



# Counselor's Corner

by Tina Nightingale on January, 5, 2018

## Superflex ® Our Social-Thinking Superhero!

Your child will start learning about social thinking through the use of a fun curriculum using a social-thinking superhero named Superflex! This curriculum is used with elementary and younger middle school students. I believe in an integrative approach to teaching kids about social skills. This curriculum will complement the topics to be covered in the Mind Up curriculum.



The goal of this curriculum is to provide a fun, motivating way to improve the child's social and behavioral flexibility and to ultimately develop better self-monitoring and self-feedback loops for their social behavior. The concept is based on the ideas that we all have a superhero, Superflex, in our brains, and he is constantly battling the "Team of Unthinkables®" (a variety of unexpected behaviors) such as: the Mean Jean®, Space Invader®, and Glass Man®, etc., who may come and try to take over our brains. The students will be able to identify what members are on their Team of Unthinkables and learn Superflexible Strategies to defeat their Unthinkables when they challenge Superflex.

The lessons will progress through and provide several opportunities for the child to learn about various Unthinkable characters while building on his or her ability to recognize these behaviors in themselves and others, and using the Superflexible Strategies to modify their behavior.

It will be important for the parents and educators to carry over the concepts and strategies that the children learn in the sessions to assist with generalizing their skills. Really try to find those times where your child is being Superflex and using his or her strategies to think about others. This will help the child recognize the expected behaviors and make him or her feel good and motivated to continue using the strategies. Enough cannot be said about the power of positive reinforcement!

### ***Below are some examples of how to reinforce these new concepts at home with your child:***

"I noticed you defeated Rock Brain® by using your Superflex Strategy. How do you feel?"

"I appreciate you keeping those hurtful thoughts in your head; Superflex!"

"Okay, a Superflexible moment is coming up. Let's see if you can defeat Rock Brain and shut your video game off. Way to go Superflex!"

"Tom, I noticed you defeated Body Snatcher® while we were walking together in the store. You were really thinking."