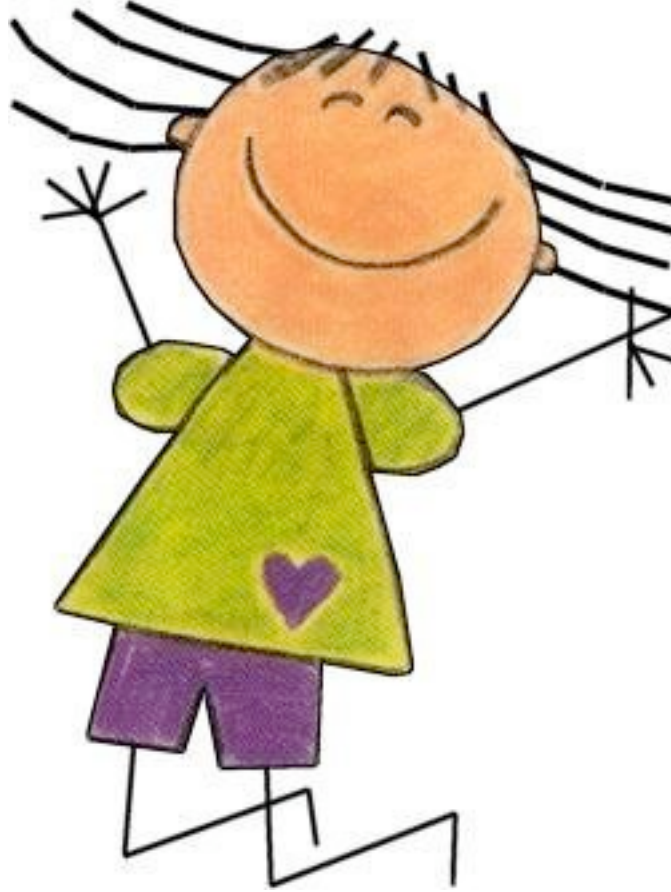


# Positive Polly



Positive Polly is one of Superflex's sidekicks!

- When you put Positive Polly in your brain, she helps you to use positive self-talk and stops the negative self-talk.
- She is the inner coach in your brain.
- She helps you work through problems and find the best way to think about it.
- When she is in your brain, you think positive thoughts like, "I can do this. It's going to be okay!"