Flexible Thinking

Some things around this room are Hard.

Can you name some?

Some things in this room are soft or flexible.

Can you name some?

Things that we cannot see, can also be hard or soft, like our thoughts.

HARD Thoughts:

Stubborn – "My way is the only way."

Bossy – "You will do it this way."

Fixed – "I can't do it any other way."

Unreasonable - "If I cant' do it my way, I won't do it."

Stuck – "I don't know any other way."

Rock Brain

SOFT Thoughts:

Willing – "We can try it your way."

Agreeable – "Your way sounds great."

Reasonable – "Sometimes I can't have my way."

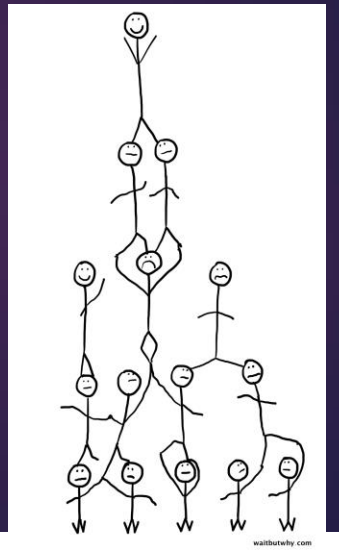
Open-minded – "Maybe there is a better way…"

Cooperative – "Let's try both ways!"

Flexible

Sometimes, it's ok to be stubborn. Can you think of a situation when it would be helpful?

Example - When someone is trying to get you to do something you know is wrong.



Example - When you are really nervous and doing things the same way can help you feel safe, calm and prepared.

But most often, it is not good to be rigid or a rock-brain.

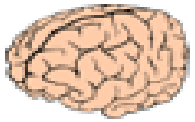
Being a rock-brain *can keep you from doing good, new things.*

Being a rock-brain *can annoy other people.*

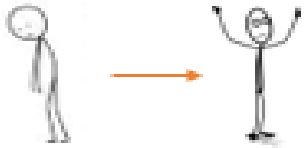
Being a rock-brain can keep you from having friends.

What is FLEXIBLE THINKING?

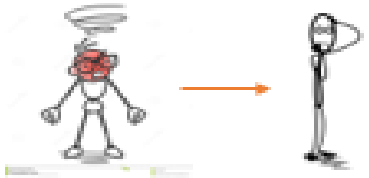
Flexible Thinking



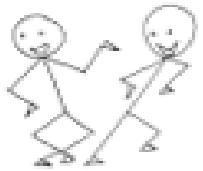
Flexible thinkers make their brains move around problems and think of different solutions.



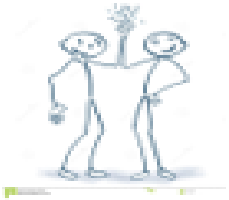
If I am disappointed, I can say "Oh well" or "Maybe next time".



If I am frustrated, I can ask for help or take a break and try to think of different solutions. Then I can use words to help me solve the problem.

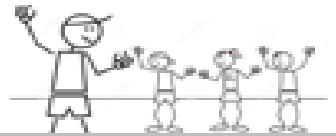


I can be open-minded to others ideas and not always have to get "my way".



I accept if I don't win or if I'm not first because everyone should have a chance.

I can accept change. I can try not to over-react when things do not go as expected and try to see the positives in the change.



When I am flexible, I am happy, others around me are happy to be with me, and I can solve problems!

Let's have everyone use their fantastic flexible brain and think about one way you can use flexible thinking while we're not in school!