



In Singapore, we tend to live in our heads.



We think in stories, facts & ideas

Types of Emotions



Happiness



Sadness



Anger



Excitement

With our heads we have thoughts

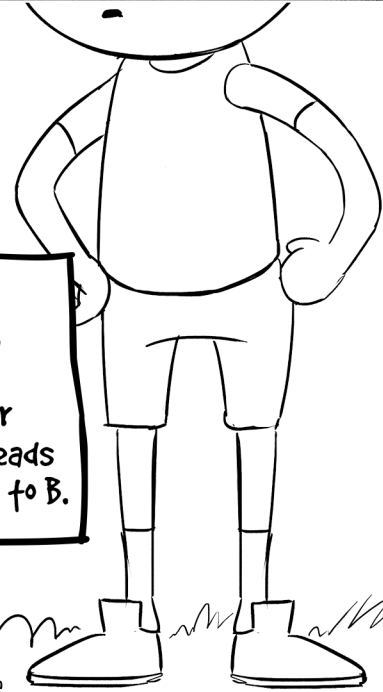
With our hearts we have emotions

And our bodies respond to the world in action

Our bodies respond to Fight or Flight curiosity or Attraction Safety or Danger



But we have bodies too, And they're not just for moving our heads from point A to B.



What an awesome dinosaur!

I'm so excited! Wooohoo!

That's a big dinosaur!

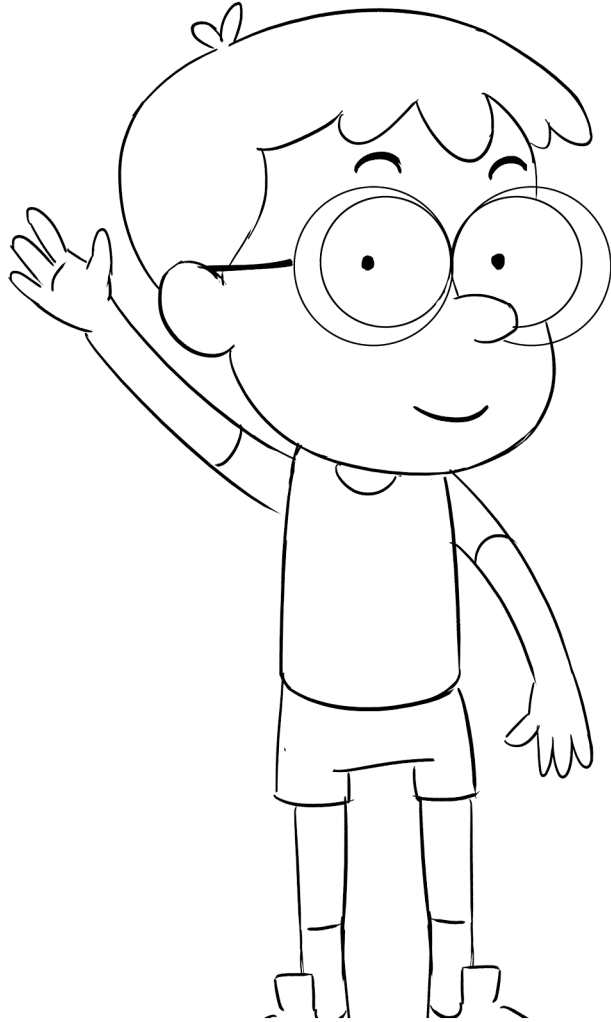
I feel afraid!

Ahhhh!



BIG RED BUTTON

#BRAVEHEARTSG IS AN INITIATIVE BY STANDUPFOROURSG. © 2020 BIG RED BUTTON PTE LTD FACEBOOK.COM/STANDUPFORSG



What have you been thinking about recently?



What's a strong emotion you had recently?



What did it feel like in your body?



BIG RED BUTTON

#BRAVEHEARTSG IS AN INITIATIVE BY STANDUPFOROURSG.

© 2020 BIG RED BUTTON PTE LTD
FACEBOOK.COM/STANDUPFORSG