## 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



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

Agree to follow someone else's plon

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.



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

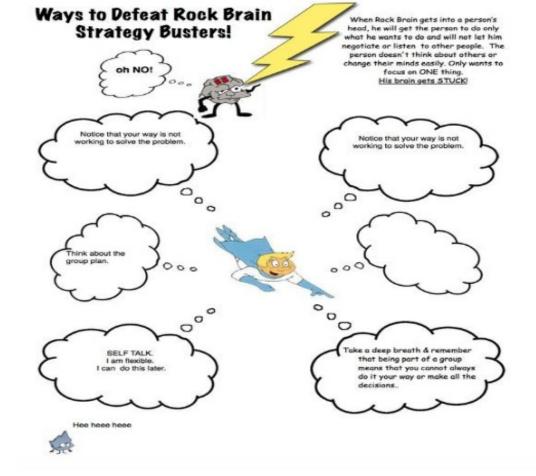
Sincerely, Kacie and Stephanie

## 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!



## Links:

- This week's video
- More on Social Cognition

Thanks for reading!