

A social skills superhero

When we say a child has "good social skills," we mean that she is able to read the hidden social rules in each interaction and then respond appropriately with her physical presence, eye contact, language, emotions and reactions. While many children learn to do this somewhat effortlessly, others need to be taught these concepts.

PSLLC's Superflex Social Thinking groups teach social thinking in a fun, motivating, and non-threatening way. Through the eyes of a superhero named "Superflex" and his rivals, the "Team of Unthinkables," students are taught that, as social beings, we are like superheroes – we are always trying to use our "brain powers" to be flexible thinkers.

Who can benefit from participating in the groups?

Many students with social cognitive deficits (Asperger's Syndrome, High Functioning Autism, Attention Deficit Disorder, NLD, PDD-NOS and other related diagnoses) have difficulty monitoring and regulating their own behaviors in the moment. This curriculum provides a fun forum in which they can explore their own challenges and identify ways to modify their thoughts and related behaviors in different settings. For many of our students, this has become a very empowering way to help them help themselves.

The curriculum, which includes a full-color storybook, was designed for school children, grades K through 5. However, some middle school groups have embraced Superflex, depending on the maturity and interest level of the group.

Learning social smarts

Students have fun with the idea that they are the superheroes in training and that they are trying to increase their social skills and Superflexible thinking to become the Ultimate Superhero!

The program teaches students when they are using their "social smarts," versus when their brains are getting sidetracked in a less social way. Superflex is our totally flexible hero, trying to figure out other people's wants and needs to keep other people calm while also getting his turn to play and speak. He is a great problem solver and can think of many different solutions to one problem.



Keeping others feeling good

Based on the work of world-renowned expert Michelle Garcia Winner, the curriculum emphasizes that by thinking about others and what they might need from us, we have the ability to shift and change our thinking at any time to keep others feeling good.

How to enroll your child

Our Social Thinking groups are formed at the beginning of the school year for the regular (September to June) session and in June for the 8-week summer session. Each group includes two to four students and meets for an hour, once a week, under the supervision of a nationally certified speech-language pathologist.

If you would like to learn more about how our Superflex Social Thinking groups can help your child, please call us today, 609-924-7080.



Listen. Learn. Speak. Interact.