

Dear Parents and/or Guardians,

Students at Shadow Lake are learning about social thinking* through the use of a fun, new curriculum using a social-thinking superhero named *Superflex*!

The goal of this curriculum is to provide a fun, motivating way to improve the child's social and behavioral flexibility and to develop better self-monitoring. The concept is based on the idea that we all have a superhero, *Superflex*, in our brains, and he is constantly battling the "*Team of Unthinkables*" (a variety of unexpected behaviors) such as: *Rock Brain, the Unwonderer, Space Invader, etc.*, who may come and try to take over our brains. The students learn to identify which members are on their *Team of Unthinkables* and learn *Superflexible Strategies* to defeat their *Unthinkables*.

We will be spotlighting specific *Unthinkables* and *Superflex Strategies* throughout the school year in Kid Mail. We encourage parents to carry over the concepts and strategies that the children learn in the sessions to assist with generalizing their skills. We also suggest you explore the curriculum further on the Social Thinking website (www.socialthinking.com).

Please let us know if you have any questions or concerns.

Sincerely,

Ellen Deal
Behavior Intervention Specialist

Suz Chen
School Social Worker

* Social thinking is what we do when we interact with people: we think about them. And how we think about people affects how we behave toward them, which in turn affects how others respond to us, which in turn affects our own emotions.