

e Hopping to a brain near you...

Energy Hare-y!

Listen up students
because *Energy Hare-y*
loves to hangout at the
Superflex Academy!



Can you spot him?
**Does he pop into your
brain sometimes?**

This character gives the person SO much energy that he is constantly fidgeting or moving around, and he doesn't think about what the people around him need or how others are feeling around him. Sometimes, *Energy Hare-y* and *Wasfunnyonce* work together, which can quickly make the group fall apart.

Can you think of other places where you may notice him getting into your brain?
Why do we want to defeat him if we catch him in our brains? What can Hare-y do to a group?

Well, do not fear because *Superflex* has some ways to defeat this character.
Take a look;

- 👍 When others are talking, use **Whole Body Listening** (keep your whole body quiet).
- 👍 **Check-in with your eyes** and see how the rest of the group is acting. Try to match how calm the other kids are with their bodies.
- 👍 **Take a few deep breaths** to calm.
- 👍 Can you think of any other strategies?