

Name: _____

Date: _____

TRACE

flexibility

We need to be flexible with our bodies. Circle your favorite stretch.



Butterfly Stretch



Split Stretch



Toe Touch Stretch

We also have to be flexible when things don't go our way. We need to learn to go with the **F.L.O.W.**

Focus on the positive | **L**ive in the moment | **O**pen your mind to opportunities | **W**ork on patience

Trace the correct dotted line to match up opportunities with the best choice.

A friend tore your paper Get angry
..... Stop and think

Sister borrowed your toy without asking Calmly use your words
..... Yell and scream

FAMILY DISCUSSION

Talk about a time when plans didn't go as your family planned. What happened?

Imagine that happened again. How can you use flexibility to go with the FLOW? What can you say? What opportunity do you see? How can you be patient with each other?