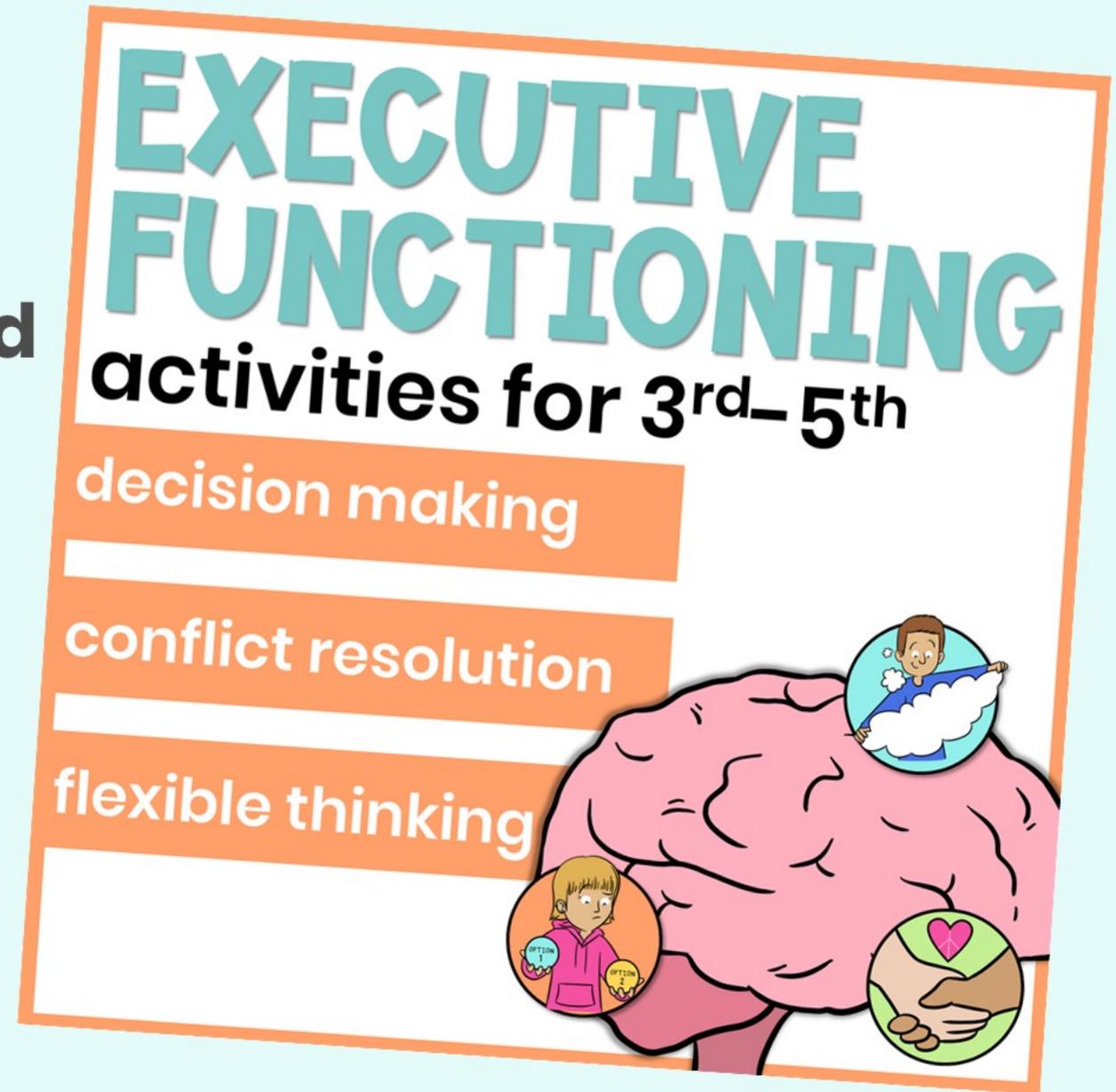


✓ For 3<sup>rd</sup>–5<sup>th</sup> graders who struggle with **thinking flexibly, resolving conflict, or making good decisions**

✓ Low prep, **hands-on** activities

✓ Lots of **flexibility** – use in class lessons, small groups, or individual sessions



# what's included?

Clear, step-by-step instructions

Built in discussion questions

## flexible thinking

**Objective:** Students will learn what flexible thinking means and practice strategies that help them shift their thinking, see situations in new ways, and solve problems more effectively.

### ASCA Student Standards:

M2 - Sense of acceptance, respect, support and inclusion for self and others in the school environment  
M5 - Belief in using abilities to their fullest to achieve high-quality results and outcomes

### CASEL Competencies:

Self Management, Social Awareness

### Prep

- Print the **Flexible Thinking Poster and Flexible Thinking Strategies Poster**.
- Print the **Flexible Thinking Scenario Puzzles**.
- Cut out the puzzles before the session.
- Optional: laminate for reuse.

### Step 1: Introduce the Concept

- Explain that **flexible thinking** means being able to change our thoughts when something isn't working, when we need to see a situation in a new way, or when there's more than one way to understand what's happening.
- Display the **Flexible Thinking Poster** (the poster with cooked vs. uncooked spaghetti) and walk students through the images and concepts.

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Opportunities for skill practice that are both meaningful and fun

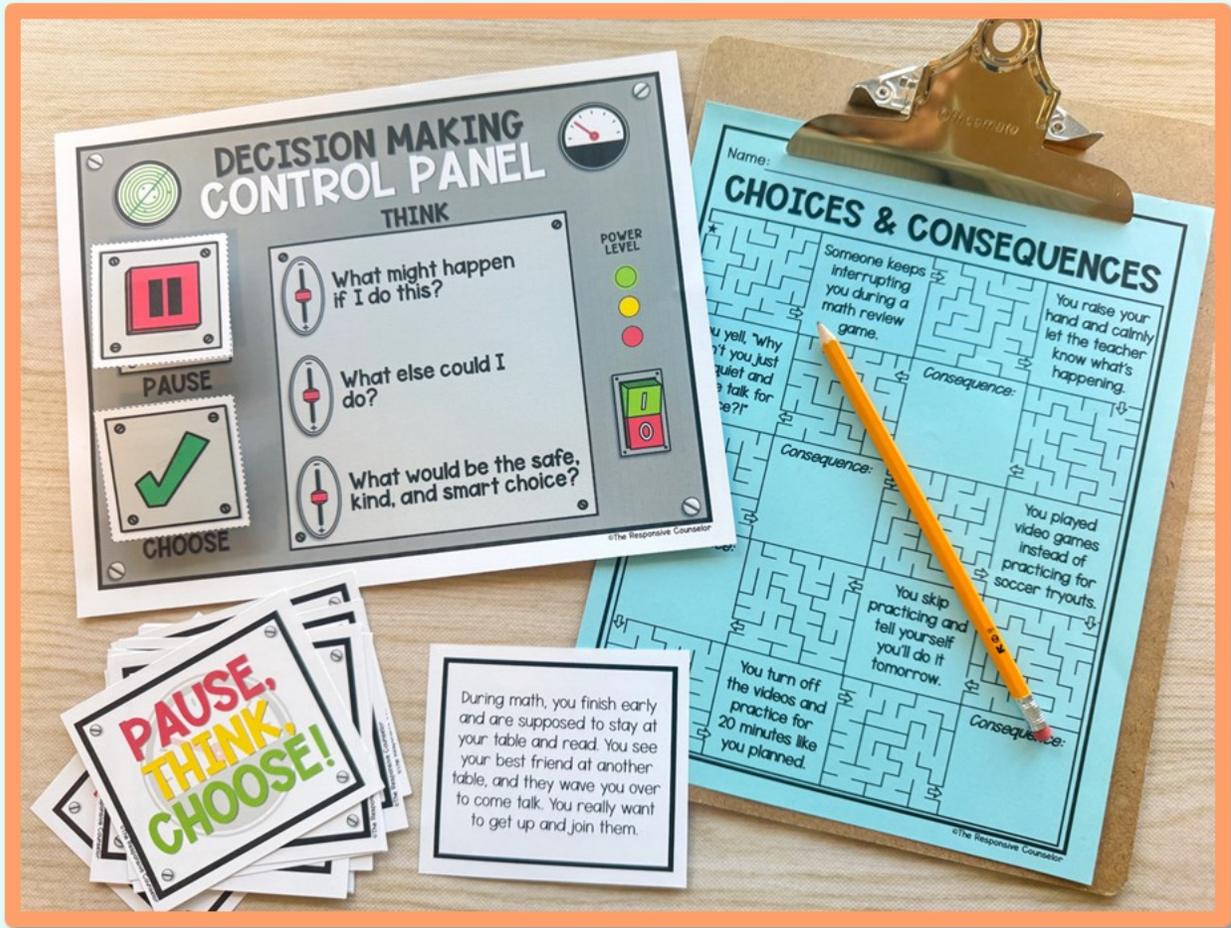
Reflection prompts

# flexible thinking activities



- Students learn about flexible thinking and practice shifting a stuck thought with a flexible thinking yoga flow
- Perspective-taking and problem-solving puzzles allow students to practice seeing situations in new ways and matching problems with flexible solutions

# decision making activities



- Scenario cards and the Pause–Think–Choose control panel help students slow down, think through options, and make thoughtful choices
- The choices and consequences maze reinforces how decisions lead to positive or negative outcomes

# conflict resolution activities

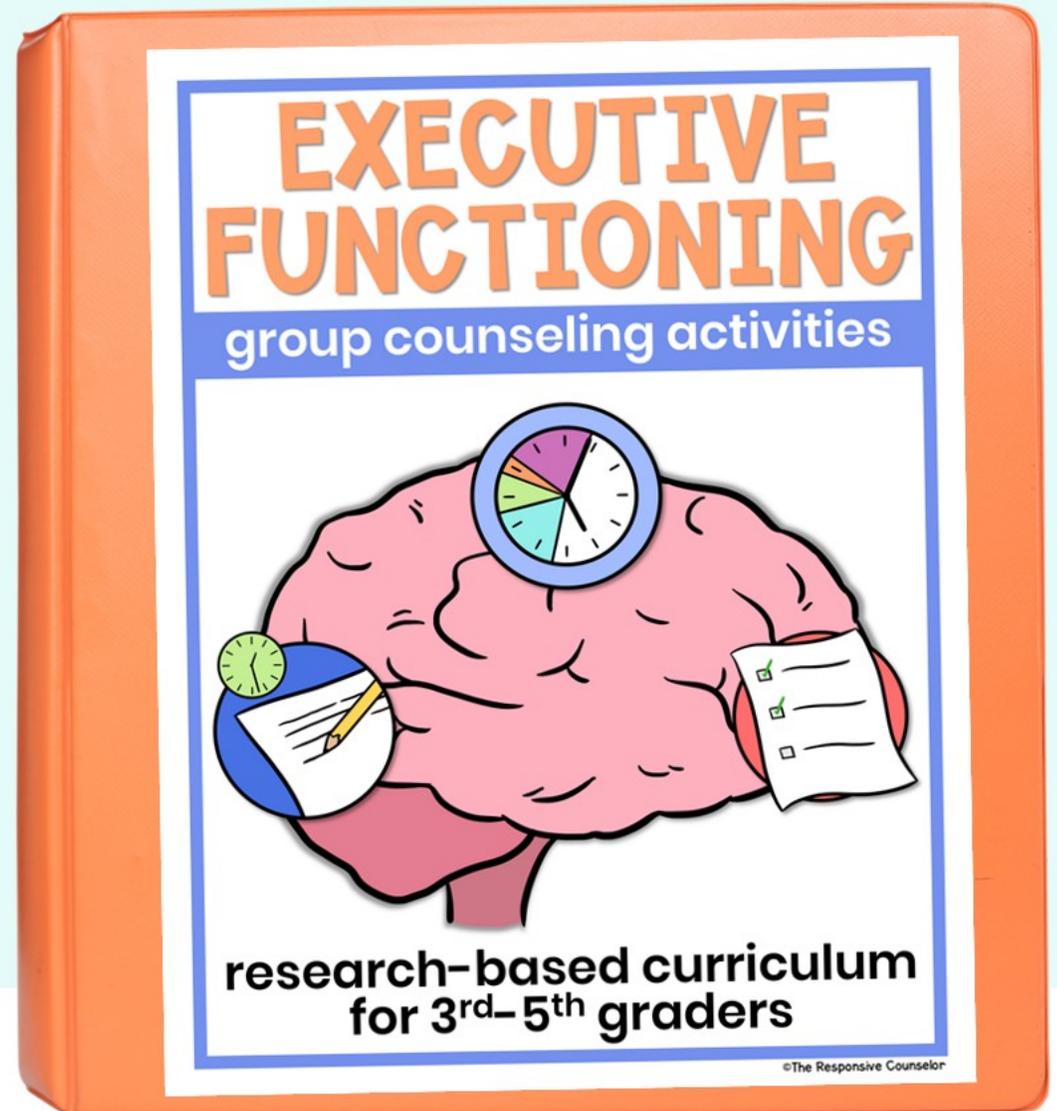


- Conflict resolution strategies help students learn how to solve problems peacefully
- Zap and Reset scenario cards let students practice recognizing unhelpful reactions and resetting with more thoughtful responses that keep friendships on track

# group curriculum

These activities – and many more – are also included in the Executive Functioning Group Counseling Curriculum!

**Find the link in the description for this resource.**



Hi, I'm Sara! At The Responsive Counselor, we create resources for school counselors, child therapists, and teachers that improve social emotional learning and help students be their best selves. Our focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for students.

**B.A. from Michigan State University**

Psychology and Anthropology

**M.S. from Vanderbilt University**

Community, Research, and Action

**M.Ed. From Vanderbilt University**

Human Development Counseling:  
School Counseling & Mental Health

**experience**

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



let's connect:

