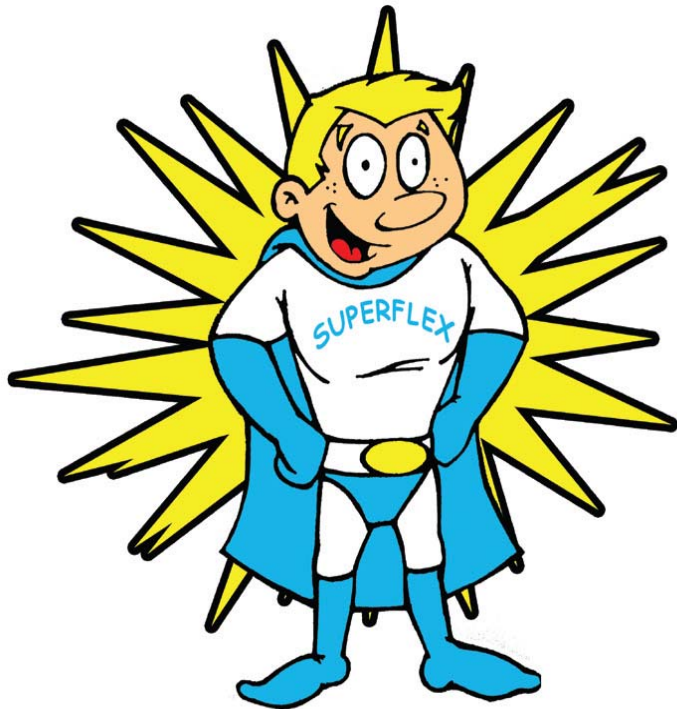


# Superflex: A Superhero Social Thinking Curriculum



*A Fun and Motivating*

*Way to Explore Social*

*Thinking Behavior*

*Presenter: Stephanie Madrigal  
TSP, Inc.*

At our clinic, we have developed social thinking vocabulary and concepts to help make "social" more explicit for our students while continuing to work on how to develop strategies to change their behavior

# How Superflex came to be...

- Defeating my own Team of Unthinkables in the therapy room...
- In come the Unthinkables...we built on the concept to incorporate other social thinking weaknesses that our students exhibited.

# Purpose of the SST Curriculum

- To provide therapists, caregivers and children a fun and non-threatening way to explore social thinking.
- To explicitly teach core social concepts through use of a superhero and contrast when one's brain gets sidetracked in a less social way (dominant thinking by a member of the Team Of Unthinkables).

The Superflex Curriculum is heavily grounded in a cognitive behavioral approach.

- *Cognitive Behavioral approach is grounded in exploring the "thinking" process. "*
- *Goal of Cognitive Behavioral Therapy which is to increase a client's awareness of the impact of their behavior on others as well as themselves (Attwood, 2006).*
- *Research has shown positive outcomes with students presenting with social-cognitive deficits (Braswell & Bloomquist).*
  - *Carol Gray Social Stories*

## The students, with the Supeflex Curriculum work to:

- Increase their knowledge of social expectations
- Increase self awareness of their own behavior
- Learn how to modify their behaviors using "Superflexible" strategies.

# Who can use this curriculum? What ages?

- Speech Pathologists, psychologists, educators and parents can utilize this curriculum.
  - Persons using this curriculum would also benefit from learning about social thinking concepts and vocabulary in greater detail by referring to Michelle Winner's Books (2000, 2002, 2004).
- Elementary aged children (k-5).
- Some middle school-aged
- Some educators are using this with high school students as well!

# Superflex Curriculum Lessons

- The curriculum is designed to take the students through a progression of lessons which:
  - Lessons 1-5: Explore and increase the student's understanding of flexible thinking and other related skills
  - Lessons 6-9: Introduce the Unthinkable characters and explore the child's own social weaknesses
  - Lessons 10-13: Students develop and utilize Superflexible strategies to "defeat" their own Team Of Unthinkables



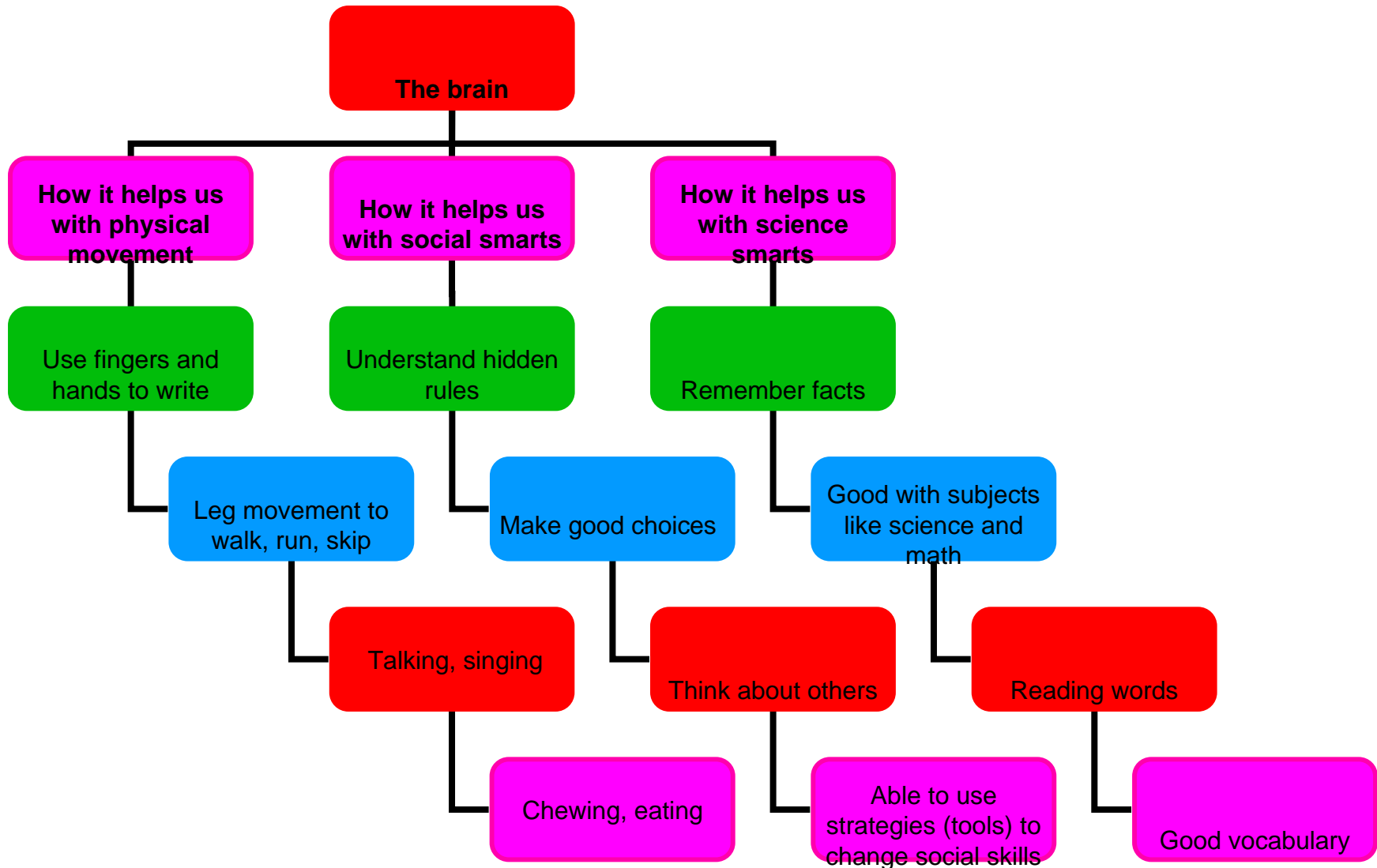
# Each group will be learning at a different pace

- Some groups may require that you slow down and stop to teach related social thinking concepts. This will depend on each groups knowledge base.
  - i.e., If introducing Glass Man, the group may also need a lesson on the problem solving scale which they may use as a strategy.

# Lessons 1-5

1. Superflex Training Academy •
2. Dr. Superflex-Superflexible Brain Jobs
3. Superflex/Rock Brain Moments
4. Super Gym...Brain Exercises
5. Superflex Mission

# Lesson #2-Dr. Superflex



# Lessons 6-9

6. In come the Team of Unthinkables
7. Honorable Mention-D.O.F. The Destroyer of Fun
8. Honorable Mention-Brain Eater
9. Levels to Becoming the Ultimate Superhero

# Lesson #9-Levels to becoming the Ultimate Superhero

## LEVEL 1:

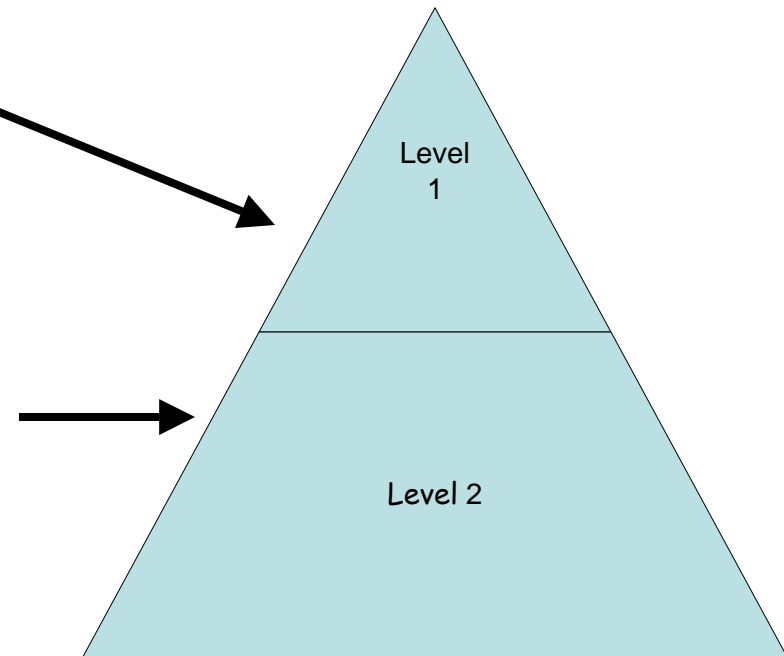
### **THE ULTIMATE SOCIAL THINKING SUPERHERO, SUPERFLEX!**

- Able to recognize social thinking moments most of the time and use strategies to defeat Unthinkable without help from others.

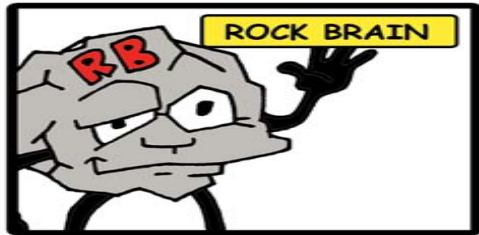
## LEVEL 2:

### **LEARNING ABOUT YOUR SOCIAL THINKING POWERS AND HOW TO USE THEM!**

- You are learning to recognize Unthinkables that invade your brain and how to defeat them with strategies. At this level, since you are still learning, your Superhero Support Team may help you by helping you recognize when an Unthinkable is lurking or to remember your strategies.



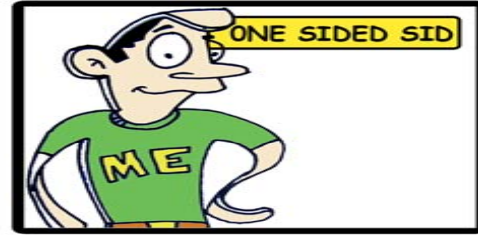
Introducing the Team  
Of Unthinkables...



ROCK BRAIN



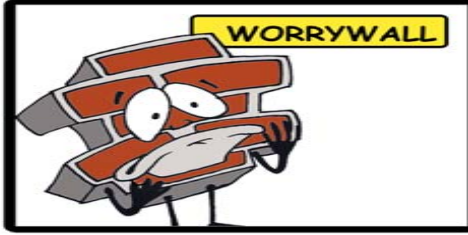
WASFUNNYONCE



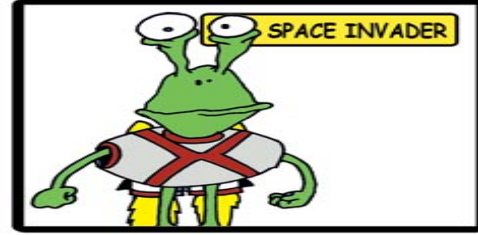
ONE SIDED SID



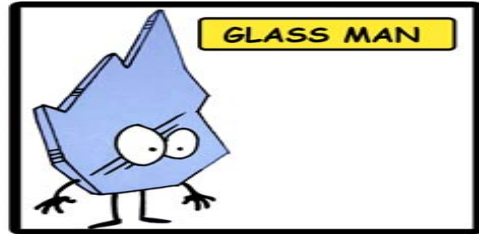
GRUMPY-GRUMPANINY



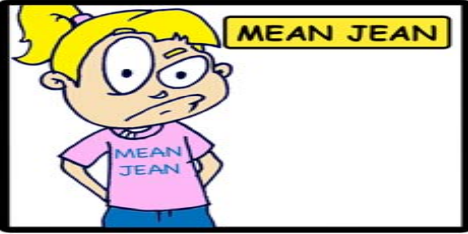
WORRYWALL



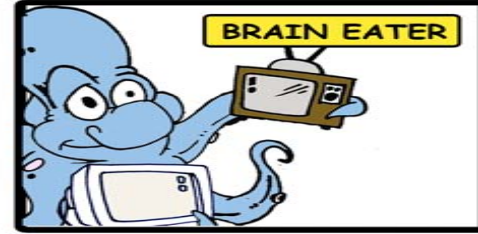
SPACE INVADER



GLASS MAN



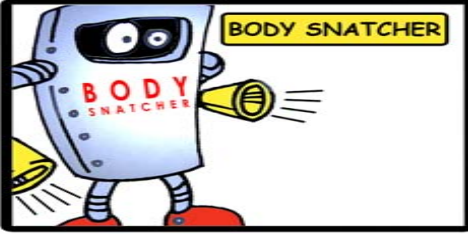
MEAN JEAN



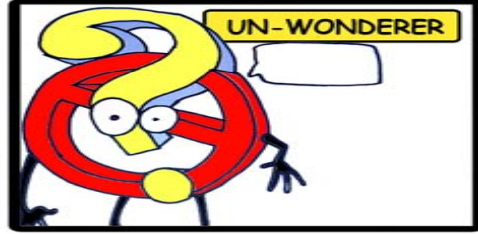
BRAIN EATER



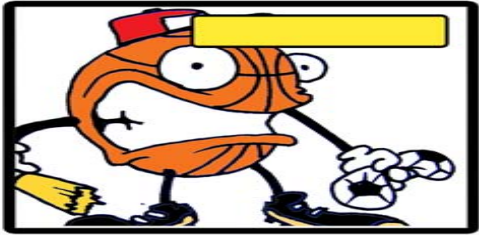
HYPER HAREY



BODY SNATCHER



UN-WONDERER



[Blank]



TOPIC TWISTER



# I=Initiation

## UNTHINKABLE:

Unwonderer

- Power: He stops the person from showing interest (social wondering) in others or thinking about what others may want to do.

- Strategies: Create a friend file in your brain to recall on later to ask questions.



# L=Listening Actively

## UNTHINKABLE:

Brain Eater

- Powers: He makes it hard for the person to focus on what he is doing or focus on others during interactions (rolls their brain away).

- Strategies: Turn your body and eyes away from what is distracting you and think about the person talking.

# A=Abstract & Inferencing

## UNTHINKABLE

Rock Brain

- Powers: He will get the person to do only what he wants to do, will not let him negotiate with other people. The person is not a good problem solver and tries one solution that's not working over and over again.

- Strategy: Notice that what you are doing is not working and try another way to solve the same problem. "This is a tiny problem!"

# U=Understanding Perspective

## UNTHINKABLE:

Mean Jean

- Powers: He or she insults or criticizes others. They may take things away from them, be very bossy or will hog all the attention when others are trying to talk.

- Strategy: 5 Point Scale for Anger (Dunn & Curtis)-take 10 deep breaths...

# G=Getting the Big Picture/Gestalt Processing

## UNTHINKABLE:

Glass man

- Powers: Lets a person be flexible to some extent, but then all of the sudden he just breaks, often over a tiny problem.

- Strategy: Identify the size of the problem (1-10) and what would be an expected reaction to match the size of the problem.

# H=HUMOR

## UNTHINKABLE:

Wasfunnyonce

- Powers: Gets the person to use a lot of humor. However, they do not realize that humor wears out pretty quickly or not "funny" at all.

- Strategy: Self-Talk "is now a silly moment or a serious moment?" If serious moment, then keep joke or funny moment in my brain.

# Superflex needs your help...

- The Unthinkables are at it again and have stolen some of our valuable lessons from our Superflex Academy!!
- Take 9 minutes to create a fun lesson for our students based on Rock Brain or develop a lesson about a new unthinkable that has just invaded Social Town.

# Lessons 10-13


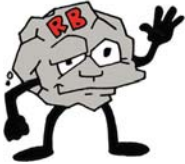
10. Putting Superflex  
powers to work

11. Practice, practice,  
practice

12. Superflex Party

13. Laying the  
Unthinkables to Rest

# Lesson #10-Defeating the Team of Unthinkables

Defeat Sheet		
Name: Unthinkable: Strategy:	Name: Unthinkable: Strategy:	Name: Unthinkable: Strategy:
		
	Place Unthinkable Here!	Place Unthinkable Here!



# Some things to think about...

- Clear distinction between reality and fantasy
- Let students know we are all working on defeating our Team Of Unthinkables.
- Unthinkables are not EVIL VILLIANS
- Continue with the creativity. Use this curriculum as a spring board into other motivating lessons.
- Positive reinforcement...