



## Week 5 Newsletter!

### Dear Quad Manhattan Parent,

We had another enjoyable Quad Squad Junior class this week! We began class by reviewing the Unthinkable, Rock Brain that we discussed in our prior class. Each student shared times during the past week where Rock Brain took over his brain and discussed ways to defeat it.

This class, we focused on another Unthinkable character, named Brain Eater. Brain Eater distracts people from what they are expected to do with enjoyable activities. Brain Eater makes it hard for a person to focus on what they're doing or focus on others during interactions. The person may get distracted by their own thoughts or something else around them. Some distractions may include television, video games, exciting things happening outside, thoughts about activities we want to participate in later, etc. We read the book *Superflex Takes on Brain Eater and the Team of Unthinkables* where we uncovered both ways Brain Eater distracts us and ways to defeat it (distraction).



The young character Aiden teaches Quad Squad Jr. students how common Brain Eater can be and how important it is to defeat it. If we do not defeat Brain Eater, we may miss out on important information, we may not know what we are supposed to do, and we may not be able to do what is expected of us, causing people to have confused thoughts about us.

After the story, each student completed a Brain Eater coloring sheet then added the particular distractors that Brain Eater makes him think about. Once completed, each student shared how he decorated Brain Eater and made connections between similar distractions that the rest of us face. From there, we listed the specific strategies to defeat Brain Eater. The

strategies to keep us focused include: use of a fidget, remembering you are a member of a group, keeping your brain and body in the group, removing yourself from the distraction, covering up the distraction, and making a checklist when you have many things to do.

At home, try to encourage your child to communicate when they think Brain Eater is trying to distract them. Help them next to identify the distraction and call on a strategy from class. We will continue to work with Brain Eater throughout the semester and will complete our shield of strategies in the coming weeks.

We are looking forward to another successful class next Wednesday!  
Sincerely,  
Kacie and Stephanie

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Thanks for reading!

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