1. **Some examples of things you should be flexible about include**

1. Paying your bills on time
2. Trying new food, watching a new TV show, or taking a different route to school
3. Turning in homework on time
4. Staying up really late when you have to get up early for work
5. **An advantage to being flexible is that**

* 1. It makes it harder for people to be friends with you
  2. It removes all responsibility from you
  3. It lets you decide what you and your friends will be doing
  4. It makes it easier for people to be friends with you

1. **A reason to be flexible at home is**

1. Changes always happen and you can make the people around you feel stressed if you are not flexible
2. You get to control what is on TV and what food you eat
3. It's a good way to get out of having to do your daily routines
4. You should never have to be flexible at home
5. **When you are at school and something happens out of your control, you should**

1. Respond calmly and accept the new situation
2. Ask to not have to make the change
3. Refuse to participate
4. Go to the bathroom and hide
5. **One positive way to approach having a new experience you didn't expect is to feel**

1. Confused
2. Stressed and out of control
3. Worried and sad
4. Excited about trying something new
5. **Doing what others want do instead of what you want to do is a good way to**
6. Be upset because no one wanted to do what you chose
7. Be bored by something you don't enjoy
8. Show other people you’re interested in them and their interests
9. Be mad you didn't get to choose the activity
10. **If you are flexible and willing to talk about topics others are interested in**
11. You will be bored
12. You are likely to have more and better conversations
13. You will not know what to talk about so you shouldn't try
14. You will not be true to yourself or your principles
15. **Staying calm when things change means**
16. Having good body language, being polite, and having a pleasant tone of voice
17. Putting your head down and saying and doing nothing
18. Walking away because you don't like the change
19. Protesting the change
20. **An example of a phrase you can say when faced with changes is**
21. "No way I can do that."
22. "Why are you doing this to me?"
23. "Okay, we can do that." or "Okay, I can go with the flow."
24. "I can do that, but I'd rather do what I want."