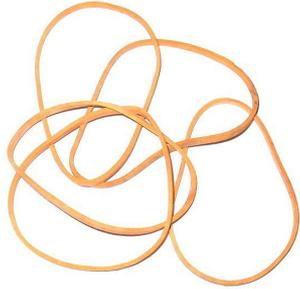


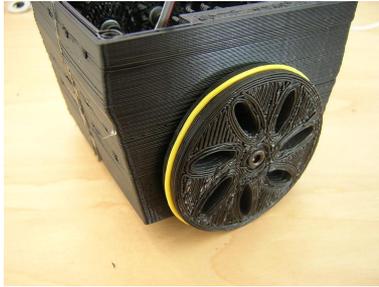
What does it mean to be flexible?

When we talk about being flexible we are talking about being able to bend and move. Can you think of some items that are flexible?

These items are flexible. They are able to adapt to their environment.



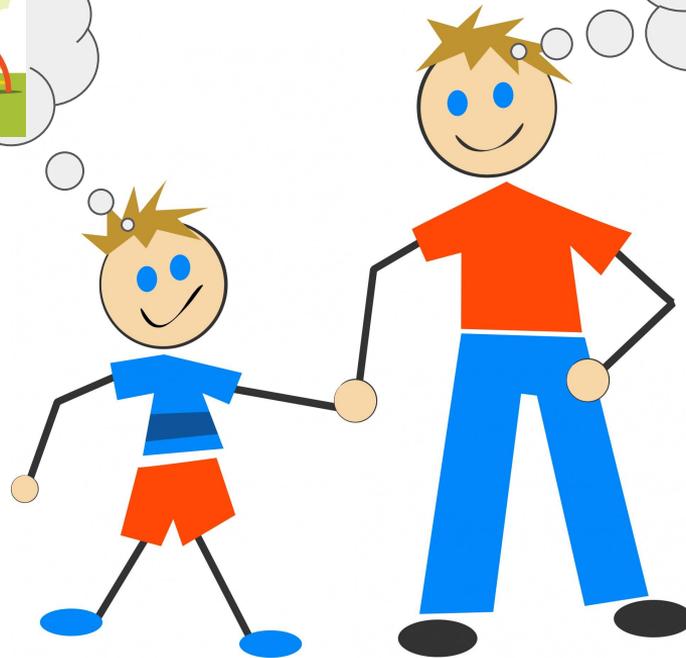
A rubber band can change its shape based on what it is used for.



Rubber bands usually don't break. They bend and adapt.



People can be flexible too. That means that they adapt to their surroundings



This little boy wanted to go to the park, but Dad knows that it is raining. The little boy needs to be flexible and change his plans based on his surroundings.

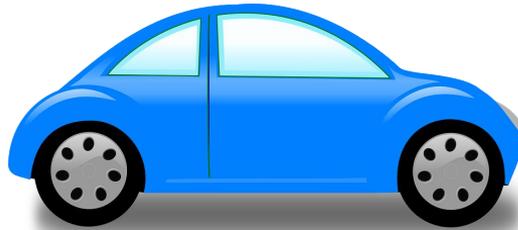
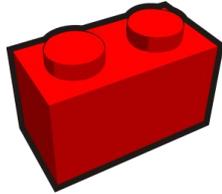
When something isn't flexible it is described as rigid.

Things that are rigid are not able to change and adapt to their environment.



What are some other things that can NOT adapt or change according to their environment?

These items are all rigid - they can not change.

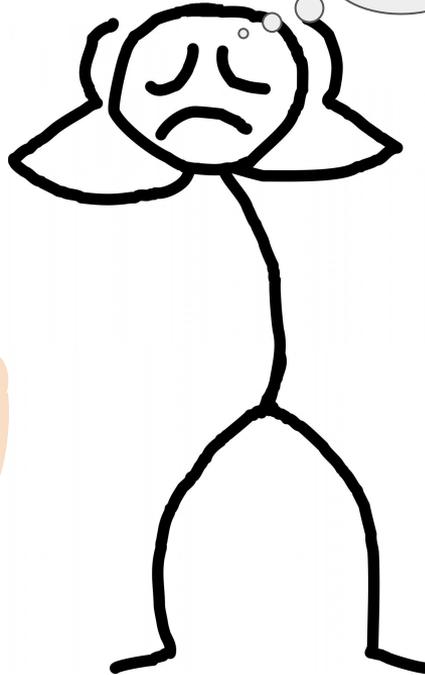




People can be rigid too. That means that they do NOT adapt to their surroundings



This little boy wanted to go to the park, but Dad knows that it is raining. The little boy doesn't adapt to his surroundings. Instead he screams and yells and cries. His surroundings still didn't change. His behavior did - but it wasn't expected behavior - he didn't adapt and that makes Dad sad.



Let's talk about some situations that we can practice being flexible in.

You have been saving for months for a video game you really want. When you finally get enough money you go to the store and they are sold out. How could you respond with flexible thinking? Rigid thinking? What might help you to think flexibly?

Sometimes it's hard to be flexible and adapt to your surroundings, so what can you do?



You need to learn how to go with the flow!

