



It's okay
to pause,
breathe, &
reset when
needed.



Take time to
appreciate
yourself &
others.

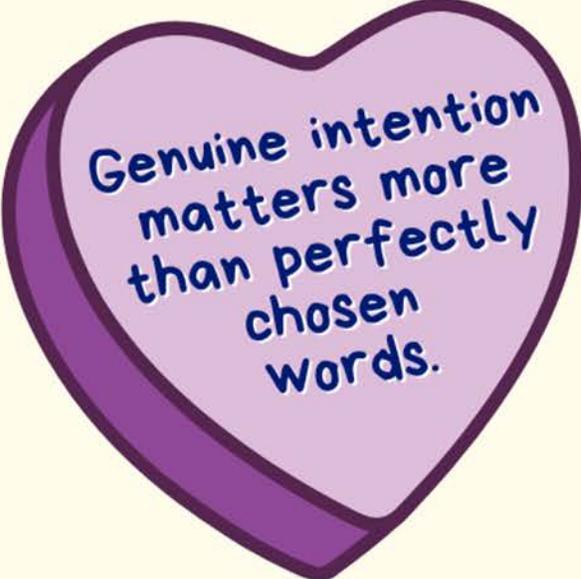
Reminders for Valentine's Day



Do something
nice for
yourself.



Remember
that all your
feelings are
valid.

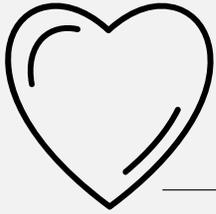


Genuine intention
matters more
than perfectly
chosen
words.

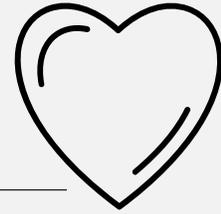


Reach out to
those who may
feel lonely.
Inclusion matters
& helps joy
grow.

@socialthinking



Getting myself ready for: A Valentine's Day Party



What will the place look like?

Have I been there before?

What do I remember?

Will there be special items or decorations to go with the celebration?



Who will be there?

What will people be doing?

Who can help me?



What do I think the group plan will be?

When I've been there before... The plan last time...



What are my questions?

What do I want to know?

Helping Myself to Feel More Comfortable

What do I know? What do I need to know? What can I do to find out what I need to know?

.....

Thinking about a situation *before* it happens can help to create a mental blueprint so a person has a better idea of what they can expect. Planning for the unknown can also help people to feel more comfortable and even think about strategies they might use to help them meet their goals for the situation. You can start planning for the unknown by thinking about what is known or what you already know.



What do you already know?

Consider the questions below to think about the situation (Place? + People? + What's happening?)

.....

Where will you be?

- Have you been there before?
- Have you been somewhere similar?
- What do you already know about the place?
- What can you guess based on similar experiences?

Who will be there?

- Who will you be with?
- Who do you know?
- What do you already know about the people that will be there?

What will people be doing?

- What is your goal for the situation?
 - What are people's goals? (hanging out, waiting in line to check out library books, eating lunch, watching a movie, etc.)
 - What or who will people be thinking about?
 - Where will they have their bodies?
 - What will they be doing? (standing in a line, eating, sitting in small groups, etc.)
 - What will people be talking about?
-

What do you still need to know?

If you don't know the answers to the questions that would help you feel more comfortable, you may need more information. What information do you still need?

.....

What can you do to find out what you need to know?

Where can you go for the information you need? Is there somewhere you can find the information? (posted online, in a book, on a class website, etc.) Who can you ask for support or information? Remember, most people like to help others!

.....

What is your plan to get the information you need?



If you can figure out some of the information above, you will likely have a better idea about what is happening around you or what you may encounter in an upcoming situation. This can help you anticipate more about the situation and what your choices are within it. And the more information you have about something, likely the more comfortable you will feel!

Superflex Academy

Valentine's Day Quest



Get ready Superflex Academy Students because UnthinkaBots don't take Valentine's Day off. Read these common situations and CIRCLE which **UnthinkaBot** might show up. *Bonus: Name the Bot powers!* Next, draw a picture or write/say the name of the **Thinkable** who can help. Don't peek at the next page yet! *Valentine's day sceneries are part of Superflex Bingo*

It's Valentine's Day and you start thinking about which card should go to which person in the class. "What if I give someone a card that has a dog on it and they don't like dogs?" You decide you might be better off not going to school, just in case.

Which Unthinkabot is here? Bots? _____

Worry Wall Glassy Mean Bean

Which Thinkable can help?

Your class is playing Valentine's Day Bingo. The first person to get a bingo gets a box of watercolor paints. You mark off incorrect squares to make sure you get the first bingo. Your classmate notices and tells you to stop cheating! You keep going.

Which Unthinkabot is here? Bots? _____

Me-Gull D.O.F. WasFunnyOnce

Which Thinkable can help?

Your classmate gives you a pop-up valentine. You don't like it; you wanted one with candy. You say, "Why'd you give me this stupid valentine? Where's my candy?"

Which Unthinkabot is here? Bots? _____

Body Drifter Mean Bean Brain Eater

Which Thinkable can help?

You join your class to make a special Valentine's Day tree in the school lobby. Each class will decorate part of the tree. You use the red and pink hearts, even though you don't like those colors. You help a classmate calm down when his paper heart rips and he gets upset.

What superpower(s) did you use?

Invisibility Flexibility

Kindness _____

Which Thinkable power could you use?

Tracker Kool Q. Cumber

FocusTron I.O.F Nice Light

UnthinkaBots



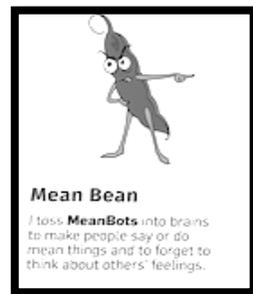
It's Valentine's Day and you start thinking about which card should go to which person in the class. "What if I give someone a card that has a dog on it and they don't like dogs?" You decide you might be better off not going to school, just in case.

Worry Wall is here dropping **WorryBots!** Worry WiseWorm powers can help.



Your class is playing Valentine's Day Bingo. The first person to get a bingo gets a box of watercolor paints. You mark off incorrect squares to make sure you get the first bingo. Your classmate notices and tells you to stop cheating! You keep going.

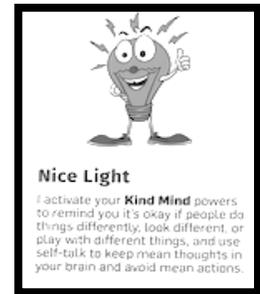
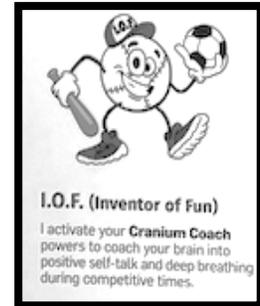
Destroyer of Fun (D.O.F.) is here throwing out **CompetiBots!** I.O.F. powers can help.



Your classmate gives you a pop-up valentine. You don't like it; you wanted one with candy. You say, "Why'd you give me this stupid valentine? Where's my candy?"

Mean Bean is here flinging **MeanBots!** Nice Light powers can help.

Thinkables



You are SUPERFLEX!

You join your class to make a special Valentine's Day tree in the school lobby. Each class will decorate part of the tree. You use the red and pink hearts, even though you don't like those colors. You help a classmate calm down when his paper heart rips and he gets upset.



Thinkable Powers (strategies)

I.O.F., Kool Q. Cumber, Nice Light.

For more information about the Superflex Curriculum Series and associated lessons and games go to <https://www.socialthinking.com/detective-superflex-series-social-learning-curriculum>

Valentine's day sceneries are part of Superflex Bingo

Copyright©2026 Think Social Publishing, Inc. All Rights Reserved. www.socialthinking.com
Print or share for educational use only. Do not post or sell online without permission.