



# Stop! **Emotion Commotion** 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.



- **Emotion Commotion** makes people focus too much on their emotions, especially when they feel sad, mad, or upset. When this happens, they can't focus on anything else. Emotion Commotion is the best friend of Worry Wall.

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



- Your Super Detective notices that all citizens have many different types of feelings inside, also called emotions, during each day. Emotions aren't a problem — they're part of who people are as humans. What can be a problem is if Emotion Commotion gets your emotions stuck so much on feeling blah, yucky, or mad that it's hard for you to feel like there's anything good going on in your life.



Emotion Commotion

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



- It's not always easy for citizens to figure out how they feel, and it's even harder sometimes to know why they feel the way they do. But people know that the way they feel can affect how they act with other people. When Emotion Commotion gets stuck in citizen's brains, they need help from an adult who can guide them to learn more about their emotions!

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



- When your emotions feel in commotion, ask for a break from what you're doing to help yourself calm down.
- Once you calm down a little, try to figure out what's making you feel so upset. To be more aware of how you feel, use strategies from the Thinkable Rainbow Girl.
- Ask for help from an adult if you're asked to do something that you feel is too hard or just too confusing.
- Remember, that citizens' emotions change throughout a day and you probably won't feel this way for much longer.

**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 did a good job learning about my emotions today and I'm slowly learning how I can help myself feel better even in a bad situation!"