

Special Bulletin

HANDOUT, LESSON #8



Have you seen this character—

Brain Eater®?

Be on the lookout, because he is finding his way into brains everywhere!

He may be disguised as other sea life, like a shark or squid!

BEWARE: He may be armed with several distracters! He will do what he has to in order to distract your brain so that you are not thinking about others around you. Other tricks that Brain Eater has been known to try are:

- 👉 *Getting your brain to think about your favorite interest*
- 👉 *Trying to show videos or pictures in your brain that may be fun to think about, even though others may be trying to talk to you and your group*
- 👉 *Getting your brain to talk about what you are thinking about, even though it may not be on topic*
- 👉 *Getting your brain to focus on items in front of you and even get you to grab the objects in front of you (i.e., a pencil or book, etc.)*

CAN YOU THINK OF OTHERS?

But wait...Superflex® can help:

LEARN what items he uses to distract you and try to notice when your brain is getting distracted; tell yourself to “stop” and focus on what is being said. When you notice that your brain is distracted with an item in front of you, you can:

- 👉 *Move the item out of the way so you don't see it*
- 👉 *Move your body so that you don't see it*
- 👉 *Ask to be moved from your spot so that you can focus*

LEARN about Whole Body Listening and how your whole body (eyes, ears, hands, feet, etc.) listens by being quiet when others are talking.

- 👉 *Use a fidget (like a rubber chicken) to keep your whole body calm and focused. Keep the fidget out of sight so that you don't get distracted with that, too. The Brain Eater would love that!*

CAN YOU THINK OF OTHERS?

Is this an **Unthinkable** that gets into your brain?

What is a **Superflexible strategy** that you can use if you notice this Unthinkable in your brain plotting against **Superflex**?