



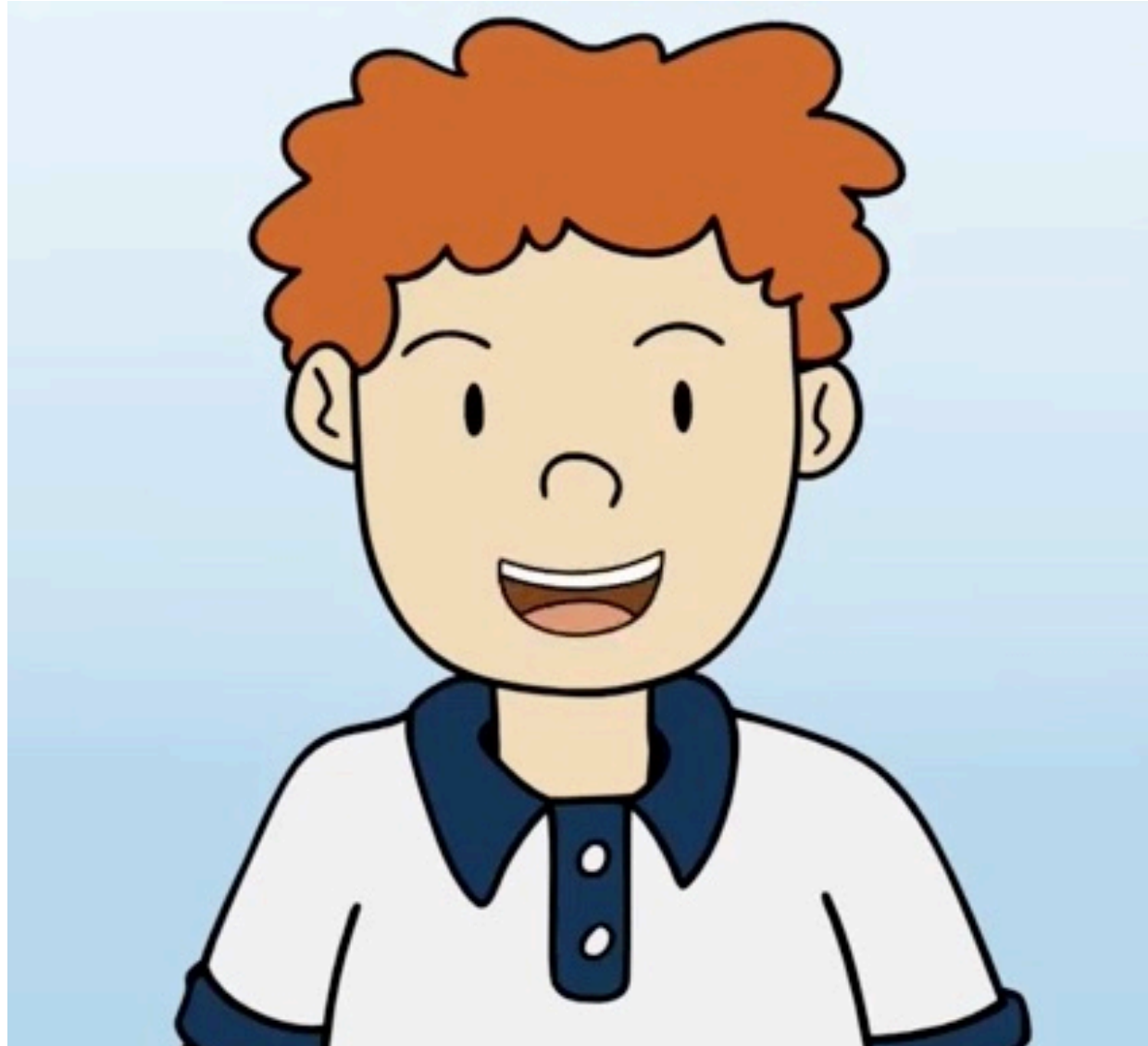


Flexible Thinking

From Autism Behavior Services, Inc.



Alan wants to play cards with
Sarah and Tim.

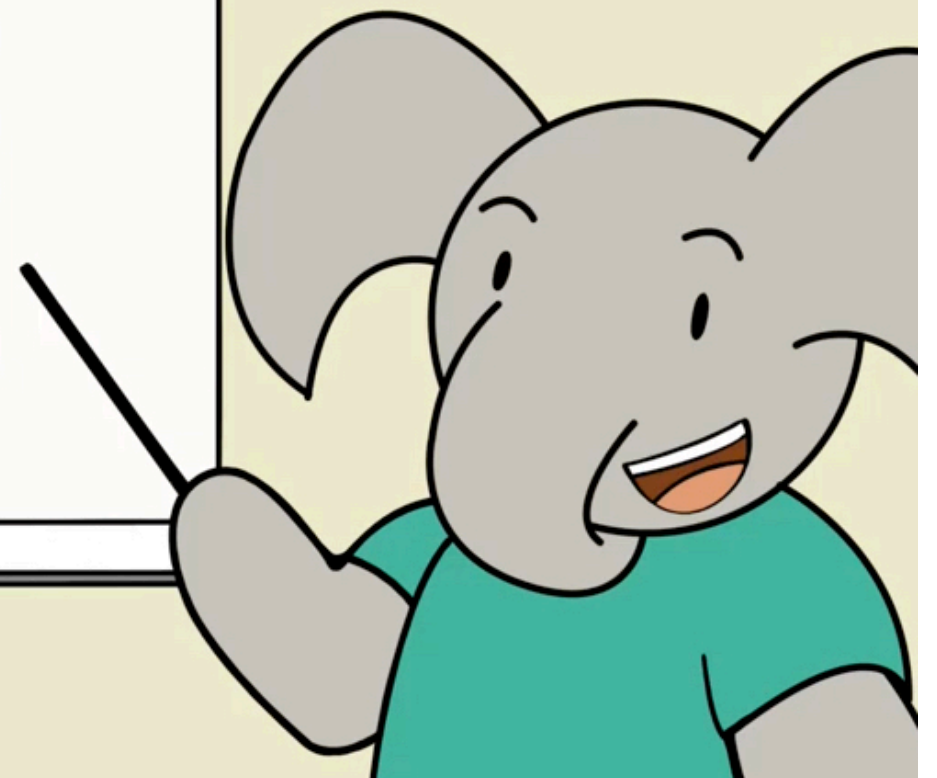
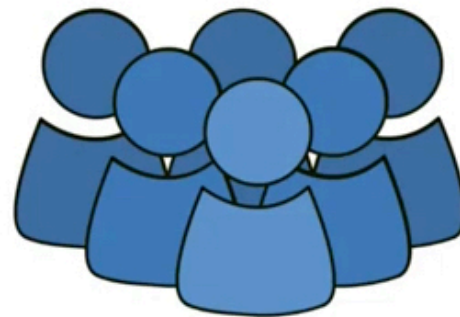


The only problem is that Alan needs to have his OWN cards to play. Unfortunately, he doesn't have them.



This makes Alan really sad.

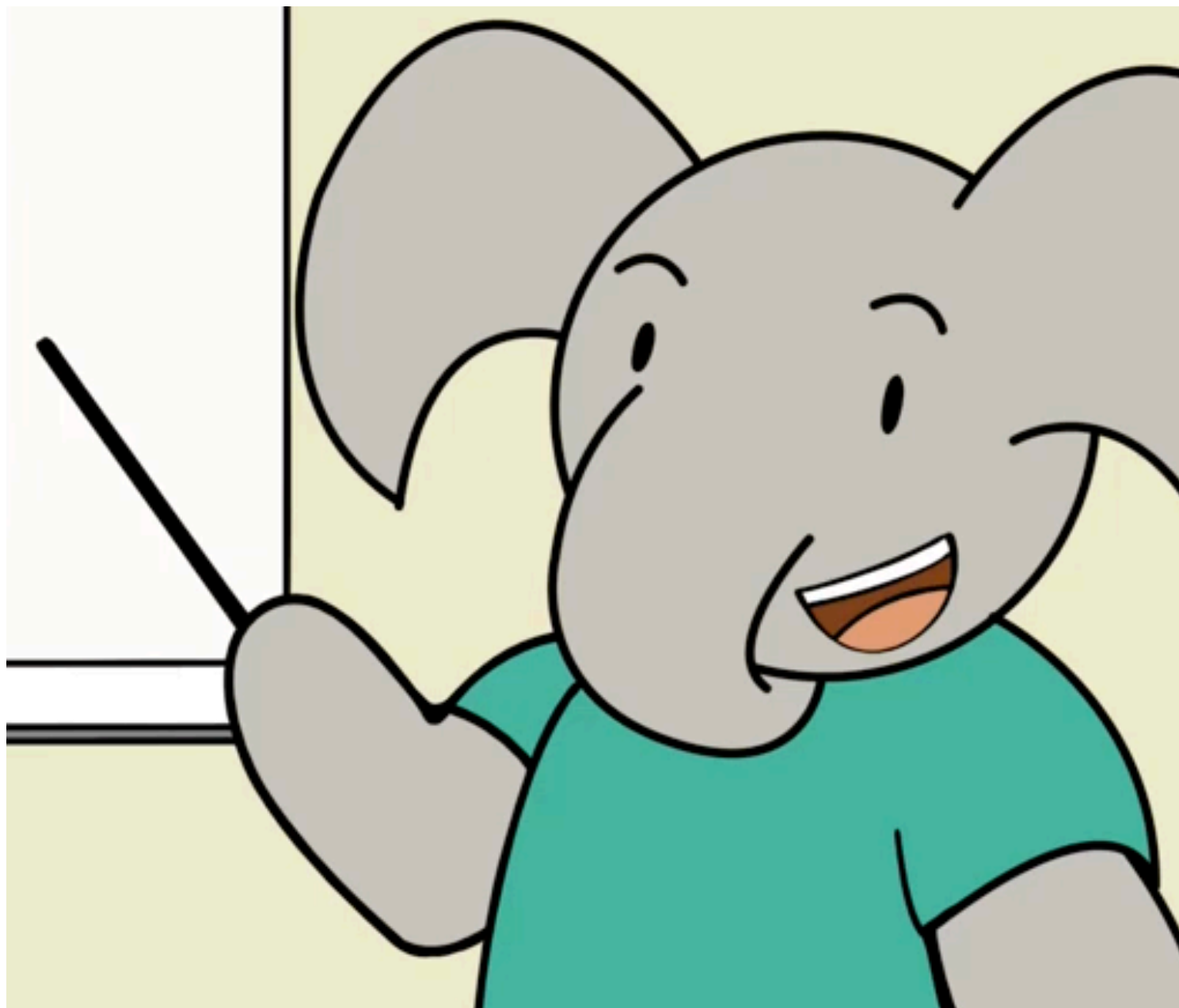
FLEXIBLE THINKING



Sometimes when we ask to play or join a game...



The answer might be “No”.



This is okay... we need to be flexible in our thinking. Sometimes we're going to hear "Yes" and other times we might hear, "No."



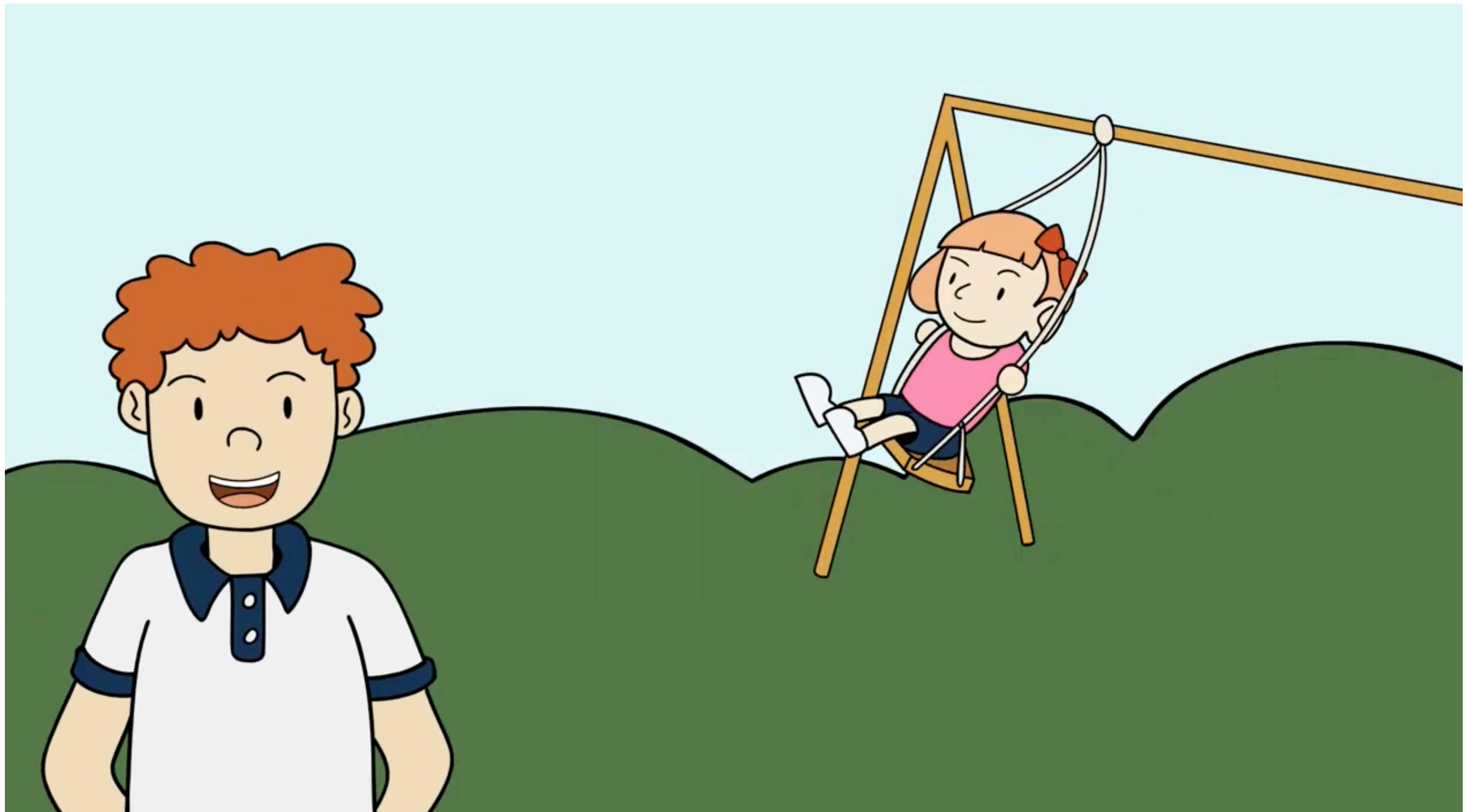
Being flexible makes handling the situation easier for everyone. Lets see how Alan could've been more flexible...



Once again, Alan asks if he can play cards. Sadly, he is told “No”.



Alan doesn't get upset. Instead he is flexible
and walks away from the game.



He can do other things like go on the swings.



Or play a sport!



Later, Alan brings some cards so he can play with his friends.



But now they don't want to play cards anymore. Once again, Alan is mad. What should he do?



Instead of getting upset, Alan is flexible and agrees to play the new game his friends want to play.



This is a lot of fun for Alan and his friends. But what if he or his friends change their minds and want to play a different game?



That's okay, too!

As long as Alan remains flexible and doesn't get upset when things change that's what's important!

For More Resources and
Information please visit:

www.autismbehaviorservices.com

For More Information on Autism or
Careers in Autism please contact:

1-855-581-0100



