



GROWING FLEXIBLE MINDS

FLEXIBLE THINKING

Change can be hard for children –and for us too. When things don't go as planned, frustration can take over. But **flexibility is a skill, it can be taught, practice and celebrated!**

Start by modeling calm acceptance when plans shift. Use gentle language that acknowledges the feeling and show the new plan:

"We can go to the park today, but we can play with bubbles at home"

Help your child to learn that change can still bring something good. Use antecedent supports to make it easier. (Talk about changes ahead of time, use visual schedules, offer choices –if possible.)

Today...

Notice a small change and practice staying flexible—together. Praise your child for adapting!

TATIANA ARENGAS, M.A., BCBA

WWW.RAISING2GETHER.ORG

Role-play together

- Act out "changes" in pretend play
- Ex: Oh, no! the red crayon broke, lets use the blue one!
- Celebrate calm reactions

Use fun scenarios

- Read stories or watch short videos where characters adapt to change
- Ask: "How did they handle it?"

Practice small surprises

- Change something minor in your routine: Swithing snack plates
- Reinforceyour child for staying calm or adapting.

Model flexibility yourself, say aloud when you adjust: We were going to take a walk, but it'

- It's raining. Let's dance inside instead.

