



## MIGHTIER SKILL PACK

Flexible thinking is a skill that helps us problem solve, see other perspectives, and self-regulate. It's also a skill that becomes more difficult to use when we're experiencing big emotions.



Luckily, it's also something we can practice! Use these games and stories to explore flexible thinking with your child. For more flexible activities scan this QR code.



# Mind-bender Badge

## Flexing Our Thinking

How do you overcome something that seems impossible? Hard work? Effort? Perseverance? Oh sure, those things will help. But the real answer is... *magic!* Magic makes the impossible possible.





Just kidding, the real answer is *flexible thinking*. Have you ever seen an amazing magic trick, something your mind says can't be true, but your eyes tell you otherwise? Magic seems to break the reality of what is possible, but that's because we're looking at it one way. If we can flex our thinking to look at things differently, we can start to see through the illusions magicians make, and the illusions we make for ourselves.

Think of a time you were absolutely certain that you couldn't do something, like ride a bike or become friends with a certain person, but then did. Or when you got stuck in a game trying the same thing over and over again, until you finally tried a different approach and solved the challenge in no time. How did you do it? Magic. Wait no, *flexible thinking*.

*Abracadabra alakazam!* When we make the impossible become possible, that's magic!



## Unlock the Mind-bender Outfit!

1. Complete Skill Pack  challenges.
2. Open the  Mightier Kid app.
3. Tap your  profile badge on the top left of screen.
4. Tap  and enter the code: **TRICK**



# Aurum (Aurumalchum)

UNCOMMON

### Strengths:

Confidence, precision, being on time

### Struggles:

Compromising, switching gears, detours

*"When you know, you know. You know?"*

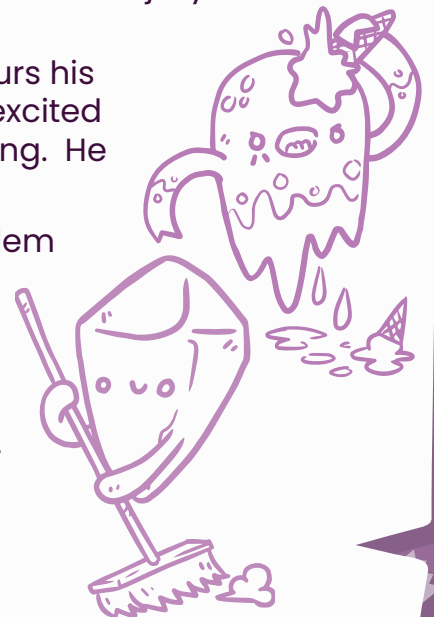


Have you ever been sooo sure of something that any other possibility seems... impossible? Aurum gets that. Sometimes Aurum feels so strongly about something – the rules of a game, the schedule for the day, the right way to make a peanut butter and jelly sandwich – that he can't see any other options.

Aurum is a passionate, organized, hard working Lavaling who pours his energy into the things he cares about. When he has an idea or is excited about something, Aurum is quick to develop a plan and start moving. He likes to get things

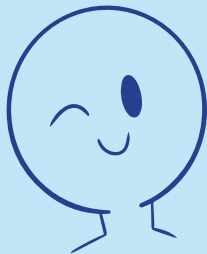
Those strong views and set beliefs can also make it hard to problem solve and deal with change. Like on group projects where thought on approach differ or when a plan doesn't come out as expected.

That's why Aurum practices flexible thinking. When something feels impossible, when he has to adjust to unexpected changes, or when he has to compromise with friends, Aurum tries to see the situation in a new way. If you can bend your thinking just a bit, it can be magical.

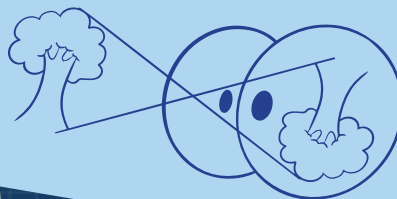


## Eye-mazing Facts

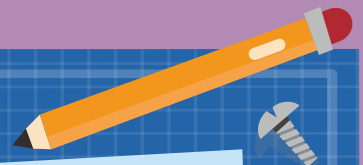
You blink around 15 times per minute. Count for yourself and see!



Your eyes see upside down, but your brain flips the image, so it's right side up.



The most active muscles in your body are your eyes!



# Complete challenges to earn your Mind-bender

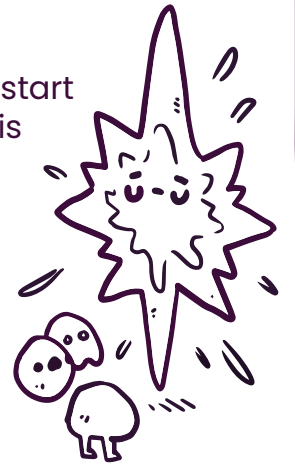


## Do as I say, not as I do!

Try this fun twist on **Simon Says** with a group. Choose a person to start as the Leader with everyone else playing as Followers. Once the round is over change the roles around.

### How to Play

1. Leader says an action ('**Jump!**') but does a different action (**clap**).
2. Followers must do what the leader **said**, not what they **did**.
3. Halfway switch the rules to "**Do as I do, not as I say**", so that now you do what the leader **does** and not what they **say**.



## I 'Can' Coin Flip

Find a partner and a coin to start playing this game where anything is possible.

### How to Play

1. Move across the board, first to the end wins. Youngest goes first.
2. Flip a coin on your turn. If heads move 2 spaces in any direction, diagonal too, and say an 'I can...'. For example if you landed on 'Eat dinner', you could say "I can eat dinner when it's tacos!"
3. If tails move 1 space in any direction and say an 'I can't...'. For 'Act quickly' you could say "I can't act quickly if I'm tired."
4. Take turns moving across the board, the possibilities are endless!

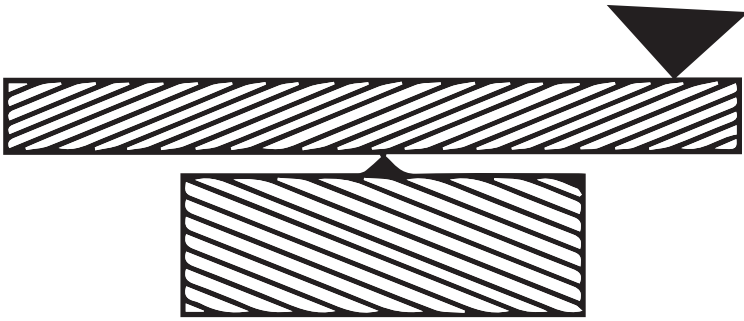
<b>START</b>	 Be silly	 Write poetry	 Change my mind	 Find my socks	 Sing on stage	 Beat a game
 Act quickly	 Stay calm	 Get to sleep	 Throw a party	 Work together	 Eat a full pizza	 Do my best
					 Stay focused	 Perform magic
 Stay inside	 Make friends	 Get out of a hole	 Try new foods	 Go on a trip	 Pet a spider	 Eat dinner
<b>END</b> Make up your own!	 Take a bath	 Be loud	 Think clearly	 Be a good sport	 Listen closely	 Wait patiently



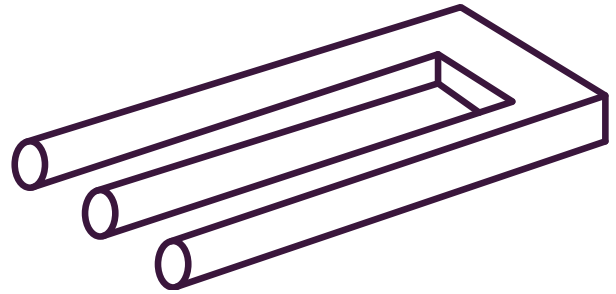
## See What?

Looks can be deceiving with these optical illusions. Experience mind bending in action as what is real and what seems real collide. Make your guesses and then grab a ruler to check your answers.

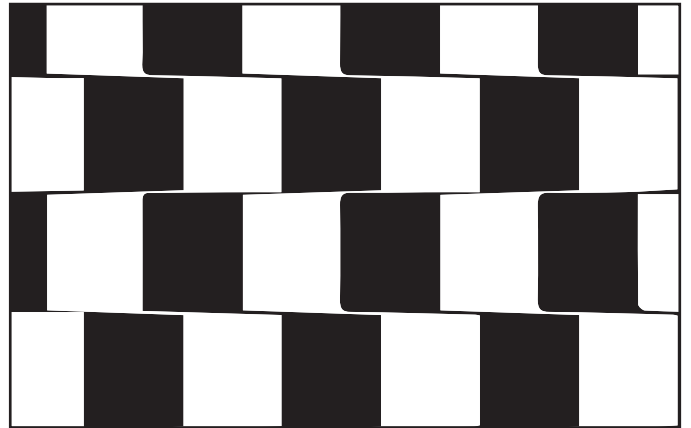
*Is the top rectangle balanced?*



*Is this shape possible?*



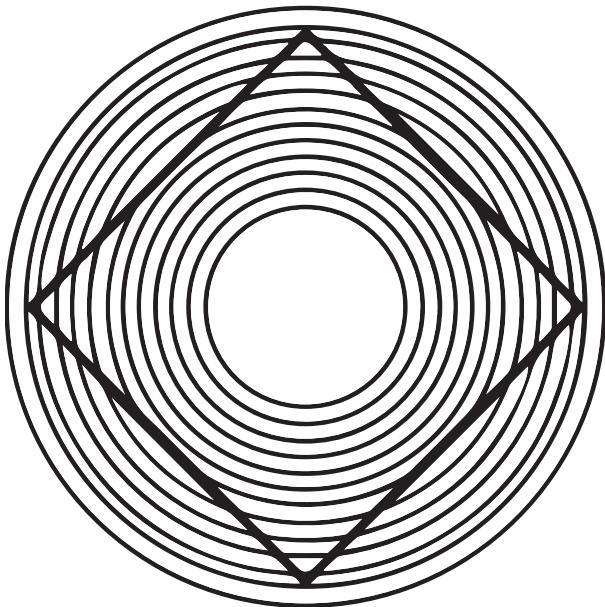
*Are the blocks the same size?*



*Which line is longer?*



*Is this a perfect square?*



*Are there any black dots?*

