

Flexible thinking is...

Bending, usually without breaking, and adapting to changes so you can move forward in life.

Flexible or Rigid?

Rigid thinking is...

Getting so bent out of shape (upset) you break and get stuck in feelings of disappointment and anger.

Ricki's rugby club is getting ready for the big "Waffle Breakfast" to raise money for new gear. Ricki helped making the sign to go beside the entrance of the carpark. An hour before the breakfast starts the waffle machine breaks! The coach decides to start cooking pancakes instead. Ricki runs outside and takes the "Waffle Breakfast" sign down.

Maia always sits in the front seat when she goes in the car with dad. They go to pick up Maia's friend, Willow, to go to the park. When they pick up Willow, Dad says to Maia, "Go sit in the back with Willow." Maia looks at dad, then opens the door to join Willow in the back seat.

Sophie likes maps and she knows almost all the roads in her town. In the car with mum they're on their way home from school when Sophie notices her mum isn't driving home the fastest way! She tells mum this, but when mum does not follow her directions, Sophie starts to get pretty mad.

Hannah planned her party carefully, especially the 80's oldies music that would be playing the whole time. When the party starts, Hannah's friend Nina says, "I've downloaded a new playlist. Can we listen to it?" Hannah says that Nina can play her playlist after a few songs.

George just loves bacon and eggs on toast for breakfast on Sunday's. One Sunday, George's big brother tells him, "It's Mother's Day. No bacon and eggs today; Mum wants French toast instead." George thinks to himself, "Mother's Day is going to suck!"

Nikau and Stirling always spend their Saturday's in Nikau's room playing with Lego. One Saturday morning, Stirling shows up at Nikau's whare with two friends and a basketball. Nikau looks at the ball, looks at Stirling then runs to put his shoes on and joins them on the driveway playing ball.

When Jack was learning about holiday camp, his mum showed him a picture of two kids at the camp in a dinghy. When Jack actually gets to the camp on the first day, he finds out that they only have kayaks, and NO dinghies for the kids. Jack decides that this is not a good camp after all.

The teacher tells the class they have to work in groups of two and do a presentation on the topic of pets. Te Ariki has a pet Blue Tongue Lizard and wants to do the presentation on lizards. But no one in the class likes lizards. Te Ariki decides to change his choice but organises with the teacher to bring his pet to show the class that lizards are cool!

Aroha goes to an after-school club called The Video Game Club. One day, Ava suggests, "Hey, how about if next week we bring in our board games and play those instead?" Aroha decides she needs to explain to Ava why you can't do this in a Video Game Club.