Presenting: Superflex
and the Team of Unthinkables
Superflex is a Superhero

He helps you:

Be a totally flexible thinker which allows you to control your brain and change how you think

Think about how to act and behave to keep others and yourself feeling good (rainbow thoughts)

Be a great problem-solver and think of many different solutions to one problem

Notice when an UNTHINKABLE is becoming more active in your brain and come up with a strategy to defeat it.
He gets you stuck on your own thoughts, answers and solutions. He gets you to do only what you want to do, without thinking about the group.

**WHAT YOU CAN DO TO DEFEAT ROCK BRAIN:**

- Listen to your group's ideas:
  - be flexible
- Agree to follow someone else's plan
BRAIN EATER

He makes it hard for you to focus on what you and your group is doing.

He gets you easily distracted on your own ideas or things around you.

WHAT YOU CAN DO TO DEFEAT BRAIN EATER:

Turn your eyes and body away from what is distracting you and look at the group.

Use a fidget to keep you body busy while your brain thinks about the group.

Notice when your brain is thinking of something else and get it to refocus on the group.
He gets you to wander away from the group and turn your body away from the group.

**WHAT YOU CAN DO TO DEFEAT BODY SNATCHER**

Point your shoulders to the group.

Think: Where should my body be?

Use your eyes to think about where your group is and what it is doing.
Glass Man

Gets upset very quickly
The degree of the upset does not match the seriousness of the problem
Usually thinks things are not fair

WHAT YOU CAN DO TO DEFEAT GLASS MAN

STOP and think about the problem
Tell yourself to take a break and walk away
Ask for help
Take a deep breath to calm down
Space Invader

Makes your body move into others’ spaces when it’s unexpected

Makes your friends uncomfortable because you are too close

**WHAT YOU CAN DO TO DEFEAT SPACE INVADER:**

Use the one arm rule to keep space between you and your friend

Think about how your body looks in the group
Energy Hare-y

Gives you too much energy - you are moving around and fidgeting too much

WHAT YOU CAN DO TO DEFEAT ENERGY HARE-Y

Use whole body listening.

Check with your eyes to see how others are acting. Match their calmness.

Take a deep breath to calm down.
One Sided Sid

Makes you talk about only what you are interested in
You think only your plan will work
Others must do it your way
You interrupt to talk about what you want to talk about

WHAT YOU CAN DO TO DEFEAT ONE-SIDED SID:

Open your people files and think about what others like

Look with your eyes - if the group is busy, save what you want to say

Look with your eyes - are others happy?
Worry Wall

Makes you feel nervous or worried
Makes you stop thinking about what the group is thinking about

WHAT YOU CAN DO TO DEFEAT WORRY WALL:

Close your eyes, take a deep breath, and relax
Find a thought to help you change how you are thinking
Ask for help
Topic Twister

Keeps you from talking about what the group is talking about

Keeps you talking about what you want to talk about when the group doesn’t want to listen.

WHAT YOU CAN DO TO DEFEAT TOPIC TWISTER:

Look at others - do they seem interested in what you are saying?

Ask a question about what others are talking about

Turn off your “me” button and think about the group
Mean Jean

Makes you do and say mean things to your friends

Makes you take others’ things without asking

Makes you unwilling to share

WHAT YOU CAN DO TO DEFEAT MEAN JEAN:

Think: Will what I say or do hurt someone’s feelings?

Keep bragging, bossy, and hurtful thoughts in your head

Ask yourself: Will what I say hurt my friends’ feelings?
He insists on being first, playing only what he wants to play, and does not think about compromising.

He doesn’t respect others’ feelings.

**WHAT YOU CAN DO TO DEFEAT D.O.F.:**

Think: If I am a just me player, my friends will not have a good time.

Think: Tiny problem. I will still get a turn or win another time.
Stops you from showing interest in others or thinking about what others want to do

Keeps you from asking questions and adding your ideas in group

WHAT YOU CAN DO TO DEFEAT UN-WONDERER:

- Look at the speaker
- Listen and then ask a question
- Create people files in your brain
Grump Grumpaniny

Makes you think the worst and feel others are unkind
Always sees things from a negative point of view
Nothing makes you happy

WHAT YOU CAN DO TO DEFEAT GRUMP GRUMPANINY

STOP and think: is this person really being mean to me?
Tell yourself: I am being mean. What would be a more positive way to think about this?
Was Funny Once

Makes you tell jokes at the wrong time

Makes you retell the jokes when they are no longer funny

Makes you act and talk in a silly way that makes the group lose its focus

**WHAT YOU CAN DO TO DEFEAT WAS FUNNY ONCE:**

Ask yourself: is this a silly or serious moment?

Use the one time only rule: Tell your joke only once so it doesn’t get boring
Blurting Bob

He makes you interrupt the group.
He makes you not wait for your turn to talk.

WHAT YOU CAN DO TO DEFEAT BLURTING BOB

You remember to raise your hand, wait to be called on, and then talk.
Look at your friends and wait for a turn in the conversation.
Rule Police

Tells others what to do
Wants to make all of the rules to fit his needs
Tattles on others when they aren’t doing what he expects
Likes to be the boss during the activity

WHAT YOU CAN DO TO DEFEAT RULE POLICE

Asks others’ opinions about how to do something
Negotiates with the group to define the rules for the activity
Takes care of himself and lets an adult worry about other students
Shares responsibilities with others to complete a job
WHAT YOU CAN DO TO DEFEAT CLUTTER BUG:

Keeps work area clean - only the job being worked on is out

Finishes one job before beginning another

Keeps materials organized in work area

Use organizational tool like folders, pencil boxes

Has all materials out at one time
Works on more than one job at a time
Loses materials because the desk is so messy
Forgets to complete jobs
Can’t find what he needs