

CONTENTS

One Step at a Time

Cautions and Information About the Use of This Material	viii
About This Book.....	ix
Using the Series: Things to Keep in Mind.....	x
Learning is Fun!	xi
Chapter 1: Congratulations and Welcome to the Superflex Academy	1
Chapter 2: How It All Began	8
Chapter 3: Brain Eater Helps a Citizen Get Ready for School...	
Hmmm, Not a Good Idea	16
Chapter 4: Superflex Academy Lesson: Learning About Chores and Checklists	23
Chapter 5: Superflex Academy Lesson: Distracters and Your Distracter Shield.....	28
Chapter 6: Matt Takes on Brain Eater with His Superflexible Thinking	34
Chapter 7: Brain Eater at School? No...It Couldn't Be!.....	38
Chapter 8: Superflex Academy Lesson:	
Learning to Avoid Distractions in the Classroom	45
Chapter 9: Superflex Academy Lesson: Using Fidgets to Fight Distractions.....	47
Chapter 10: Superflex Academy Lesson: Keeping Your Brain in the Group.....	57
Chapter 11: Will Superflexible Thinking Save the Day Again?	62
Superflex's Top-Secret Tip Sheet	70
Superflex Quiz Answers	72