







## FUNWORK, LESSON #3

With members of your family, pick two *Superflexible* behaviors to role-play. You can make up your own scene or use one that you have already learned about today. Decide who in the group will play what role and what the *Superflexible* strategy will be. Also, after you role-play the scene, write down how others felt in the scene when they were around someone who was having a **Rock Brain** moment versus a *Superflexible* moment.

	<i>Superflexible</i> Behavior	<i>Superflexible</i> Moment	<i>Superflex</i> Strategy	How did others around him/her feel?	<b>Rock Brain</b> Moment	How did others around him/her feel?
<b>1</b>						
<b>2</b>						

## *Superflexible* Behaviors

- @ Thinking about others (someone else's point of view) and expected behaviors.
- @ Being able to STOP what you want to do and adjust to what is required of you.
- @ During play, changing your thinking to match what others are thinking to stay connected and to keep others feeling good.
- @ Shifting and adjusting your thinking to keep others sharing their ideas and having a good time.
- @ Being able to stop and look at a problem and the variety of choices that one can use to solve the problem.
- @ Thinking about the hidden rules and expectations in different environments.