

7/12/10

Robbie, today was your first day of personal training at the Superflex Academy. You worked long and hard!

You were able to identify the following strategies to keep you in your green zone:

- 1) Sit in the back jack with a weighted bean bag on you lap.
- 2) Do your work (Have a structured activity)
- 3) Bounce on the big ball for 2 minutes. When you bounce longer you bounce right into your yellow zone! The Unthinkables hang out in the yellow zone! Remember super heroes and especially Superflex only have their powers when they are in their green zone.

You told us a lot of information about dinosaurs. They were awesome, powerful creatures who did not survive the asteroid blast because they could not adapt like some of the other animals could. We talked about the colonists when they first came to this country. They would not have survived if they hadn't been flexible and adaptable about the way they lived and what they ate. The most valuable trait that humans have which has allowed them to survive even though we're not the strongest or fastest, is that they are flexible and adaptable. We pretended to be on a planet where the only foods to eat were cherries, strawberries and vanilla ice cream. This was tough because you listed the fruits as #4 foods, 5 being very yucky foods. You earned lego pieces for trying #4 foods...you got so many pieces! You actually ate some cherry...you survived. You are an adaptable, flexible thinker and eater.

The last thing we worked on was being a social detective. A social detective uses his whole body to get information about what other people are doing and thinking, but he especially uses his eyes and ears. You practiced guessing where Sarah was looking and spotted Kathleen doing lots of unthinkable things! See you tomorrow Robbie!

Kathleen

ps Tomorrow you will meet Bill Arcand, the Superflex Academy's physical trainer