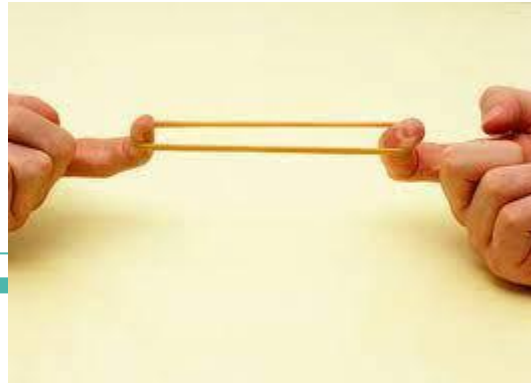

Flexible Thinking and Adjusting Expectations





Collaborative for Academic, Social, and Emotional Learning

Benefits of SEL



Better academic performance



Improved attitudes and behaviors



Less negative behaviors



Reduced emotional stress

Agenda

In today's lesson, you will learn about flexible thinking. First, you will self-assess whether you are a flexible or rigid thinker. Then, you will learn about what flexible thinking is and how to develop the skill. Lastly, we will practice flexible thinking and why it is important to YOU!

Learning Flexibility



Flexible Thinking Self-Assessment

“Check Off” the statements that are true to you:

1. You often get upset when plans change unexpectedly.
2. You consider yourself to be creative.
3. You change your mind a lot.
4. You think there is usually one right way to do things.
5. You can easily come up with multiple solutions to different problems.
6. Some people might describe you as stubborn.
7. You find it easy to put yourself in the shoes of someone else.

Based on the self-assessment, are you more of a rigid or flexible thinker?

- A. I'm more of a flexible thinker.
- B. I'm more of a rigid thinker.
- C. I'm not sure.

Quick Practice- Flexible thinking....

- ★ Draw 9 dots on a paper.
- ★ Connect all the dots using only a straight line.
- ★ Take 3 minutes to complete on your own.
- ★ Do it online!

<https://www.permadi.com/fpcgi/9dots/>

Were you able to do it? How did your thinking start to change or have to change?



Let's learn about flexible thinking!

<https://youtu.be/Q2TFzoniLuc>



Flexible versus Rigid Thinking

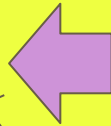
Flexible Thinking

Flexible thinking is the ability to shift gears or change direction to adjust to unexpected circumstances or novel situations.

Rigid Thinking

Rigid thinkers often resist change, refuse to see alternative solutions, or refuse to see any way (their way!) to solve a problem.

Here we go again with a new circumstance: school reopening. So, how will you think about it or approach it?



OR



Class Discussion, Think-Pair-Share, or Small Groups

1. Why is thinking flexibly so important?
2. What problems might come up if you do not think flexibly?
3. What skills or strategies can help us to think flexibly?
4. When it came to remote learning, were you a rigid thinker or a flexible thinker? How so?

What does this have to do with school re-opening?

- ★ There is so much to miss and grieve about the way we used to “do” school. There are so many unknowns yet to figure out. It’s easy (and understandable!) to spiral into a pit of anxiety and to wallow in what’s out of our control. We’ve all been there and it’s a place we still visit from time to time.

So, what to do?

- ★ We take several deep breaths and ask, “What can we do to make this work as well as possible?”
- ★ We reach out to friends, teachers, coaches, parents.
- ★ We cultivate our most flexible thinking, we ask hard questions, and we think of other solutions.
- ★ Formats change, platforms change, minutes and days in school change, but our flexible thinking can be our anchors in the storm.

Applying Flexible Thinking

1. What are your expectations for how learning or school will change when you go back in person or stay home and others return to school?
2. How can you apply flexible thinking during this transition period?
3. What challenges might arise for being an at school learner or a remote learner?
4. What might you have to adjust your expectations of or be flexible about?

Remember.....

It's true that verbal and abstract reasoning are the cognitive skills that predict academic achievement. The ability to make sense of complex information is undeniably essential to learning at every age.

But once you live through a pandemic, once you leave high school, flexible thinking is equally important to college and career readiness. As explained by author Eric Barker, “School rewards students who consistently do what they are told– and life rewards people who shake things up.”

Closing Activity

1. Make a list of 3-5 of your expectations (good or bad) for school “reopening”, whether you are staying remote or going back to school. (i.e. I will be able to hug my friends! OR I will be all alone at home and feel left out.)
2. Next to each expectation, come up with an alternative that might happen. How will you deal with it?

If you feel comfortable, share one of your expectations and then your flexible thinking with the class.

Thank you!

