

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.**

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