

# Flexibility Journal Prompts.

Grades 1-4

1

When plans change, it can be hard. Think of a time when you had to change your plans because something unexpected happened. What was the change, and how did this change make you feel?

2

When things change, it can be upsetting. Imagine you're playing a game, and the rules change while you are playing it. What would you do, and how would you feel?

3

Trying something new can be scary. Think of a time when you needed to try something for the first time. How did you feel before trying it, and how did you feel after trying it?

4

Thinking flexibly helps to solve problems. Imagine a boy trying to build a tower, but the blocks keep falling. Tell me how this boy could solve his problem and build a taller tower by thinking about building it in a new way.

5

Understanding what someone else thinks is important. Tell me what happened during your P.E. class this week. Write your description from your teacher's point of view.

# Flexibility

## Journal Prompts.

Grades 1-4

6

Flexibility helps with problem-solving. Write or draw an example of a time when you used flexible thinking to solve a problem. How did thinking flexibly help you solve your problem?

7

Practicing flexible thinking helps you get better at it. How could you practice being more flexible in your thinking? Why would thinking more flexibly help you?

8

Flexible thinking helps students move from one task to the next. Describe how flexible thinking helps you and your classmates learn more during the school day?

9

Flexibility is helpful when solving problems. Write a letter to your teacher asking them to teach your classmates about flexible thinking and how it helps them solve problems.

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# Flexibility

## Journal Prompts.

Grades 5-8

1

Flexibility is the ability to adapt to changing conditions by revising plans or switching strategies. Think about the last time that you showed good flexibility. It could have happened in class or at home. Maybe it was when you managed your emotions during a changing situation, understood another's perspective, or did something new even though it was difficult. Describe how your body and mind felt before and after you showed flexible thinking.

2

Being frustrated is never fun. Think of a time when you should have prepared for an upcoming change. Maybe you hadn't finished your work and became frustrated when the time was up or felt strong emotions when things did not go as planned. Describe in detail your thoughts and the actions you took during this situation. Explain what you would change about your thoughts or actions if you could do it over again.

3

It can be challenging to accept that there are multiple ways to solve a problem. Think of a time when you had trouble considering a new way to problem solve. For example, you may have struggled to understand another person's ideas or become frustrated at learning a new method. Describe in detail how your body and mind felt before and after you were able to use flexible thinking strategies to manage this change. Be sure to provide enough details so readers understand what it was like to be there.

# Flexibility Journal Prompts.

Grades 5-8

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you managed your emotions while experiencing a life change. For example, maybe a close friend moved away, or you started at a new school. Then, write a story about a fictional character who travels back in time to help you use flexible thinking strategies for your selected situation. Provide enough details so your readers understand your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their flexibility skills. Tell me how you would help that student use flexibility strategies during class. Maybe you help them by giving reminders or using a special signal to help them manage an upcoming change. Describe your imagined classmate's actions and how you help them in three different situations.

6

The skill of flexibility is important for students to use during class. Flexibility includes being okay with a change in plans, understanding multiple perspectives, and transitioning from one activity to the next. Explain how your classroom environment would improve if students used more flexible thinking and why you think it is difficult for some students to use. Be sure to include specific details to support your explanation.

# Flexibility Journal Prompts.

Grades 5-8

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of flexibility you do well and what areas you need to work on. Explain how gaining additional flexibility skills could help you throughout your lifetime. Provide enough details so that your readers understand how improvement in your flexibility skills could help you in the future as a student, employee, or parent.

8

Executive functions are often overlooked as important skills for students. Flexible thinking is one of the most important executive function skills students can use to help manage their thoughts and emotions when changes happen. Your teacher does not see value in teaching your class flexibility skills. Write a letter to your teacher persuading them to teach these skills to your class. Include enough specific details to support your opinion and convince your teacher that your position is correct.





# Flexibility Journal Prompts.

Grades 9-12

1

Flexibility is the ability to adapt to changing conditions by revising plans or switching strategies. Think about the last time that you showed good flexibility. It could have happened in class, at work, or home. Maybe it was when you thought about another person's point of view or managed your feelings when things did not go as planned. Describe how your body and mind felt before and after you showed flexible thinking. Provide details so that readers understand what it was like to feel those feelings.

2

Frustration is not a fun feeling to have. Think of a time when you should have prepared for an upcoming change. Maybe your favorite manager at work decided to switch shifts, or your position on your team changed. Describe your thoughts and the actions you took during this situation. What would you change about your thoughts or actions during this change if you could do it over again? Provide details so readers know your thoughts and how you would change your actions.

3

It is challenging to accept that there are multiple ways to solve a problem. Think of a time when it was difficult to consider a new problem-solving method. Maybe you struggled to use an alternate way to complete a math equation or became frustrated when your group didn't use your plan to present their findings. Describe how your body and mind felt before and after you used flexible thinking to manage the situation. Provide details so readers know what it was like to feel those feelings.

# Flexibility Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you managed your emotions while experiencing a life change. For example, maybe you didn't make the basketball team or needed to find a new job. Then, write a story about a fictional character who travels back in time to help you use flexible thinking for your selected situation. Provide enough details so readers understand your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their flexibility skills. Tell me how you would help that student use flexibility strategies during class. Maybe you can help them by sending a direct message to their phone or by using a special hand signal to remind them. Describe your imagined classmate's actions and how you help them in three different situations.

6

The skill of flexibility is important for students to use during class. Flexibility includes being okay with a change in plans, understanding multiple perspectives, and transitioning thoughts from one activity to the next. Explain how your classroom environment would improve if students used more flexibility and why flexibility is sometimes difficult. Be sure to include specific details to support your explanation.

# Flexibility Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of flexibility you do well and what areas you could improve. Explain how gaining additional flexibility skills could help you during school activities. Provide enough details so your readers understand how improving your flexibility skills could help you next semester.

8

Executive functions are often overlooked as important skills for students. Flexible thinking is one of the most important executive function skills a student can use to help manage their emotions when changes happen. Imagine that your principal does not see value in teaching these skills. Write a letter to your principal persuading them to encourage their teachers to teach flexibility skills in class. Include enough details to support your opinion and convince your principal that your position is correct.

