The Turtle, the Tiger and Me

Wellbeing Warrior Award

Wisdom Quest

The Turtle, the Tiger and Me

Now we have learned a little bit about who we really are, we are going to find more about our amazing "super computer" brains. You may like to get an adult to help you with this bit because there is quite a lot to read!

Human beings have existed for thousands of years, more years than we can count! Back in the days before the Robot Zombies stole the Wildling Wisdom, back even before the Wildling Wisdom existed, life was very different for human beings. There were lots of wild and dangerous animals roaming around who wouldn't think twice about gobbling up some humans for breakfast and then a few more for a tasty snack! Food was hard to find and so people used to fight and sometimes even kill each other to get enough food to eat. It was a dangerous world and people needed to be alert all the time and ready to fight any attacking animals or run away - FAST!

These humans in ancient times developed special parts of their brains to help them survive. They had their "turtle brains", their "tiger brains" and their "me brains". Each part of the brain was responsible for a different job. Can you guess what they were? The turtle brain did the job of hiding and freezing on the spot when it sensed danger. The tiger brain did the job of fighting the danger no matter how dangerous it was. The me brain was the part that had sensible thoughts and made plans and strategies to outsmart the danger.

These days we don't have to worry about dangerous animals wanting to gobble us up or our neighbours wanting to fight us for a tin of baked beans or a loaf of bread! I don't know about you, but I am quite happy about that!! Our me brains are now bigger and stronger and usually we can use sensible thoughts and plans when we feel we might be in danger. Our brains have adapted to the way our world is now but we still have the ancient turtle and tiger brains there, ready to jump into action and protect us.

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Our turtle brain tells us to hide and stay very still when there is danger. Have you ever felt too scared even to move? That is turtle brain trying to keep you safe. But turtle brain sometimes gets it wrong and makes us hide and stay still when there is no real danger..

Tiger brain tell us to fight. Tigers don't stop to think or wait to make a plan - they just attack! Tiger brain is very helpful when we need to be strong and brave or spring into action in an emergency but tiger brain also gets it wrong sometimes and tells us we need to fight, shout and get really angry when we don't..

Our me brains are the smart ones. They remind us there are no wild animals coming to gobble us up and no neighbours coming to steal our baked beans. Me brain likes to make plans and has ideas about how to solve problems. When me brain is in control we feel calm and focused. Me brain needs Wildling Breaths to work properly

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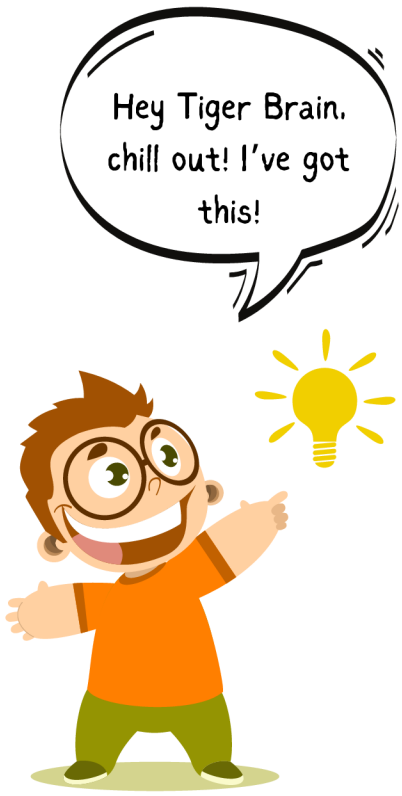
Tiger Brain Tiger Tamers

We can do lots of things to help tame our tiger brain to know when it is needed and when to lie down and relax!
We have written a few here but you can add your own in the spaces if you want to.

1. Use our Wildling Breaths
2. Count backwards from 10
3. Try the tree grounding exercise
4. Go for a walk
5. Do something active
6. Tell our Tiger Brain to calm down using AFFIRMATIONS
7. .....
8. .....
9. .....
10. .....



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The problem is when our tiger brains or turtle brains jump into action when they aren't really needed. They are very useful if there is a REAL danger and help us to survive, but sometimes they THINK there is a danger when there isn't really a danger and jump into action anyway!

Do you know when tiger, turtle and me brains are jumping into action? See if you can draw lines from each reaction below to the right brain

Staying silent when someone asks you what is wrong

Thinking of a plan when you have a problem or emergency

Smashing up your bedroom because somebody has made you feel angry or upset

Using Wildling breaths and counting to ten when you feel stressed or afraid

Running away and locking yourself in the bathroom

Making sure you know what time you are going out so you can be ready and not panic or feel stressed

Hiding under a table and pretending to be invisible when you feel scared

Talking to someone you trust about something that is upsetting or worrying you

Getting very angry when something changes suddenly

Shouting at your parents because you think you are in trouble

Refusing to move

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Well done, Wildling! Now try these.
Can you decide if each scenario is a job for turtle brain, tiger brain or me brain?
There may be some that are a job for more than one brain!

You have broken one of your Mum's best plates and you know she will be upset

There is a barking dog running towards you looking very fierce

You see some children doing something you know is dangerous and they will get hurt if you don't stop them

There are a group of mean children chasing you and you are hiding from them

There is a robber in your house with a gun. He thinks you are asleep but you are wide awake

You planned to go to your friend's house but their mum rang to say they are ill and you can't go

You feel anxious about something

You have been trying to learn something new but you are finding it very difficult

You lost in a game with your family or friends

Did you notice anything about your answers?
Which brain did you choose most often?
Why do you think that is?