



Week 4 Newsletter!

Dear Quad Manhattan Parent,

Your child had another successful week in Quad Squad Junior and it is hard to believe that four weeks have gone by! We began class by having snack and reviewing the Zones of Regulation mini posters that we made last class.

The theme of this week's class was flexibility and we started by reading *Superflex Takes on Rock Brain and the Team of Unthinkables* by Stephanie Madrigal. This book originates from the *Superflex: A Superhero Social Thinking Curriculum* designed by Michelle Garcia Winner to aid students in advancing awareness of their own behavior in social situations and the strategies that go along with these behaviors. We read about the main character, Aiden, who has Rock Brain and is therefore stuck on wanting to play video games, even though his mom had called him for dinner. Aiden then finds Superflex's brain sensor and all of the sudden his Rock Brain is gone! Aiden is now able to have a flexible brain and put down his video games in order to do what his mom asks.

After reading this story, we shared times when Rock Brain took over our own brains. Though it may be difficult to remove Rock Brain, as shown from the times we all were stuck on certain things we wanted to do, we discussed ways in which defeating Rock Brain was possible. We began this process of being more flexible by watching a video of teachers acting out times in school where they had Rock Brain, and then the solutions to increasing flexibility! As a class, we discovered what idea or behavior the teacher was getting stuck on and then how Superflex allowed her to eventually be flexible and erase Rock Brain. We came up with strategies such as using self-talk, following the group plan, going somewhere calm to relax, and taking deep breaths. After learning all of the ways we could defeat Rock Brain, we tested our new skills by reading scenarios of people having Rock Brain in social situations. Your child was able to decipher what made each person have Rock Brain, what strategy each person could use to be more flexible, and what the situation would look like if the person was more flexible.



ROCK BRAIN

He gets you stuck on your own thoughts, answers and solutions. He gets you to do only what you want to do, without thinking about the group.

WHAT YOU CAN DO TO DEFEAT ROCK BRAIN:

Listen to your group's ideas:
be flexible
Agree to follow someone else's plan



He helps you:

Be a totally flexible thinker which allows you to control your brain and change how you think

Think about how to act and behave to keep others and yourself feeling good (rainbow thoughts)

Be a great problem-solver and think of many different solutions to one problem

Notice when an UNTHINKABLE is becoming more active in your brain and come up with a strategy to defeat it.

We are looking forward to another action-filled class next Wednesday!

Sincerely,
Kacie and Stephanie

More about the curriculum

Superflex is a curriculum designed to teach flexible thinking skills (social cognition) in a way where children can identify with the characters, but not be directly called-out or blamed for lagging skills in cognitive flexibility. For example, children often times find themselves in social situations where they have difficulty shifting from their original idea to someone else's or even another thought that they have. Using the fun characters in *Superflex*, children are able to learn strategies to practice thinking flexibly. Then, The Quad Manhattan team of expert teachers assists students in presenting real-life scenarios where they also need practice with these skills. As a result, students build a tool-kit of strategies that are generalized into our fun after school projects where our teachers are able to coach them through these vulnerable scenarios.

Throughout the semester, we will present several other characters based on social cognitive weaknesses and learn to defeat them using our personal strengths as we become *Superflex* Superheroes too!

See below for more ways to defeat "Rock Brain" and links to more information!

Ways to Defeat Rock Brain Strategy Busters!

When Rock Brain gets into a person's head, he will get the person to do only what he wants to do and will not let him negotiate or listen to other people. The person doesn't think about others or change their minds easily. Only wants to focus on ONE thing.
His brain gets STUCK!

oh NO!

Notice that your way is not working to solve the problem.

Notice that your way is not working to solve the problem.

Think about the group plan.

SELF TALK.
I am flexible.
I can do this later.

Take a deep breath & remember that being part of a group means that you cannot always do it your way or make all the decisions..

Hee hee hee



Links:

- [This week's video](#)
- [More on Social Cognition](#)

Thanks for reading!