

Flexibility for the Family

Adjusting to change with a good attitude

To practice **Flexibility**, I will:

- Not get upset when plans change
- Accepting the things I cannot change
- Be open to new and different experiences
- Learn from my mistakes
- Anticipate and prepare for change



Family Activity:

Flexible vs. Stubborn

Give each family member a clothespin and several pipe cleaners. Have them bend the pipe cleaners into the shape of a stickman. Let them draw a face on the clothespin. As you read through the following list, have them hold up the pipe cleaner-person if it is being flexible or the clothespin-person if it is being stubborn. You may also choose to use a rubber band, cotton ball or clay for the flexible and a rock, bottle cap or Lego for the stubborn.

- Crying when the rain cancels a picnic
- Laying indoor games when it is too cold outside
- Refusing to eat broccoli
- Trying new foods
- Throwing building blocks when a toy tower falls
- Trying a different approach when the first attempt fails
- Complaining about mom's radio station in the car
- Learning to appreciate different music styles



Process the activity with these or similar questions:

Were those questions easy or hard?

Did having something flexible and hard in your hands help to pick the correct answer?

Do you think you are most like the (hard item) or the (soft item)?

Why is it better to be like the (soft item) in these examples?

Will you remember this game the next time you face a change?

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Once you complete the activity, feel free to use the item you used for the hard item in correcting behavior. For example, if you made a clothespin boy to identify being stubborn, you can refer to someone as "clothespin boy" (or clothespin girl) when they are not being flexible. Same holds true for the soft item.