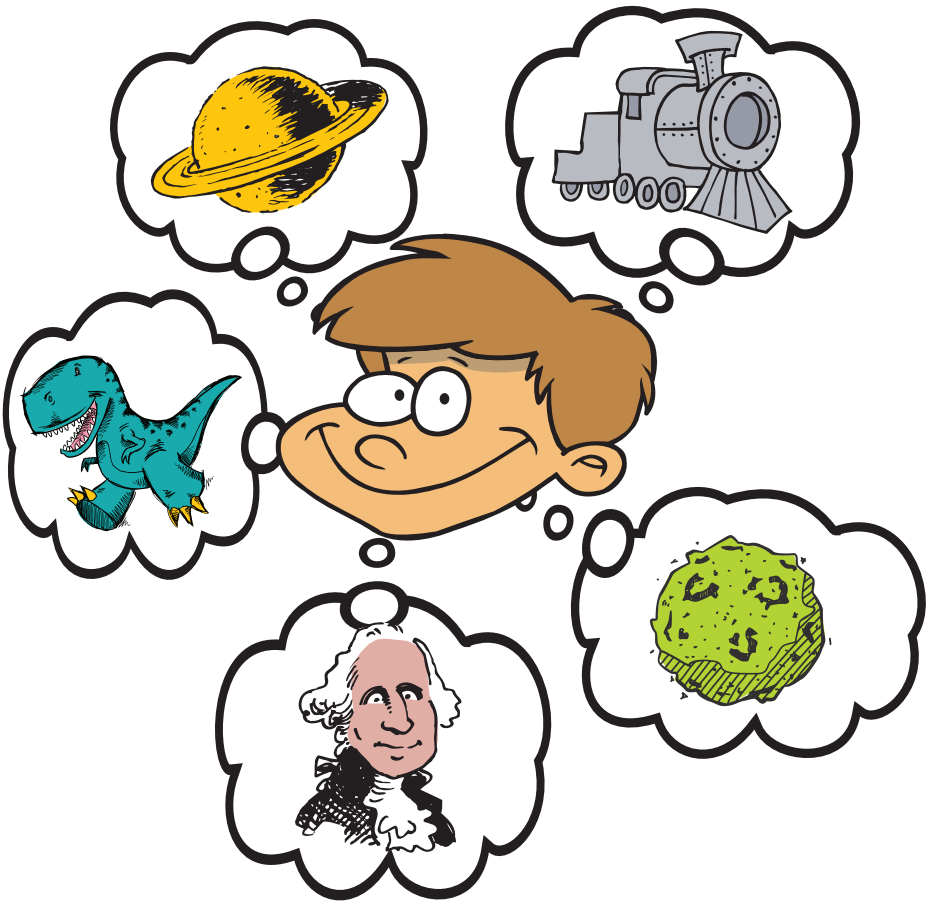


Hi! My name is Jason and I have a story to tell about my brain.

I have a terrific brain filled with lots of stuff. I even have great ideas.



When I get an idea in my head, I want to stick to it. I don't want to change; I don't want to think about other possibilities. I want *my* idea – and that's it!

My dad tells me to think “big.” He says there are other ideas that might be great. But I think my idea is the only idea in the whole world. My dad gets frustrated with me when this happens. I don't like it when my dad is frustrated.

My mom has lots of different ideas, and so does my big sister, but I want *my* idea – and that's it.

Mom gets cranky with me when I have a fit because I can't *make* my idea come true. My big sister won't play with me when I won't listen to her ideas. That is not fun!



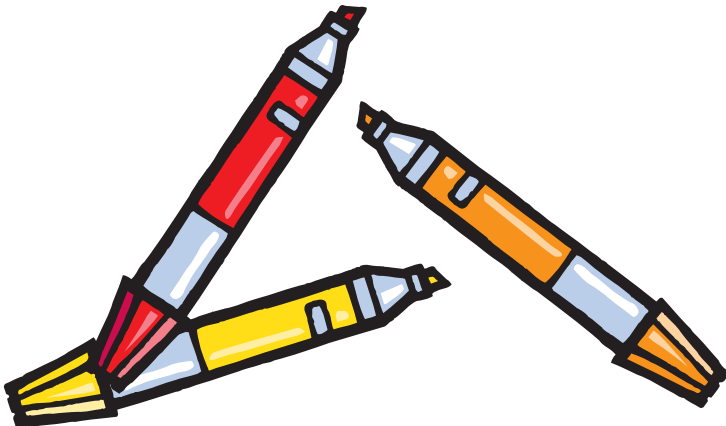
But the other day I learned something interesting.

Ideas can change. They can stretch and shift. They can even switch.

My mom said this is called "rainbow thinking." She said she read this really cool book about thinking BIG.* In the book, they talked about "rainbow thinking." I thought the lady who wrote that book sounded cool.

To explain what she meant by "rainbow thinking," Mom took out a box of markers. There were red, orange, yellow, green, blue, and purple markers. She said that using "rainbow thinking" is like making a rainbow out of markers, and then she drew a rainbow.

"Wow, that's beautiful."



* Collucci, A. (2011). *Big picture thinking: Using central coherence theory to support social skills*. Shawnee Mission, KS: AAPC Publishing.



“Rainbow thinking helps us stretch our minds really far. Sometimes you get stuck because you are thinking ‘black’ or ‘white.’ Black-and-white thinking isn’t nearly as fun as rainbow thinking,” Mom told me, and then she asked me to go with her into my room.

She pointed to all my cars and asked, “How many cars are black or white?”

Hmm ... I wondered, looking at the huge pile of cars on the floor. One, two ... I suddenly realized that I actually only have two cars that are black or white, and told my mom.

“That’s right, Jason,” Mom agreed. “The rest are all the different colors of the rainbow, and that makes them more fun! In fact, if you try to switch, shift, and stretch your thoughts, you might find something great; magnificent; fantastic! You might find a rainbow!”



