

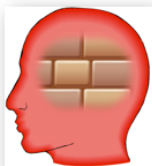
Flexibility Cards & Panels

This card game is designed to help children learn how thoughts and behavior can be affected by rigid thinking.




Directions:

Print out the cards and the two full-page panels. Use cardstock or else paper, which you would then laminate.

If you have any tokens or play money, this can increase engagement. For example, you can offer tokens or play money to a child who makes insightful statements or offers relevant examples from his / her own life.






Ways to be **RIGID**

-  Getting really upset over any kind of change
-  Getting really upset when things are not just what you expect
-  Bossing other people to make them do what you want

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Ways to be **Flexible**

-  Trying hard to deal with changes
-  Trying to stay calm when things are not just what you expect
-  Letting other people have their way too

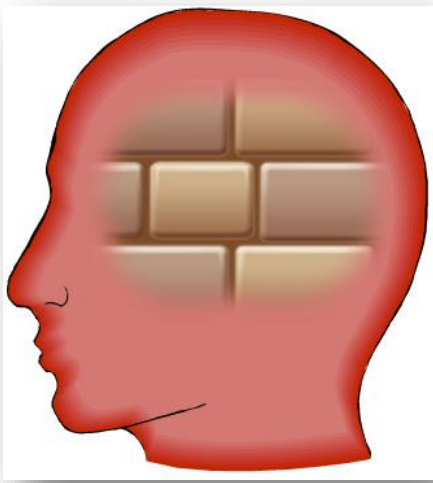
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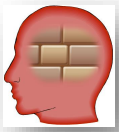
John likes maps and he knows almost all the roads in his town. In the car with his mother on the way home from school, he notices that his mother is not driving home the fastest way! He tells her this, but when she does not follow his directions, he starts to get pretty mad.

What should John do?

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Ways to be ***RIGID***



Getting really upset over any kind of change



Getting really upset when things are not just what you expect



Bossing other people to make them do what you want



Ways to be

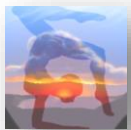
Flexible



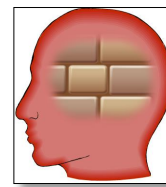
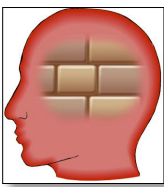
Trying hard to deal with changes



Trying to stay calm when things are not just what you expect



Letting other people have their way, too



1. What is a kind of food you hate?
2. Pretend the adult with you is the owner of a restaurant that mainly serves this food you hate! Use these words to hide what you think about the awful food.

“That’s interesting!”

“How about that?”

“It must be hard to run a restaurant.”

1. What is a video game you really hate?
2. Pretend the adult with you is a kid who loves this video game! Use words like these to hide what you think about the video game:

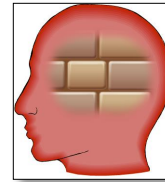
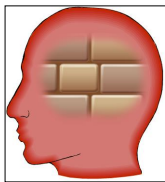
“Are you good at that game?”

“Really?”

“You really like that game, don’t you?”

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At Donald’s church, they are getting ready for the big Waffle Breakfast to raise money for poor children. Donald helped make the big Waffle Breakfast sign next to the road. One hour before the Waffle Breakfast started, the waffle maker breaks! The chef starts cooking pancakes instead! Donald runs outside to take down the Waffle Breakfast sign.

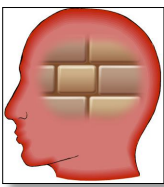
Hannah planned her party carefully, especially the 1980s 'oldies' music that would be playing the whole time. When the party starts, Hannah’s friend Lisa says, “I brought this new CD I just got. Can we listen to it?”

What should Hannah do?

What should Donald do?

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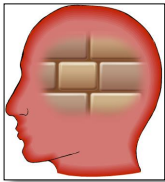
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Sometimes it is okay to be stubborn.

The adult with you will pretend to be a sixteen-year-old who is trying to get you to drink a beer. Show how stubborn you are!

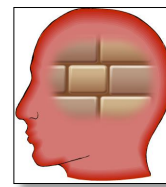
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Sometimes it is okay to do the same thing every time, if it makes you feel good and it doesn't bother anybody.

Tell about something you do the same every time at home because it makes you feel good.

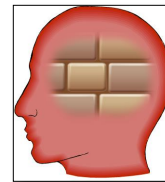
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Sometimes it is okay to be stubborn.

The adult with you will pretend to be an older kid who is trying to get you to smoke a cigarette. Show how stubborn you are!

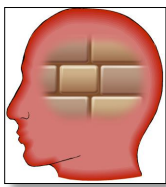
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James always sits in the front seat when he goes in the car with his dad. James and his dad are going to pick up James's friend, Matt, to go to a movie. When they pick up Matt, Dad says, "Go sit in back with Matt."

What should James do?

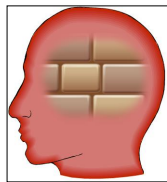
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John likes maps and he knows almost all the roads in his town. In the car with his mother on the way home from school, he notices that his mother is not driving home the fastest way! He tells her this, but when she does not follow his directions, he starts to get pretty mad.

What should John do?

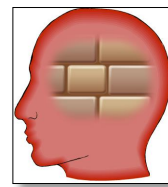
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Tiffany just loves to have bagels every Sunday morning. One Sunday, Dad tells her, “It’s Mother’s Day. No bagels today; Mom wants to have sweet rolls instead.” Tiffany thinks to herself, “Mother’s Day is going to be pretty awful!”

What should Tiffany do?

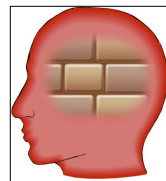
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Allison has planned a great 4th of July party where everything will be red, white, and blue. When the party starts, her grandmother arrives with a cake from the grocery store. Except the cake is the wrong colors! It’s just red and blue, with NO WHITE! Allison closes the cake box and says, “No cake for the party!”

What should Allison do?

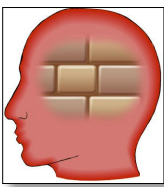
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Harold and Jack always spend their Saturdays in Harold’s basement playing with Legos. One Saturday, Jack shows up at Harold’s house with two friends and a football. Harold says, “No thanks,” and goes down to the basement with his box of Legos.

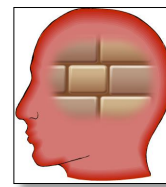
What should Harold do?

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Irene invited Ann over to play video games. Irene remembers that Ann does not like to play video games very much, and Irene **LOVES** video games. Irene decides changes her mind and decides **not to** invite Ann over.

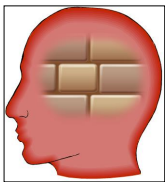
What should Ann do?



The teacher tells the class they have to work in groups of two and do a report on the topic of pets. Alex has a pet snake and he wants to do the report on snakes. But no one in the class will agree to work with him; no one likes snakes.

What should Alex do?

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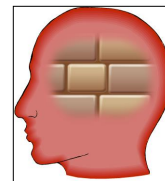


Over time, people often get over stubborn habits.

Describe a rigid habit that you had in the past which is no longer as bad as it used to be.

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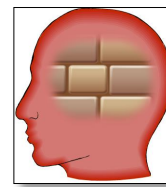
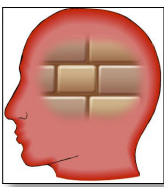
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Marianne picks at her fingernails when she is anxious. Marianne is nervous about an upcoming test, and her mom is upset because she is fidgeting and picking at her fingernails.

What could Marianne do?

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Tell about something you used to just love a few years ago, that you don't love so much anymore.

Now, imagine you are five years older than you are now.

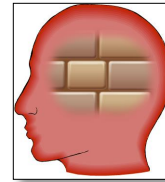
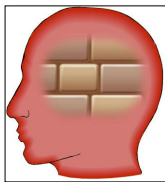
Which of the things you really love right now might seem less important to you in the future?

At Disney, they have all the Disney characters walking around. Brenda looks and looks but she cannot find her favorite character, Ariel, from *The Little Mermaid*. As Brenda rides the Tea Cup ride with her dad, she keeps thinking, "No Ariel! This is a pretty bad day."

What should Brenda do?

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Albert's mom and dad got divorced and now he spends weekends with his dad and stepmother. Each Sunday they go to the movies, but they have to complete chores first. Albert's stepmother told him that it's his job to sweep the floors. Albert thinks, "Moms are supposed to sweep, not kids!"

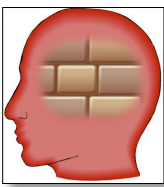
Ted never misses his favorite TV show at 10:00 Saturday morning. The phone rings, and his dad answers the phone. "Ted—it's your friend Max. He wants to talk to you." Ted says, "I can't talk! My show is on!"

What should Ted do?

What should Albert do?

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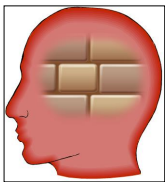
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When Jasmine was learning about summer camp, her mom showed her a picture of two kids at the camp using a rowboat. When Jasmine actually gets to camp on the first day, she finds out that they only have *canoes*, and NO rowboats at all! Jasmine decides that this is not a good camp after all.

What should Jasmine do?

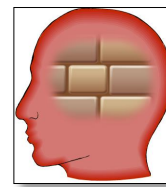
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Ask the adult with you to tell about a time when you DID NOT do something very stubborn, but you did something flexible instead, by:

- *trying something new,
- *changing your mind, or
- *letting someone else have their way.

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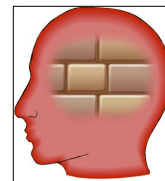


Think of a time when you were very stubborn about something and it bothered other people.

This is a hard question! If you can answer it, you get to choose:

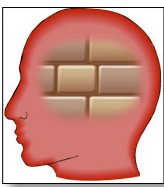
1. Extra turn for you
2. The adult with you has to tell about a time when he/she was too stubborn

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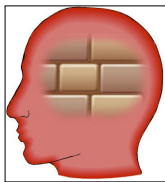
1. What is a game that you hate to play?
2. The adult will play the role of a new student in your class who LOVES the game that you HATE. You have to talk with this person, using words like: **COOL, AWESOME, INTERESTING, SWEET, WOW!**

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1. Hold out your left arm and make it straight and stiff like an iron bar.
2. Now, make your right arm floppy and flexible like a rag doll.
3. Pretend that your right and left arms are having a battle. Your right arm, the flexible one, has super powers! Make the flexible arm win the battle!

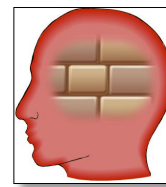
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Sam goes to an after-school club called The Video Game Club. One day, a kid in the club says, “Hey, how about if next week we bring in our board games and play those instead?” Sam decides he needs to explain to this boy why you can’t do this in a Video Game Club.

What should Sam do?

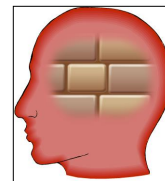
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At the baseball field in the park, Amy’s friends are trying to make up a new way to play the game. They are saying that you get FIVE strikes instead of THREE. Amy starts to tell them to go back to the REAL rules.

What should Amy do?

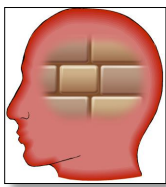
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Brittany’s mother’s birthday is December 26. Brittany’s mother announces to the family that she wants to celebrate her birthday on *January 26* instead because December 26 is too close to Christmas. Brittany tells her mother, “That’s not your real birthday so it won’t be any good or any fun.”

What should Brittany do?

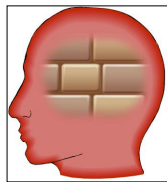
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Nancy and her family are on the last day of their three-day Disney trip. Nancy's sister suggests that they go to a different theme park instead! Nancy explains that this is impossible, because this is **THE FAMILY DISNEY TRIP**.

What should Nancy do?

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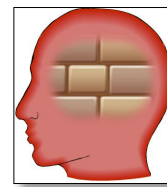


Ask the adult with you to tell you about a stubborn, rigid thing you do sometimes that might annoy people.

This is a hard one! You get to choose:

1. You get an extra turn
2. The other kids have to clap for you

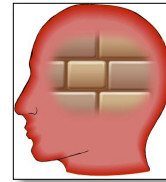
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Bernard has a new neighbor, a 12-year-old boy named Robby. Bernard finds out that when Robby was 5 years old, he played with matches and burned down his family's house! Bernard decides that Robby cannot possibly be a good person to have for a friend.

What should Bernard do?

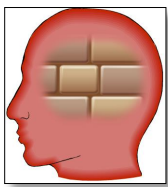
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Debra's club leader announces that there is going to be a special "Blue Party" next week. This is a party where the food, drinks, and decorations are all blue. Debra decides this will be a bad party, because she really does not like the color blue.

What should Debra do?

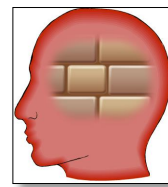
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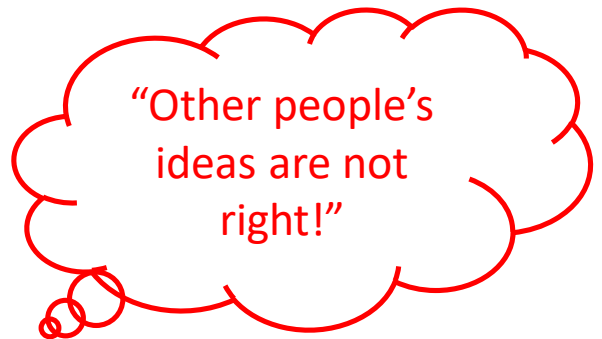
Find a new, better thought for someone who has this thought:



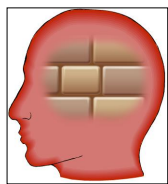
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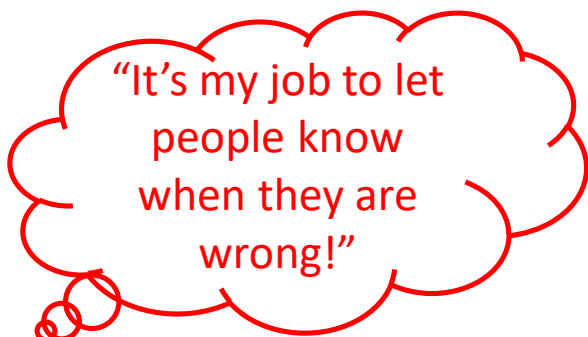
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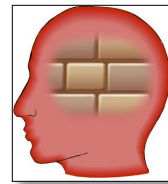
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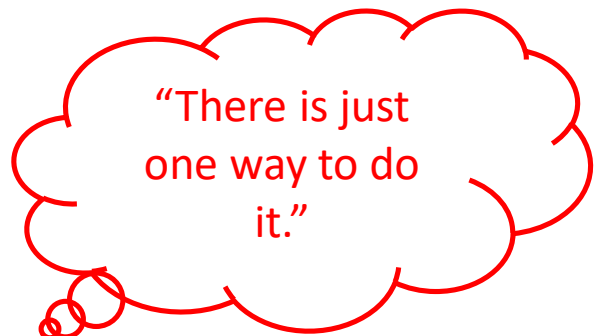
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