Name _____ Social Skills

Being Flexible

Being flexible means being willing to change your plans or ideas as a situation changes. People who are flexible are able to cope with change and compromise. Flexibility is also the ability to view change as a challenge or a new opportunity rather than as a setback.

Describe how you might be flexible in each of the following situations.

1. Your sister promised you could borrow her red sweater to wear to a party you are attending, but she forgot and wore it herself when she went out.



2. You and your best friend are working as a team on a project. When a new student joins your class, your teacher asks you and your friend to work with the new student as a threesome instead.

WORKSHEETS