

### TOPIC 2: FLEXIBILITY

The class completed the topic and lessons related to mental flexibility. Mental flexibility gives us the ability to adapt to and tolerate changes. When children become upset, it is often because they get “stuck” in their thinking, which can lead to feelings of helplessness. The ability to use flexible thinking not only allows us to cope with these negative feelings, but also helps us to be proactive and come up with helpful solutions to problems that allow us to get along with others.

#### RECOMMENDED READING

##### Picture Book:

*The Book of Mistakes* by Corinna Luyken

##### Chapter Books:

*Efren Divided* by Ernesto Cisneros

*Save Me a Seat* by Sarah Weeks and Gita Varadarajan

*The Lemonade War* by Jacqueline Davies



#### SKILLS

- When we are flexible in our thinking, it helps us with many parts of our lives including friendships, problem solving, and working with a group.
- We can all practice being mentally flexible just like we practice academic skills.
- Be open to thinking about all the ideas and options given by others.
- Consider different solutions that may at first seem unlikely to work.
- After thinking about all the ways to solve the problem, choose one and try it out.
- If it works, great! If not, you can be flexible and try another solution.

#### TAKEAWAYS

- When we are all mentally flexible, we think of more than one way to handle a situation.
- Mental flexibility allows us to better deal with undesired changes and allows us to be creative in solving problems in different ways.
- Being flexible allows us to take care of our friendships and get along with others.

#### AT HOME PRACTICE

Practice being flexible by having a family game night. Everyone puts their first choice for a game in a container. Someone picks out a game from the jar and everyone agrees to play that game and be flexible!