

Teach Flexibility

Being FLEXIBLE means knowing things change AND being okay with it!

RULES:

Start small for example, with a ride to the grocery store. Change ONE thing such as drive in a different direction.

Make a flexible goal - for example, "today I will sit in a different seat at dinner", "we will change one rule in the game we're about to play", or "we will drive a different direction on the way to the store today"

Use the chart below to help teach flexibility... Example: Today **I plan to go outside and play, but if it rains I will play inside** and it's okay!

I plan to _____	But if it _____

