

# ACTIVITIES TO TEACH FLEXIBLE THINKING



Ways to help children practice being more flexible  
in how they view and respond to situations

# Activities to Teach Flexible Thinking

## "ADD TO IT" DRAWING GAME

A collaborative drawing game with three rules:

- Draw one line or shape at a time.
- Do not talk about it with your partner.
- No erasing or crossing out the other person's additions.

One person starts by thinking of a picture to draw and draws the first line, mark, or shape. So, for example, if she thinks of a bird, she might draw a circle for the head. Without discussing it, the second person looks at the shape and thinks of something creative to draw, using the figure that has been marked on the paper. Perhaps the second person will look at the circle and decide to make it a doughnut by putting a circle in the middle.

The first person now has to shift her thinking. Perhaps a bird doesn't make sense to her anymore; she sees a large eye, so she draws eyelashes. (I don't get picky about the "one line" rule, as long as it's one idea being drawn each turn.)

With those lines added, the second person shifts their thinking from a donut to a sun and adds the rest of the rays around the sun.

## "ADD TO IT" STORY GAME:

Each person makes up a line to a story instead of adding to a drawing.



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## HOW TO USE AN ITEM

Name common household items and talk about new ways to use them.

## “CHANGE IT UP” HOUR

For an hour, do something different, like calling everyone by their middle names or adding a new suffix to every word.

## “WHY MIGHT THEY...?” GAME:

Make up scenarios and answer the questions. With your child, come up with as many reasons as possible. Why might someone have...? Why might this have happened...?

## CHANGING THE RULES TO A GAME THEY KNOW

You can play a new form of Solitaire or Monopoly or Connect 4.

You can start with them making up the new rules... and then you can add some.

