Teaching Your Child How to "Rex Flex"

(read aloud with your child).

This will only work if your child has seen Toy Story and remembers Rex the Dinosaur.

1. I am going to teach you to *Rex Flex*. Remember Rex from Toy Story? That big dinosaur that gets really nervous and panicky? Even though he is really strong and smart and kind, he sometimes feels very scared, even if there is no danger! That happens to you sometimes, too, right? (Have your child tell you a story of panic). Well, when you are panicky and nervous, your brain gets like Rex. It does not let your ideas work. So when you do *Rex Flex*, you can feel braver and calmer. Remember, you are the boss of your body.

2. The first job in *Rex Flex* to know what happens to your brain when you are nervous. Your Rex brain tells you "DANGER, DANGER, DANGER!" even if there is none.

3. When you are panicky, look around to see if there is danger. If there is no danger, bring the picture of Rex in your head. Say, "I have Rex brain now." Once you say that, you are ready to do *Rex Flex*.

4. In *Rex Flex*, you stand like a Tyrannosaurus Rex. Feet wide, arms up, claws out! Can you show me that now?

5. Good, now make mad eyes and teeth mean. Take a deep breath and <u>ROAR</u>! Roar as loud and long as you can! You can even stomp around! That is *Rex Flex*! (Encourage your child to do this around the room for a minute). *Rex Flex* makes you feel brave and strong! If a nervous feeling comes back, you have to roar even louder!

6. If you get scared in the dark, or worry about being late, or get scared about making a mistake or (add item particular to your child), then do *Rex Flex*!

7. The last thing to know is: You HAVE to practice *Rex Flex* or it won't work. Just like you practice (baseball, piano, reading, tying your shoes), you have to practice *Rex Flex* to get good at it. You should practice it when you feel good and happy. That way, you will be an expert Rexer Flexer when you get nervous.

8. Remember, you are the boss of your body. You can feel better by doing *Rex Flex*.

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