

Superflex...A Social Thinking Curriculum

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.

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What is social thinking?

Thinking is flexible.



It can change.



It can adjust to go with the flow.



You are in control of what you are thinking.

Social thinking is what we do when we interact with people. We think about them. We think about how we behave, which in turn affects our own emotions.



People Working on Social Thinking:

- Recognise that they and others have different perceptions and abilities to process and ability to process social information;
- Navigate their social thinking, social interaction and social communication towards more rewarding outcomes;
- Learn to better adapt and respond to the people and situations around them.



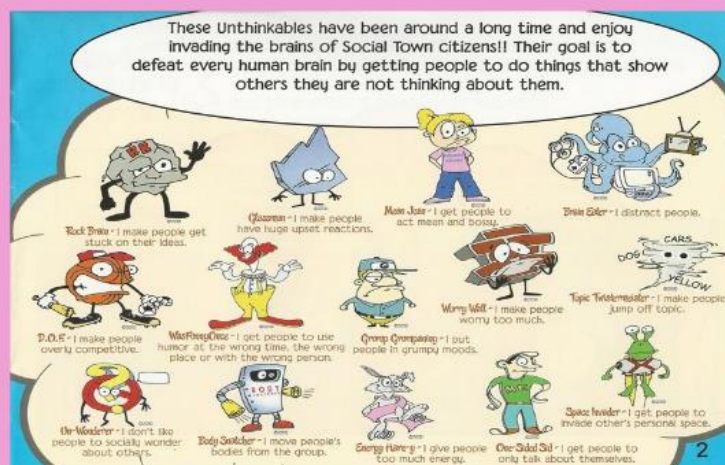
Flexible thinking is expected, inflexible thinking is unexpected behavior.

Superflex is a superhero that helps defeat "unthinkables."



"Unthinkables" are characters that invade your brain and make your thinking inflexible and make you have unexpected behaviors.

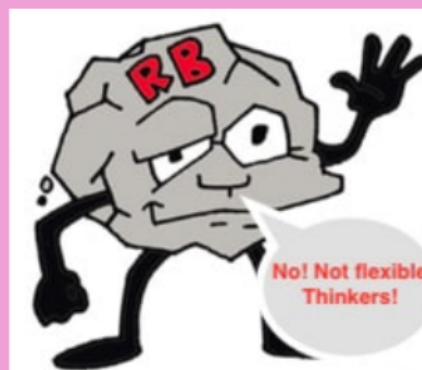
Meet Superflex and some of the characters with the strategies used to defeat them.



Rock Brain Person gets stuck on their idea of what they want to do and will not negotiate with other people.

The person is not a good problem-solver and tries one solution that's not working over and over again.

This person may be very rule bound and have rigid thinking, only seeing one way in a situation.



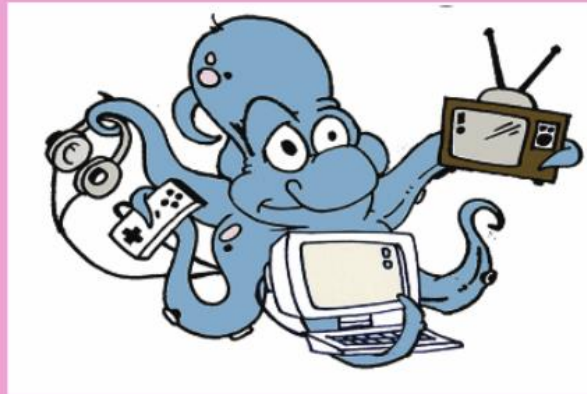
Superflex Strategies:

- Notice that what you are doing is not working and try another way to solve the same problem.
- Take a deep breath and remember that being part of a group means that you cannot always do it your way or make the decisions you want.
- Self talk: "Not a problem, I will get to do this later or another time..."-Ask yourself, "What is their plan?"



Brain Eater makes it hard for the person to focus on what he is doing or focus on others during interactions.

The person may get easily distracted with their own thoughts or things around them.



Superflex Strategies:

- Turn your body and eyes away from what is distracting you and think about the person talking.
- Use a fidget* so that it keeps your body busy but your brain focused on the group.
- Try to notice when your brain is thinking about something else and get it to refocus on the group.



GLASS MAN makes a person have a big reaction to a small problem.

This person goes from 0-60 mph and quickly gets very upset often over "tiny" problems.

Glass Man usually thinks things are not "fair."



Superflex Strategies:

- Identify the size of the problem (1-10) and what would be an expected reaction to match the size of the problem.
- Self-Talk: "I am starting to get mad. I need to move away and take a break." "This not a big deal."



◦ **D.O.F. Destroyer of Fun** often pops up during games or activities involving competition.

The person becomes very competitive and insists on going first, playing only what he wants to play, and does not think about compromising or about how they make others feel.



Superflex Strategies:

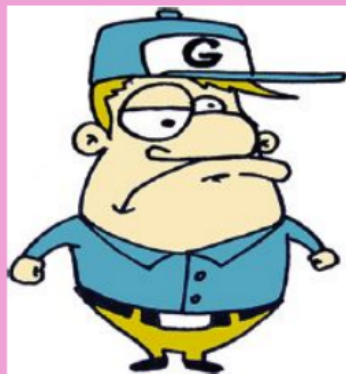
- Self-talk: "If I am a "Just Me" player, then my friends will not have a good time."
- Self-Talk: "Tiny problem. I will still get a turn or may win another time."



Grump Grumpaniny makes the person think the worst or feel like people are always unkind.

He ends up believing it even when people are trying to be nice.

He may also see everything as negative or bad and does not see how his emotion spreads and makes everyone feel unhappy.



Superflex Strategies:

- Think about how the person is treating you. Are they being friendly or mean to you? If this person is friendly to me then they are not being mean to me and I need to be nice back.
- Self talk: "I am being negative. What could be another way to think about it?"



Before he could say a word, Aiden and Bark were standing in a puff of smoke in their awesome Superflex costumes.

Superflex... Rock Brain is plotting his next attack on your neighbor Tommy's brain. His brain is getting stuck and he only wants to think about his video game even though he has another hour of homework to complete before bedtime.



Social Thinking Frames

"I noticed how you used (strategy) to defeat (unthinkable)!"

"I like how you defeated (Unthinkable) by using your (Superflex strategy)"

"Okay, a superflexible moment is coming up. What superflexible strategy can you use to defeat (unthinkable)?"

"In (amount of time) you are going to need to be a superflexible thinker and use (strategy) to defeat (unthinkable). Can you do it?"

Social Thinking Frames

"Did you notice when (Unthinkable) was in (person's) brain? What strategy did they use to defeat him/her OR what strategy could they have used?"