



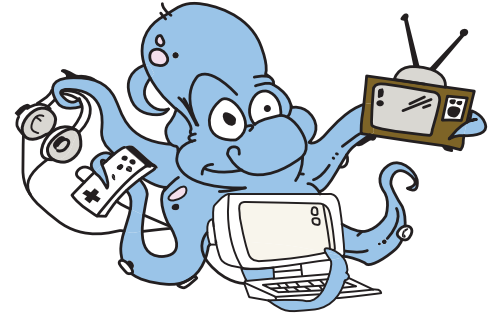
Stop! **Brain Eater** is invading your brain!

Use Superflex's Very Cool Five-Step Power Plan to defeat this Unthinkable.

Power #1: The Decider power helps you to stop, describe, and decide the powers of the Unthinkable.



- **Brain Eater** invades people's thinking and distracts them with their own personal thoughts or with things around the room that suddenly seem more interesting than what they're supposed to be paying attention to. Brain Eater loves to appear in the morning to make it harder for students to get ready for school on time.



Brain Eater

Power #2: The Social Detective power helps you to observe the situation and the people in the situation.



- Your Social Detective notices that most people can defeat Brain Eater quite easily when they're in the classroom or having a conversation. Sometimes in class, students' brains wander away from the topic, but they catch themselves and remember to focus again on what the teacher is talking about so they don't miss anything important.

Power #3: The Brakester power helps you to stop and think to discover the hidden rules.



- It's expected that students try to keep their brain focused when the teacher is teaching and at any other time when someone is talking with them and thinking about them. Citizens are often aware of what can distract their brains and try to avoid focusing on those things.

Power #4: The Flex Do-Body power helps you to use flexible thinking to choose strategies to use to do what's expected.



- Learn more about Superflex strategies to defeat Brain Eater by reading the book *Superflex Takes on Brain Eater* with your family or teacher.
- A therapist at school called an occupational therapist can help you learn ways to keep your brain more focused.
- Use strategies like checklists and schedules to help you see what you may need to focus on to get yourself ready for school in the morning. Work with an adult to find ways to break a job into small parts and then reward yourself for finishing each part.
- Use a timer to help you know how long you can and will stay focused on a task before taking a break.

Power #5: The Cranium Coach power helps remind you to use your self-talk to tell yourself you've done well using new strategies.



- You can tell you've done this today when you can say to yourself: "I notice when my brain is on track and listening to teachers or citizens when they're talking. I'm catching myself when my brain starts to think about something different."