

Dear Superflex Cadets,

What a fine last day you had here at the Academy:) The forever flexible, adaptable dinosaur was named- Iggy Zeus Raxy, and not one but two super capes were made for him. I think maybe he should be the Academy's mascot. when other cadets come here , I will tell them that once there were 5 cadets here who understood that the dinosaurs didn't survive (I know it's just a theory Theo:) because they couldn't change as their environment changed. People are at their best when they are flexible about how they act in new environments. I mean an Eskimo would change out of his heavy parka if he was visiting a friend in Hawaii...right? He'd probably eat some different foods too. If he didn't make these changes he'd get really hot and hungry!

So, today you were so flexible when I made our fancy lunch, extra special fancy. When it was time for lunch you didn't have to wait in line to wash your hands because at the table there were warm, wet towels waiting for you to wipe your hands on. People waited for everyone to be seated, had napkins in their laps, and enjoyed the atmosphere of a table lit with 5 candles! Theo and Angus traded so many knock-knock jokes it made my head spin. Nathan missed Rory who wanted some quiet time in the kitchen, so he made quick visit to check on him...that's thinking about other people Nathan-flexible thinking big time! You and Ethan traded photo books and noticed they you had many of the same pictures...that's because you were playing together so much.

But before lunch we had a big day:

- 1) Self Talk is a very useful superflex strategy. It can be used against just about all of the Unthinkables. It's good to remember that you are the Boss of your Brain, not some Unthinkable! For example I felt a little sad in the morning, and Grump-Grumpiany started to

invade my brain. I used the strategy of self talk and told myself, "I will have fun with the boys right now". When I started to talk to myself about the fun things we would do- POW! Take that Grump-Grumpaniny I started to really have fun and I defeated him.

- 2) You all have excellent memory skills. Everyone listed their favorite thing to do at camp, favorite food and favorite movie. That was easy, the challenge was to remember what everyone else's favorites were. And you all did it-easily. It is important to remember what your friends like especially if they like different things than you do. That helps you know what to talk to them about and how to make them feel good when they come to your house to play. We call remembering things about your friends, making a 'friend's file' in your brain.
- 3) You all thought about times this week that you defeated an Unthinkable and wrote and/or drew pictures about it. I forgot to put your worksheets in your folders so I will mail them to you.
- 4) Then you took turns shooting stomp rockets and water balloons at the Unthinkable posters. You drew big pictures of the Unthinkable you wanted to beat the most and put it on the punching bag. All of you worked hard at that punching bag...Angus knocked Rock Brain to pieces and then wrestled the bag to the ground! Ethan especially wanted to conquer Topic Twister Meister, because he's always trying to get into Ethan's brain. Ethan, you pulverized him, with water, rockets and the punching bag! Now you must work on pulverizing him in your thoughts. Try this strategy: think of 3 questions to ask someone about their topic before you add any of your own thoughts.
- 5) Coached free play was wonderful today. Bubbles, as usual was very popular (You guys went through a GALLON of bubble solution!) but there are only two big wands and two bubble trays. Why don't I put out more big wands and trays so everyone has their own? Because I want you to practice your flexible thinking skills- thinking of others wanting to use the big wands or get a quick swish in the tray. I heard from Christina that Ethan had become much more flexible during this exciting activity by waiting his turn, asking people in a

very very friendly way to use a wand and by not using his hands to push or pull anyone or thing to get what he wanted. Ethan, when I heard that I knew you had worked hard to defeat D.O.F.. And Theo, I have never heard you laughing so much or so loud, Grump-Grumpiany can not stay around when someone is laughing that much. Bye-Bye Mr. G.G. Unthinkable! Nathan and Rory played with the super hero action figures. and I think that Nathan learned that Rory knows more about super heros than even Jim! They built NYC buildings and buildings from movies and comics, bad guys came, but they were conquered. Rory had Unthinkable thoughts about some of the things that Nathan likes. Different people like different things Rory. It does not mean they are a 'baby'. Oh, did Ms. Mean Jean just step into your brain? Nathan played with you like a true friend, he kept asking you questions until he knew what you were thinking. conquer that MMJ, by thinking of questions to ask people about their ideas. How many of Nathan's favorite things can you remember? If Nathan came to your house to play what would be a good snack to get for him? Think about someone else's thoughts and your social brain keeps on growing. It was wonderful to see you playing WITH Nathan. Nathan you were remarkable in your kindness and understanding. Rory did make you very angry sometimes but you turned yourself around every time and defeated that Rock Brain thought. Then you went back to try again:)

So cadets, I know you will continue to grow those flexible social brain cells, so that you can continue to defeat the Unthinkables. Remember, everybody has unthinkable, Rock Brain type thoughts BUT you are the Boss of your own Brain- so you can change your thoughts. POW! BAM! You are all Everyday Heros!

Your Head Mistress of the Academy,
Kathleen

