

Use your Superflexible Power to Defeat your HOLIDAY UNTHINKABLES!

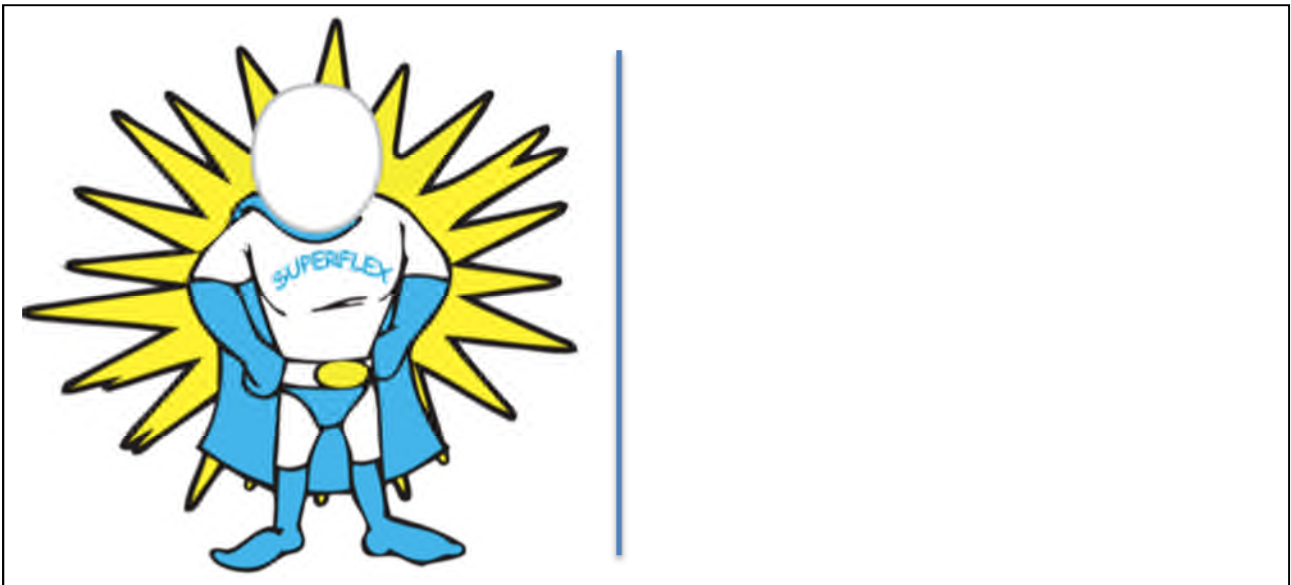
Here are a couple of Holiday Unthinkables we've noticed around Social Town, but we know there are more lurking out there! **Gift Miffed-asaurus** is a gift gobbling dinosaur who makes you get really upset about a gift when it's not exactly what you wanted. Then there's **Party Pooper Pat**, a balloon who either pops (when you get stressed out and mad) or deflates (you avoid and shut down) at holiday parties, etc.

Help us identify other Holiday Unthinkables trying to upset people where you live! Write the name of your Unthinkable and then draw him or her in this box:

Holiday Unthinkable: _____

Okay, now you know which Holiday Unthinkable may be in your brain, so you are ready for the best part! You can transform yourself into SUPERFLEX and call on your own THINKABLE to help!

Draw your face (or put your picture) on the Superflex below and then draw a picture of the THINKABLE that will be with you over the holiday break!



(Directions for how to introduce Social Behavior Mapping can be found at:
<http://www.socialthinking.com/what-is-social-thinking/social-behavior-mapping>)

Social Behavior Mapping. Situation: Receiving a gift you don't like

Your behavior that is expected given the situation	Others' feelings about the behavior(s)	How others treat you based on how they feel about the behavior(s)	How you feel based on how you are treated in the situation
<p>Say Thank you</p> <p>Think It's okay. I'm okay. This is not a big problem!</p> <p>Say "It was really nice of you to give me a gift this year."</p>	<p>Calm</p> <p>Proud</p> <p>Happy</p> <p>Relieved</p>	<p>Family may congratulate you on how calm you are</p> <p>Smile or hug</p> <p>Give you a thumbs up for showing your thanks</p> <p>High five!</p>	<p>Relaxed</p> <p>Proud</p> <p>Happy</p> <p>Neutral</p>
Your behavior that is unexpected given the situation	Others' feelings about the behavior(s)	How others treat you based on how they feel about the behavior(s)	How you feel based on how you are treated in the situation
<p>Yell or say I don't want this!!</p> <p>Fall down on the ground and cry</p> <p>Ignore the person who gave you the gift</p> <p>Pout or refuse to talk</p>	<p>Sad</p> <p>Embarrassed</p> <p>Angry</p> <p>Hurt</p>	<p>Parents or other adults may send you to your room</p> <p>They might scold you</p> <p>They might take the gift away</p> <p>Others may not want to be around you</p>	<p>Sad</p> <p>Angry</p> <p>Embarrassed</p> <p>Lonely</p>

(ADULT) Social Behavior Mapping

Situation: **Feeling Flustered By the Flurry Of People Around You**

Your behavior that is expected given the situation	Others' feelings about the behavior(s)	How others treat you based on how they feel about the behavior(s)	How you feel based on how you are treated in the situation
<p>Keep a pleasant look on your face.</p> <p>Ask others to help you so you don't feel you have to do it all yourself!</p> <p>Go in the bathroom and take a break.</p> <p>Breath.</p> <p>Remember that this situation is only temporary. Normal daily functioning will return soon!</p>	<p>Calm</p> <p>Happy</p> <p>Satisfied</p>	<p>Have a calm face and tone of voice.</p> <p>May say reassuring words if you let them know you are flustered</p> <p>May offer to help</p>	<p>Calmer</p> <p>Grateful</p> <p>Satisfied</p>
Your behavior that is unexpected given the situation	Others' feelings about the behavior(s)	How others treat you based on how they feel about the behavior(s)	How you feel based on how you are treated in the situation
<p>Consistently tell people what they should be doing in a stern tone of voice.</p> <p>During expected group gathering times, work quickly to get jobs done without engaging with others.</p> <p>Look unhappy.</p> <p>Avoid relaxed discussions.</p>	<p>Stressed</p> <p>Mad</p> <p>Helpless</p>	<p>Avoid being near you.</p> <p>Act like they didn't hear you.</p> <p>Look stressed in your presence.</p> <p>Encourage you to stop working so hard.</p>	<p>Stressed</p> <p>Angry</p> <p>Embarrassed</p> <p>Wanting ME TIME!</p>