

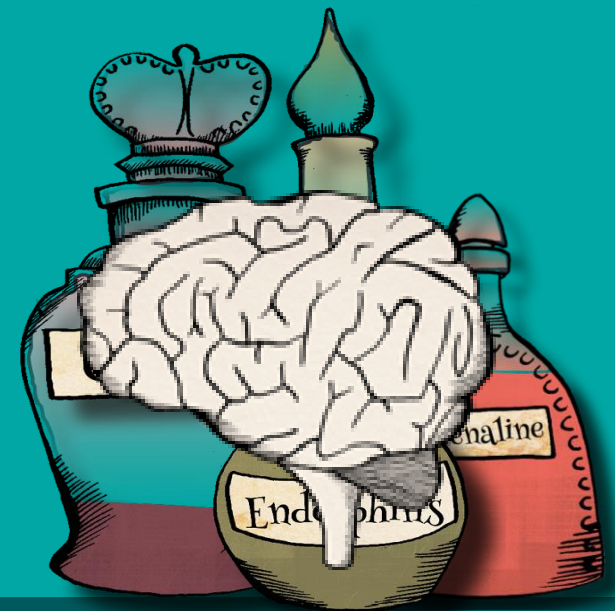
## ACTIVITY

### **Cranial Cocktail/Mixology (Brain Chemistry).**

“Mixing the perfect c(m)ocktail is hard! You want the unique flavour of each ingredient but have to make them all work together to give you that special taste combination.

Just like your brain’s chemistry!

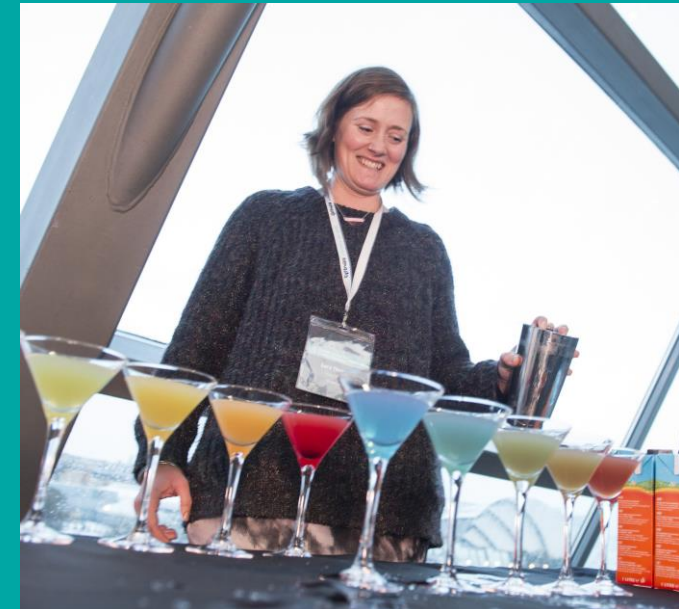
<https://scottishconflictresolution.org.uk/resource-hub>



## ACTIVITY

# What you will need to create and mix your #CranialCocktail

Resources	Ingredients:
<ul style="list-style-type: none"><li>• Plastic cocktail glasses</li><li>• Cocktail shaker</li><li>• Cool box</li><li>• Slop bucket</li><li>• Water jug</li><li>• Kitchen roll</li><li>• Wipes (for hands and surfaces)</li><li>• Bin bags</li><li>• Hand towels</li><li>• Plastic tray (to pour cocktails)</li><li>• Table covers</li><li>• Strainer</li><li>• Hand sanitiser</li></ul>	<ul style="list-style-type: none"><li>• grenadine</li><li>• orange juice (with no bits)</li><li>• lemonade</li><li>• blue food colouring</li><li>• ice</li></ul>
	Tools:
	<ul style="list-style-type: none"><li>• cocktail shaker</li><li>• cocktail strainer</li><li>• bar spoon</li><li>• 4-5 glasses</li></ul>



## ACTIVITY

### What to do: How to pour the #CranialCocktail

1. Put grenadine into shaker, not too much (1 shot just to cover the base)
2. Cover with a layer of ice until about  $\frac{1}{2}$  full
3. Pour orange juice into shaker slowly until  $\frac{3}{4}$  full
4. Cover with a layer of ice
5. Pour blue food coloured lemonade into shaker until nearly full
6. Place strainer over top of shaker and
7. In one movement continuously and smoothly pour through strainer into cocktail glasses



## ACTIVITY

### Note:

As you are pouring, the mixture should change colours in every glass all the way across. If you stop pouring between glasses you do not get the same effect so it must be a continuous pour all the way across



## ACTIVITY

### Reflect and discuss:

How the “mocktail/s” turned out, think about trying to get the perfect mix (mocktail) and how the brain attempts to mix your neurochemicals (amazing drugs) to manage your emotions.

What sort of events experiences triggers the brain to start mixing?

Download the SCCR Conflict and the Brain Resource Booklet for more activities



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