



Superhero Brains

Students were introduced to Michelle Garcia Winner's superhero framework/concept; we are all "superheroes" with "superpowers." The "villains" are called "Unthinkables" who get into the brains of superheroes and make us engage in not-so-flexible thinking or impede our ability to self-regulate. We all get temporarily under the influence of one of these "enemies," even adults!

Students were introduced to "Unthinkables" and SEL strategies to combat/diminish their "Unthinkables." These include using their "I can do it!" powers, and maximizing their superhero flexible thinking. Both students and adults need to train our superhero brain to recognize and defeat the "villains" by practicing SEL strategies.

Who are the "Villains" or "Unthinkables"?

- 1) Rock Brain: The villain that makes us get stuck in our own thoughts, ideas, or plans.
- 2) One-Sided Sid: The villain that makes us only talk about ourselves.
- 3) Glass Man: The villain that makes us have overreactions to situations.

The 3 step solution to fight the “villains”

- 1) Being a “Social Detective” and looking for clues on the expected behaviour.
- 2) Being a “Brakester” who helps us stop the unexpected behaviours and problem solve.
- 3) Being a “Flex Do-Body” who helps us with flexible thinking to change our behaviour (i.e., deep breathing, relaxing, or positive self talk).