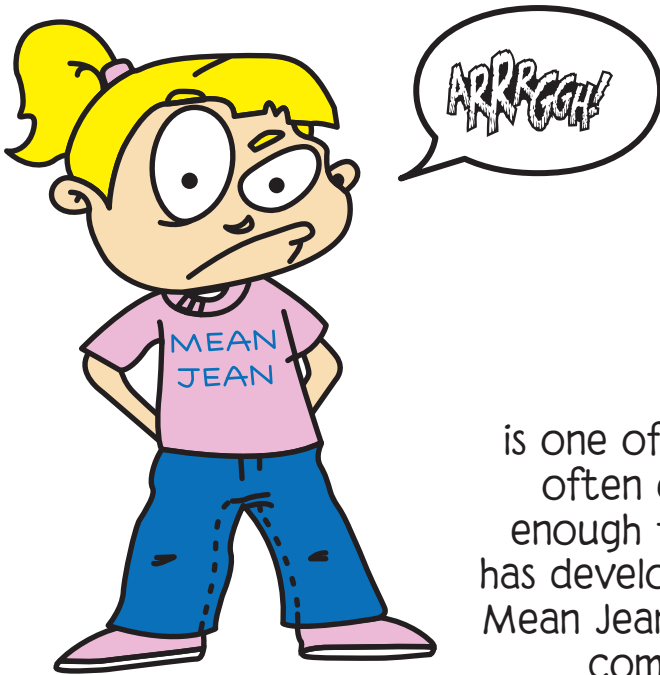


# *Superflex*<sup>®</sup> to the rescue!!!



## Mean Jean<sup>®</sup>

is one of *Superflex's* trickiest nemeses. She can often disguise herself quite well, but not well enough for Superflex. Over the years, Superflex has developed some great strategies to use against Mean Jean. Take a look. You might even be able to come up with a few strategies yourself.

### **Mean Jean's Plans**

1. May get you to say mean or hurtful things to others.
2. May get you to insult someone or name call.
3. May get you to grab or take things from others.
4. May get you to get easily upset about tiny problems (i.e., someone is trying to talk at the same time and you insist that you were talking first and he must stop talking).
5. May get you to quickly have a big reaction to a tiny problem and YELL at others.
6. May get you to insist that things go your way and others do what you want to do **ALL THE TIME!**

### **Strategies to defeat Mean Jean**

Self-talk:  
"Will this hurt my friend's feelings?"

*Keep bragging, bossy, or hurtful thoughts in our brains.*