



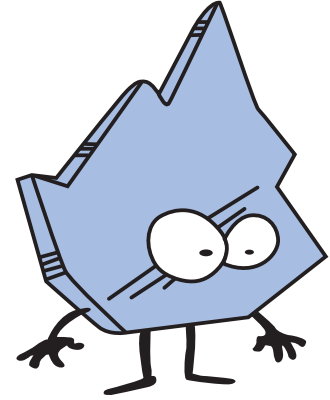
Stop! **Glassman** is invading your brain!

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.



- **Glassman** makes people have huge upset reactions to problems. Glassman loves to tag team with Rock Brain to cause problems all over Social Town. Rock Brain starts by getting citizens stuck on thinking that something has to be done their way, even when it's a small problem. If that doesn't happen, Glassman steps in and gets citizens to have a huge upset about this tiny problem.



Glassman

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



- Your Social Detective sees that citizens respond to things in different ways and with different emotions. Even though people have all sorts of feelings, as they get to be school age, they learn to respond to situations with small to no reaction. Doing this keeps themselves and others feeling comfortable.

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



- Citizens are expected to share their emotions in small ways, like using their words to tell someone calmly how they're feeling, why they're frustrated, or to describe a problem. It's expected that people may get frustrated or mad from time to time but that they'll usually make their emotional reaction smaller and stay in control.

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



- Your teachers can help you learn more about strategies to control your emotions.
- Explore the size of the problem that's bothering you. If you realize that the problem is small, you can have a more expected reaction like letting it go, ignoring it, or choosing to calmly talk to someone about it.
- If you're with others and start to get frustrated, let them know that you need to take a short break. Take yourself somewhere quiet and try to take some deep breaths and think about your other strategies to prevent this Glassman moment.

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'm finding myself staying calm and more in control of my emotions. Also, I see that people are seeking me out to play or hang out and adults are complimenting me on my staying in control."