



Photo credit: blissfulkids

Tex is like a smart sheriff in your brain. She figures out stuff for you and helps you make good choices. She's there to stop you from doing crazy things. She helps you deal with emotions and prevents you from doing silly things. Like for example: Have you ever wanted to say something and you realised that saying it would only make things worse? If yes, then Tex is there to help you! When you are calm, this part of the brain is in charge and you take natural breaths. Tex helps us to deal with: thoughts, emotions, and our [actions in relation to our goals](#). Tex is a newer part of your brain and she works together with **Hippo** to help you learn. When **Amy** is upset she can't help you!

Amy The [Amygdala](#) (Amy) is like a jumpy superhero who tries to protect you at all costs, but often mistakes stress for real threats ... and effectively stops Tex from helping us stay calm and make good

decisions. She sounds the alarm when we face overwhelming or strong emotions like fear, anger and sadness.

For example - When someone is saying something unkind to you, you get upset and Amy (this ancient part of our brain) believes you are in danger! ALARM ALARM ALARM!!!! We disconnect from rational thinking. We shift gears to an impulsive, reactive “fight, flight, freeze” mode. We have a hard time focusing, remembering instructions (like conflict resolution skills), controlling impulses, and making good choices. So it's tough to make good choices when that happens.

When the alarm is on, we may do crazy things like we might say something we want to take back, we might freeze in front of the class, we might push another kid!

Hippo stores and recalls memories. He is our little librarian of the brain. When Amy is upset, poor Hippo cannot store memories properly or bring them to mind.

YOUR BREATH IS YOUR SUPER POWER TO HELP CALM AMY AND GET TEX BACK IN CONTROL