

Quick and Easy Flexibility Tips

Exercise your mind

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Play video games

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Don't stress over small details

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Try new things!

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Practice, Practice, Practice

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Step out of your comfort zone

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Observe others

...

Set small goals

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FLEXIBILITY TIPS

For Elementary School Children



Memory Tips for Elementary School Children

Being flexible is a very important skill to have. However, becoming more adaptable so that you can change when you need to can be difficult. Being flexible helps you to solve problems, get better in school, and get along with others. There are many ways that you can start to build your flexibility skills.

Here are some of our favorite flexibility tips for students just like you:



Do brain teasers!

Brain teasers need you to be flexible in the way you think in order to solve them!

They are also really fun and can help your brain learn to problem solve.

Have your mom or dad find some books with great brain teasers!



Ask someone for advice!

Trying something new can be hard.

Talk to someone who has been in this new situation before!

If you are nervous about making a science fair project, talk to someone who has done one.

Teach your parents!

Teaching someone something can help you become more flexible.

Try showing your mom or dad how to use a new cell phone!

By teaching them how to use difficult apps, you can learn how to problem solve!

Know that you are always changing!

Your brain is always growing and becoming more flexible.

You think much differently now than when you were younger!

This change is good and helps you to learn new skills!

Change your approach.

If you are making the same mistake over and over, it means you need to do something different.

Try to find a different way to solve the problem.

Thinking about problems in a different way helps your brain become flexible!

Switch to a different activity.

It can be frustrating when you are totally stuck on something such as a homework problem.

If this happens, try moving to a different task you know you can do.

Come back to the difficult task later and try it once you aren't as frustrated.

Learn how to relax.

Relaxing can help you think peacefully, which can help you learn.

Have your mom or dad look up videos to learn how to relax your body.

This can help your mind become more flexible!