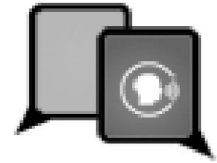


Name: _____ Date: _____

Everyday Speech



Being Flexible Sorting

Being flexible means we can change or adapt our behavior. It helps us handle hard situations and lets others have good thoughts about us. Tell if each behavior is being flexible.

BEING FLEXIBLE

NOT BEING FLEXIBLE (RIGID)

CUT OUT EACH ITEM AND PLACE THEM IN A CATEGORY, OR WRITE THEM IN.

Accepting a change	Getting mad when things change	Trying a new game to play	Always picking the same movie to watch	Always playing with the same toy	Only having friends over your house
Going to a new place	Wearing the same sweatshirt each day	Eating a food you have not tried	Switching up plans with friends	Talking to new people at lunch	Not trying new food