

Hello Superflex Cadets!

You all worked so hard to defeat the Unthinkables and keep the Academy a social and comfortable place. You all really deserve to wear those capes! First we did a check in to see how everyone was feeling- you could put a mark next to any of these feelings you might be having: nervous or worried, (6 people felt this way) excited,(8) warm (7) cold (0), tired (5), happy (8), angry (0), absent (3) Absent means that maybe a part of your mind or body doesn't feel like it is all the way in the group...this happens when we think about things that the teacher or group is not thinking or talking about. Our body is absent from the group if we can't sit looking at the teacher or if we wander around the room.

We worked on these social thinking ideas to KEEP US IN THE GROUP AND THINKING ABOUT OTHER PEOPLE:

BODY AND MIND(BRAIN) ARE IN THE GROUP EXPECTED/UNEXPECTED BEHAVIORS

If you are in the group you need to remember that the other kids and teachers are thinking about you. If you want them to think okay thoughts about you, you have to do **expected behaviors**. Kathleen seemed like a regular teacher and then she started doing things that made the kids feel uncomfortable and a little nervous! Kathleen was doing **unexpected behaviors**...she stood up on the table and then she stepped on Jason's foot, tied Max's cape around his head, and pulled on Josh's legs! These were all unexpected behaviors for a teacher, so it made kids **feel uncomfortable**. These were fun things for Kathleen to do, but she wasn't thinking about the kids when she was doing them, she was just thinking about the fun she wanted to have. When the kids said they were nervous and uncomfortable, Kathleen changed her behavior and stopped doing unexpected things. That made everyone feel more comfortable and then they wanted Kathleen to still be their teacher.

Social thinking is doing expected behaviors...BUT and this is a **BIG BUT!** Sometimes we don't feel like we can be in the group, we need some alone time. **It is a very smart social thinker when you know you need to leave the group to get some time all to yourself.** We practiced a little being out of the group and then coming back into the group.

We read about how Aiden, who is a boy about 7-9 yrs. old, came to discover Superflex's® brain sensor. The brain sensor is the social thinking part of the brain and it gives Aiden and you (Because *you have your own social thinking brain sensor* in your brain) strategies for doing expected behaviors. **The Unthinkables, like Rock Brain,** who is their leader cause us to stop thinking of others and to get stuck thinking there is only one way of doing something...like only one food that is good to eat, or one game that will be fun to play, or one shirt to wear. Tomorrow we will be Dr. Superflex as we operate on our pretend jello brain to find out what kinds of things our brains help us do.

There was lots of flexible thinking at the Academy today:

Adam, was very flexible when he was pretending to be the 'weird knight', in his, Josh's and Jason's movie about a scientist who's experiments don't go quite right and the detective who discovers this and tries to help. There may be a follow up movie tomorrow:)

Thomas, frequently changed what he was talking about at lunch to include other kids or talk about their topics. And Thomas did not say he was bored, even one time and I bet you were bored sometimes Thomas, because some of this you know already. That happens in school a lot- for everyone. Everyone gets bored in the group sometimes.

Jason, was great at staying super flexible when another kid was having a hard time playing what the group had picked to play-he offered to play what the other kid wanted to do **and** he told him how he felt about it.

Max, stayed flexible when we played hyper jump. He didn't want to be the last to go, but the kids picked taking turns by age and Max is the oldest and had to wait a long time for his turn.

Hyper jump is a game several of the cadets have played before and can be played competitively. Although we didn't play as a competition, we talked about cheering kids on with positive comments such as , "Way to go!". "You were going really fast!" That sure was a hard one but you did it, etc. At the end of the turn everyone got a ride back in the wheel barrel!

Max and Thomas did a great job at playing board games, which is often a play situation where Rock brain will jump right in,with some help from D.O.F. to ruin the fun time. Many board games have a strong element of chance in them so we start out by being sure that everyone is ready to...lose! Because someone one will lose. The point of the game needs to be that you like playing this game with these friends...not that you need to win to have it be a fun time. If you need to win, then it's best to pick something else to play. This will change as the social thinking part of your brain grows bigger. Many cadets have a hard time with board games but not Thomas and Max, they did great:)

Jason, Josh, and Adam played with the game "Operation Buzz Light Year". We didn't play to win though just to take turns fixing his broken parts.

We had a short silent rest period while kids took turns washing their hands. At first all the kids could be quiet for 22 seconds, then they got to 33 seconds...how high will you get tomorrow cadets? Could you make it to 60?

We had lunch and it was a little bit of a fancy lunch...with cloth napkins and a tablecloth. We all waited until everyone was seated before we started to eat, put our napkins on

our laps and tried to remember to wipe our mouths, didn't talk with food in our mouths, waited for everyone to finish eating before we got up from the table, cleared our places ourselves. The cadets liked this 'fancy' lunch and worked very hard at having good super flexible table manners, like thinking that other people don't want to see your tongue sticking out when they are eating, so we don't lick the lid to our containers:) They worked so hard that they earned having real candles on the table for tomorrow!

We ended with another free play period. We have one rule when we play at the Academy and that is you have to play with someone else, not by yourself. Josh loves making movies and he is a genius at it. He told us about cameo roles and protagonists and he very much wanted to make a second movie to follow up on the scientist/detective/knight movie he had made in the morning. All the other cadets wanted to play with bubbles and so Josh was very disappointed. It is easier to be a flexible thinker when you are not disappointed so kids offered several alternatives, but Josh got stuck on the idea that everyone had to make the movie. We went outside to blow bubbles and a few minutes later, Josh got his flexible social brain sensor working again and decided he really wanted to play what ever one else was playing...he was happy because he was playing with everyone in the group. **Way to go Josh!**

See you all tomorrow!

Kathleen