



BEING FLEXIBLE

WHAT IS IT?

1. Always getting your way. OR **2. Doing other people's ideas sometimes.**

WHY IS IT IMPORTANT?

- KEEPS YOU FROM GETTING STUCK
- GIVES YOU MORE CHOICES
- KEEPS YOU FROM BEING FRUSTRATED
- MAKES FRIENDS WANT TO PLAY WITH YOU
- HELPS YOU SOLVE PROBLEMS
- MAKES YOUR PARENTS HAPPY!

FLEXIBLE OR STUCK?

- 1. I DON'T WANT TO, BUT I'LL DO IT ANYWAY***
- 2. I ONLY WANT TO PLAY MY IDEA***
- 3. YOU CAN HAVE THE FIRST TURN***
- 4. I'M NOT GOING***

5. OKAY, I'LL TRY IT

6. I HAVE TO HAVE MY FIRST CHOICE

7. I DON'T WANT TO WAIT!

8. LET'S DO SOME OF YOUR IDEA AND SOME OF MINE

WHAT SHOULD YOU DO? (HINT: THINK ABOUT FLEXIBILITY!)

- 1. YOUR FRIEND WANTS TO PLAY SOMETHING THAT YOU DON'T LIKE.**
- 2. MOM SAYS 'NO' TO A PLAYDATE.**
- 3. YOUR COACH OR TEACHER PICKS UNFAIR TEAMS.**
- 4. YOU DIDN'T GET WHAT YOU WANT FOR YOUR BIRTHDAY.**
- 5. YOUR PROJECT DIDN'T TURN OUT THE WAY YOU WANTED.**

HOW ARE YOU GOING TO PRACTICE BEING FLEXIBLE?



YOU CAN DO IT!!