

HAPPINESS/FLEXIBLE THINKING

Happiness is truly a mindset. You can grow your Happiness Spot within yourself regardless of your outside circumstances. It's essential to discuss the power of flexible thinking and explain how the choices you make every day can grow your Happiness Spot.



FLEXIBLE VS. RIGID

"A Little SPOT of Flexible Thinking" can be read to help explain Flexible vs. Rigid thinking. This book is about when a storm (CHANGE) comes we can either be rigid like an oak tree and possibly break a branch, or we can be flexible like a palm tree and go with the flow.

Try This:

Think like a palm tree!

This reminds them that they always have at least two choices in a frustrating situation.

What choices do you have?

This helps them problem solve and look for solutions.

How can I help you?

This shows them that you are there to help them.

