fright! This was because of his **Meerkat**. He then remembers watching a TV program once about poisonous spiders, which makes him feel even more frightened. This was his **Elephant** remembering the TV program. He then thinks about how this TV program was not in the UK, and even then, it said that spider bites were rare! Alex then feels calm. This is because he used his **Owl**.

Naomi's Story

Naomi has got a maths test coming up. She starts to feel a bit worried about it. This is because her **Meerkat** became alert. She then remembers that she did not do too badly in the last maths test and what she did get wrong her teacher helped her with. This is was because of her **Elephant** remembering a good experience. On the morning of the test she thinks to herself "a bit of worry is fine but **not** to the point it makes me feel unwell". She says to herself "I'll do my best". This is a good example of Naomi using her **Owl**.

Faisal's Story

Faisal has been invited to Josh's birthday party. Faisal was recently at Alice's party and because there were lots of people there he started feeling unwell and hot. He worries this will happen again and thinks about not going, this was Faisal's **Elephant** remembering a bad experience and triggering his **Meerkat**. Faisal does not feel good about letting Josh down so he tells his mum about this, which was using his **Owl**. His mum explains sometimes we can just feel a bit overwhelmed and that it is important he still goes to Josh's party. This was Faisal's mum using her **Owl**. Faisal decides to go to the party and despite feeling a bit uncomfortable, which is probably because of his **Meerkat** but in the end he had a nice time. Faisal used his **Owl** to control his **Meerkat** and his **Elephant** so it did not stop him having fun with his friend.

Now why not have a go at drawing your owl in this box. What does your owl say to you when you feel worried about something?

Remember to try and use your Owls to control your Meerkats and Elephants