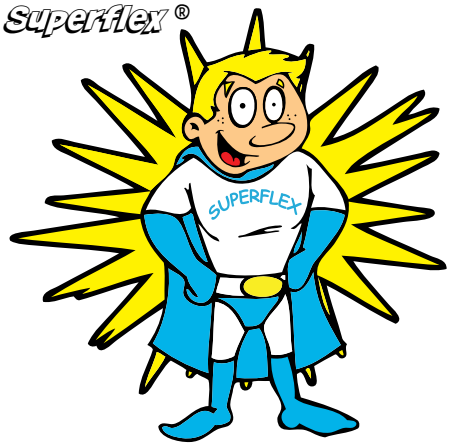
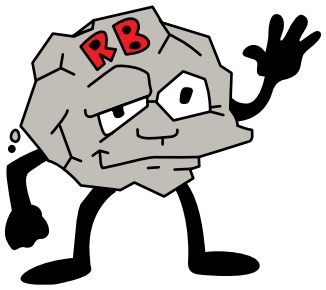
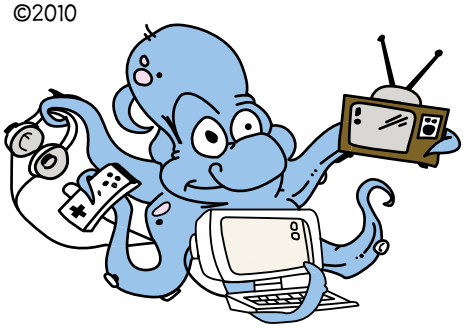
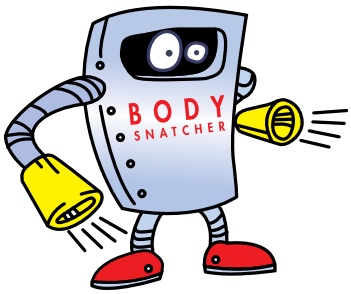
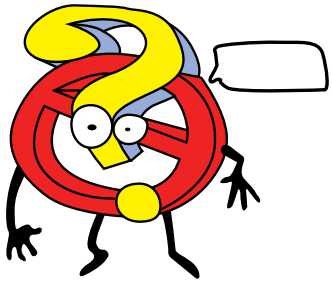
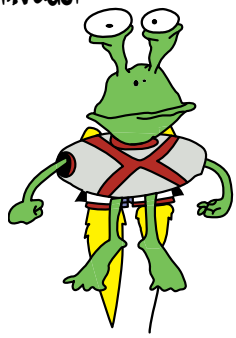
Appendix B

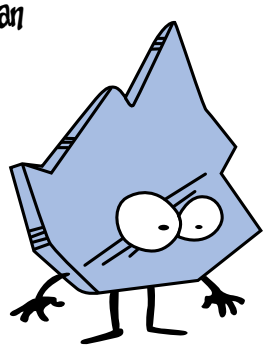
Definitions – Superflex® and Team of Unthinkables© Cards

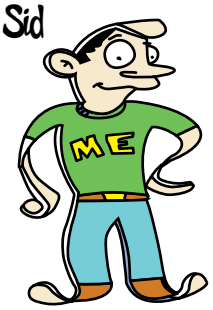
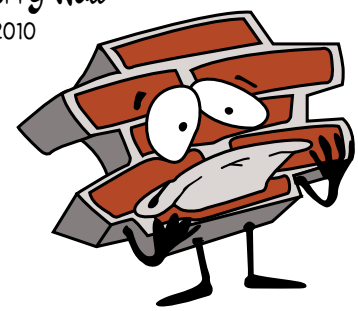
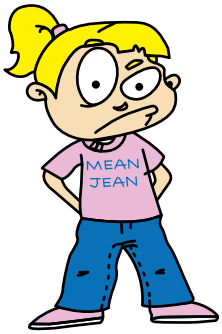
Superhero	Superflex's strengths	
Superflex ® 	Our hero! Totally flexible, trying to figure out people's wants and needs to keep other people calm while also getting his turn to play and to speak as well. Superflex is a great problem-solver and can think of many different solutions to one problem.	
Team of Unthinkables	**The "powers" they have over our brains**	**Superflex Strategies to solve the problem and defeat the Unthinkable**
Rock Brain ©2010 	He will get the person to do only what he wants to do and will not let him 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 rigid in his thinking, only seeing one way to a situation.	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?" And then try to match their plan.
Brain Eater ©2010 	He makes it hard for the person to focus on what he is doing or focus on others during interactions (roll his brain away). The person may get easily distracted with his own thoughts or things around him.	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.

Superflex®: A Superhero Social Thinking Curriculum
Stephanie Madrigal & Michelle Garcia Winner ©2008 www.socialthinking.com

Team of Unthinkables	The "powers" they have over our brains	Superflex Strategies to solve the problem and defeat the Unthinkable
Body Snatcher ©2010 	He gets the person to wander away from others (roll his body away) and not stay with the group or person he is with. May also get the person to turn his body away from the group, not realizing the message he is sending to others.	Use your eyes to think about where your group is or who is talking to you, and find the group! Self-talk: "Where should my body be?" Point your shoulders to the group.
D.O.F. The Destroyer of Fun ©2010 	This character often pops up during games or activities involving competition. The person becomes overly competitive and insists on going first, playing only what he wants to play, and does not think about compromising or about how he makes others feel.	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."
Un-Wonderer ©2010 	He stops the person from showing interest (social wondering) in others or thinking about what others may want to do. The person may not ask a lot of questions about others or add his ideas to what they are playing.	Look at the person who is talking to let him know that you are thinking about him and what he is saying. Listen to the topic and then ask a "social wonder" question of your friend. Create a friend-file in your brain to call on later to ask questions. Remember the Wh-question words and use them to think of questions for your friends.
Space Invader ©2010 	This character makes the person's body move into other people's personal space when others are not expecting it or do not want this. He does not realize how uncomfortable this makes others feel.	Use one-arm rule to determine if you are standing too close to someone. Think about what your body looks like in the group. Are you making others have good thoughts or weird thoughts? If you are making others have weird thoughts, adjust your body.

Superflex®: A Superhero Social Thinking Curriculum
Stephanie Madrigal & Michelle Garcia Winner ©2008 www.socialthinking.com

Team of Unthinkables	The "powers" they have over our brains	Superflex Strategies to solve the problem and defeat the Unthinkable
Glassman ©2010 	Lets a person be flexible to some extent, but then all of a sudden he just breaks. He doesn't melt down slowly; he quickly starts getting very upset often over "tiny" problems. Glassman usually thinks things aren't "fair."	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 or tighten all of the muscles in my body and then relax them.
Grump Grumpaniny ©2010 	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.	Think about how the person treats you. Is he friendly or mean to you? If this person is friendly to me then he is not being mean to me. Self talk: "I am being negative. What could be a positive way to think about it?"
Topic Twistermeister ©2010 	This character gets the person to twist the topic around to what he wants to talk about and goes off on tangents when talking to others. This person may then go on and on about topics he wants to talk about, not realizing that others may be bored or disinterested in what he is talking about.	Check-in with those around you. Does it look like they are interested in what you are saying? If not, ask a question about what they might want to talk about. Turn off your "Me" button and try to think only about the other person by asking him questions.
WasFunnyOnce ©2010 	This person will attempt to use a lot of humor to be funny. However, he does not realize that humor wears out pretty quickly or at times is not "funny" at all. He has trouble recognizing appropriate times for humor and may try to be funny during a discussion in a classroom or when the moment is serious and not funny or silly. Some people may get so silly, that the other children become silly also, making the group fall apart. This is called getting caught up in the "silly tornado."	Self-talk: "Is now a silly moment or a serious moment?" If a serious moment, then this is not a good time to crack a joke or say something that I think is funny. Use the one-time-rule: only say the word or joke once and then move on so that the joke does not get boring for others.

Team of Unthinkables	The "powers" they have over our brains	Superflex Strategies to solve the problem and defeat the Unthinkable
Energy Hare-y ©2010 	This character gives the person so much energy so that he is constantly fidgeting or moving around, and he doesn't think about what the people around him needs or how others are feeling around them. Sometimes, Energy Hare-y and WasFunnyOnce work together, which can quickly make the group fall apart.	When others are talking, use Whole Body Listening (keep your whole body quiet). Check-in with your eyes and see how the rest of the group is acting. Try to match how calm the other kids are with their bodies. Take a few deep breaths to calm your body.
One-Sided Sid ©2010 	This character gets the person to talk about his own set of topics or his own plan. Even when someone else brings up his interests, he just talks about his own interests. He may interrupt to talk about what is on his mind, not seeing that someone may have another plan.	Open your friend-file and think about what you know about the person. Ask questions to find out more about him and his experiences or interests. Think with your eyes to figure out what the person's plan is. If he looks busy, save your question for another time. Look for clues that others are not interested: looking away, bored look, trying to change the topic.
Worry Wall ©2010 	He makes the person worry or feel nervous so much about the people around him or the social situations that he or she "hits a wall" and stops being able to talk at all to the people nearby.	Close your eyes, take a deep breath, and let it out slowly. Continue to do this until your body feels relaxed. Find a thought that can change how you are feeling. "Johnny is nice; he will help me with this."
Mean Jean ©2010 	This person becomes just plain mean to other people. He or she insults or criticizes others. He or she may take things away from them, be very bossy, or hog all the attention when others are trying to talk.	Think about what you are going to say before you say it. Self-talk: "Will this hurt my friend's feelings?" Keep bragging, bossy, or hurtful thoughts in our brains.

Superflex®: A Superhero Social Thinking Curriculum
Stephanie Madrigal & Michelle Garcia Winner ©2008 www.socialthinking.com