

Name _____ Class _____ Date _____

Being flexible

WHAT CAN YOU REMEMBER?

- 1 Work in pairs. Look at the picture. Why is Kieran bending the ruler? What point is he making?



2 Answer the questions.

- Why did Kieran want Anna to be flexible?
- What was Anna's reason for not being flexible?
- What did Kieran imagine Anna saying if he asked her to be flexible?
- Who in his family does Kieran say has taught him to be flexible?
- Which situation does he give as an example?

3 Complete the definition of *flexible* that Kieran gives. Do you agree with the definition or can you write a better one?

Being willing to _____ a little bit, usually to _____ other people out.

GIVE IT A GO

4 Read the situation. What are the flexible choices Anna can make?

Anna is going out to eat with her family at their favourite restaurant. She always orders the chicken wings. This time, the restaurant has sold all of the chicken wings and there aren't any left.

- Be rude to the waiter. ☐
- Order a chicken burger. ☐
- Order nothing. ☐
- Ask to go to another place. ☐
- Ask the waiter to suggest other options. ☐

5 Think about your daily routines and complete the table.

	My normal routine
Meals	_____
Homework	_____
Clothes	_____
Hobbies	_____
Going out	_____
TV programmes	_____
Bedtime	_____

6 In what ways might you have to be flexible in these routines? Which ones would you be flexible about?

KEEP IT UP

7 Make notes and then compare your answers with a partner.

- Name one type of change that usually upsets you.

- Name one type of change that you are usually good at dealing with.

- Name something in your life you would like to change.

- Name something that you would like to keep the same forever.

- Name two ways you can deal with being upset about change.

- Describe a time when there was a change that happened that you didn't like at first, but was great in the end.
