

# Flexibility and Problem Solving

Flexibility is about adapting when situations change and problem solving skills can help us to do this.

Here are some situations you may have faced that required flexibility and problem solving skills:

- When school moved online during lock-down
- When something you were doing didn't go to plan
- When you were asked to do something by a teacher or family member at short notice

Can you think of another time when you have needed to adapt or to solve a problem? If so, write it here:

How do you feel when things suddenly change? Circle any of the words below that apply to you and add any others that come to mind:

Anxious

Excited

Motivated

Frustrated

Angry

Determined

You might feel any or a mixture of these emotions. Developing problem solving skills can help you find a positive solution.

Use the table below to assess how well you can adapt and solve problems:

If something is not going well I...	I consistently do this	I sometimes do this	I don't often do this
take time to work out what the problem is			
ask other people who may have faced this problem for advice			
think about different ways to complete the task			
try a new approach to completing the task			

The next time you face a sudden change or a problem, you could use the steps below to adapt and find a solution:

1	Stop and think – what is the change or the problem?
2	Take advice – has somebody you know dealt with this issue before?
3	Look at the options – what other ways can you do things?
4	Try alternatives – decide on the best solution and try it out