I Use Flexible Thinking
I have a schedule in my classroom.

My teacher tries to follow this schedule every day.

Sometimes things happen at school,
and we don’t follow the schedule.
There are many different things that happen that can make the schedule change.

Sometimes an activity will run late. This means that the next activity will not start on time.

This is okay. I do not get upset when this happens. I try to be flexible.

So, when something in my day changes.
There are lots of things that are flexible.

Noodles are flexible.

Squishy balls are flexible.

Jello is flexible.

Play Doh is flexible.

All of these things bend.

My teacher will try to give me a warning if
My body can be flexible too!

When I am flexible at school, I use flexible thinking.

When I use flexible thinking, my thoughts bend like play doh.
I use flexible thinking.

I take a deep breath.

I count to 10 in my head.

1 2 3 4 5 6 7 8 9 10

I say in my head,

"Sometimes things are different and that's okay.

I can be flexible."

In PE we do lots of different things.
my schedule is going to change.

My teacher will either tell the class that there will be a change, or my teacher might just tell me.

I like it when my teacher tells me about changes, because then I can get ready for the change and use my flexible thinking!

When I go to recess, the bell rings to tell me it is time to go inside.
When I find out there will be a change in my schedule, sometimes I feel upset.

This is okay. I just take a deep breath and remind myself to be flexible.
When my teacher tells me it is time to do something new,
I remember to be flexible.
I follow directions and
do what the teacher tells me to do.

Flexible Thinking
Sometimes I don't want to go inside.

But, I remember to be flexible.

I say in my head,

"That's ok. I'll go inside now, and I'll play more at the next recess."

flexible thinking

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flexible thinking
I am happy at school when I remember to use flexible thinking!

My teachers are happy too!
1. I take a deep breath.

2. I count to ten in my head.

1 2 3 4 5 6 7 8 9 10

3. I say in my head, "Sometimes things are different and that is ok. I can be flexible."