**DISCUSSION SUGGESTIONS**

- How easy or difficult was it to keep a straight face? Did your reaction seem voluntary or involuntary? Why do you think that was?

- What thinking strategies did successful ‘stone facers’ use?

- Brainstorm and list some potentially stress-inducing, real-life situations – both positive and challenging – and likely impulsive reactions to them. Then list whether those reactions were helpful/constructive or not. If not, what alternative responses might have served better? What thoughts might lead to those more positive outcomes?

- Brainstorm some common/everyday situations where you may need to regulate your emotions and take time to think clearly before you react (e.g. the bus is late; or someone pushes into a queue ahead of you). What might occur if you don’t regulate your emotions?

- Consider re-doing the activity with this new knowledge – and some new thinking strategies – in hand.