

# **Superflex<sup>®</sup> is ME!**

**Y**ou may have heard of superheroes who have the power to fly, freeze, or become invisible. But have you heard about Superflex<sup>®</sup>? Superflex is one of the greatest superheroes of all time! Superflex's super powers help us think about others!

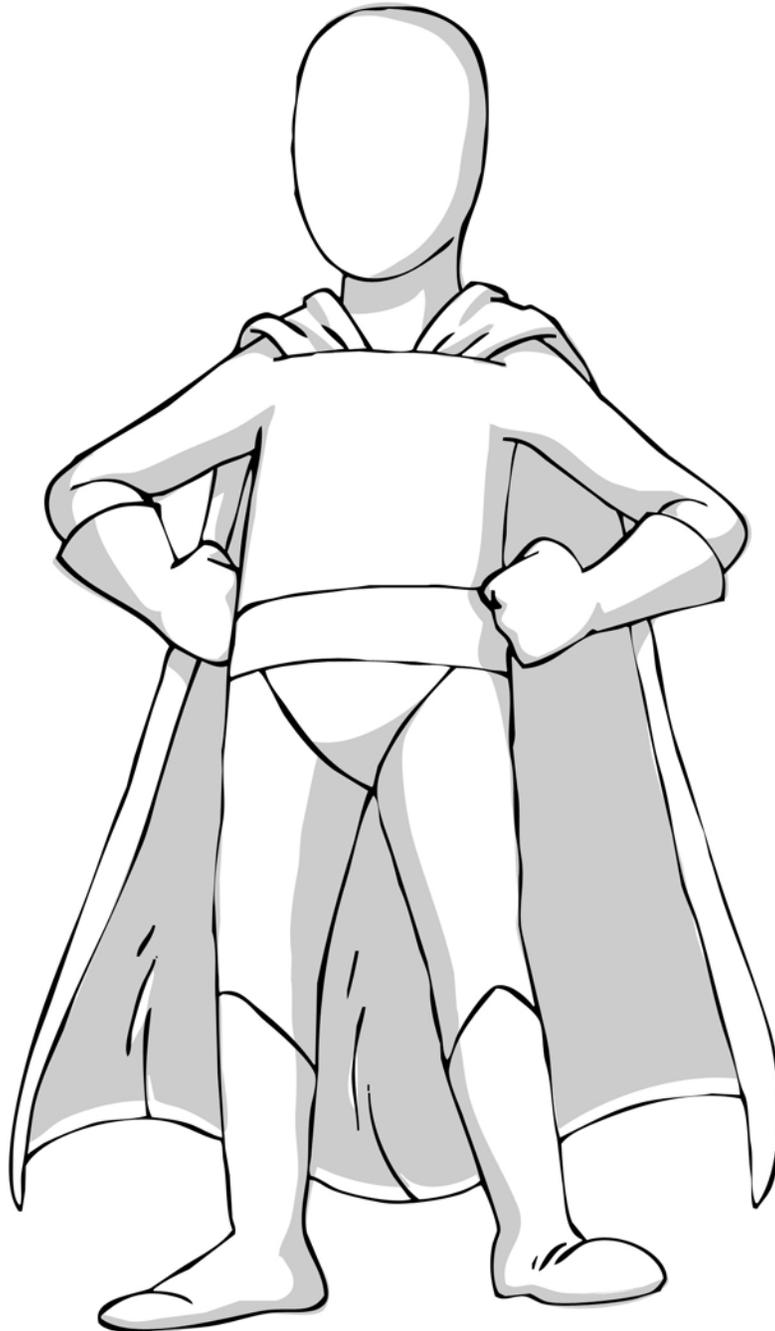
Here's the cool thing... We each can develop our own Superflex by learning about our own superflexible thinking and strategies. It takes many years to develop our own strong Superflex, but this is where we begin learning - by imagining our own superflexible self! I will develop the powers to be my own Superflex. I have a hero inside me, willing and able to learn!

You begin by first learning to think about others and what is happening around you. As you get older, your Superflex helps you find and use the right strategies to be a flexible thinker and problem solver and helps you be part of the group plan.

Your Superflex helps you stay calm and focused during difficult moments! Your Superflex gives you many powers.

Being a Superflex is not always easy... All of these super powers take learning, practice and work. Together with your team (your family, teachers, and friends) you can learn more about and use your superflexible thinking powers!

# ***Superflex***<sup>®</sup> ***is ME!***



Here are 3 things I can do well with my superflexible thinking:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_