

The Power of Adaptability



Adaptability means being able to adjust when things change or don't go your way. It's like being a chameleon—when your surroundings change, you find ways to adjust, solve problems, and keep going.



Whether it's a new classroom, a surprise in your schedule, or learning something tricky, adaptability helps you stay calm, think flexibly, and try again.



Adaptability means being able to be flexible when things don't go as planned. It's the ability to stay calm, think creatively, and make changes when faced with new or unexpected challenges.

Adaptability is a superpower!



When things change, it's OK to feel anxious, frustrated, excited, or a mix of a bunch of feelings.

Can you figure out these different feelings?

Happy
Sad
Surprised
Mad
Scared
Frustrated
Bored
Anxious





Do you know what it means
to adapt and be flexible
when things don't go as
planned?

Let's look at some situations where kids need
to adapt and help them figure out what to do.



Lena was working quietly on her reading assignment when the fire alarm suddenly blared through the classroom. Her heart jumped, and she felt nervous as everyone rushed to line up. The loud noise and sudden change in routine made her feel overwhelmed, and she didn't like not knowing what would happen next.



What should Lena do?

What do YOU do when you feel overwhelmed?



Jordan was excited to go to an art class at the community center. But when he got there, he saw only stairs and no ramp for his wheelchair. He felt left out and a little upset.



What should Jordan do?

What do YOU do when you feel left out?



Sarah walked to the coffee shop, craving her usual caramel latte. But the lights were off and a sign on the door read, "Closed for maintenance." She stared at it, annoyed.



What should Sarah do?

What do YOU do when you feel annoyed?



Marcus sat at his desk, staring at the math worksheet. The numbers and instructions felt confusing, and no matter how hard he tried, the answers didn't seem to make sense. He felt frustrated and a little embarrassed, worried that everyone else was finishing faster.



What should Marcus do?

What do YOU do when you feel frustrated?



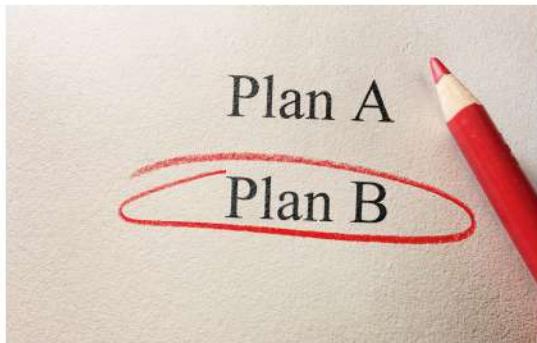
Sofia walked into her new school, clutching her backpack tightly. Everything felt unfamiliar—the faces, the voices, even the way the desks were arranged. She felt shy and a little lonely, unsure of how to join in.



What should Sophia do?

What do YOU do when you feel lonely?

When things change and I need to adapt, I can try different things to help me feel better.



Come up with another plan.



Stay calm and take deep breaths.



Ask for help.



Adjust like a chameleon.

Adaptability helps people stay positive and find solutions—even when things feel uncertain or difficult.



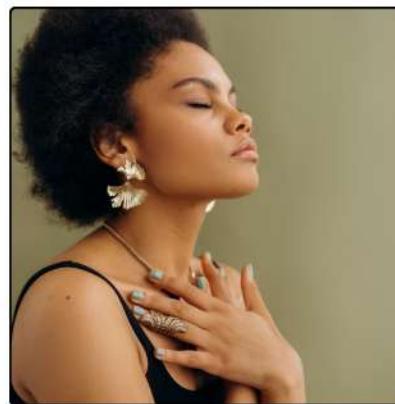
Teacher Note: The “Think About It!” pages are to be used as conversation starters. There is no correct or incorrect answer.

Conclusions: Think About It!

What does adaptability mean?



Be flexible and solve problems.



Stay calm when things don't go your way.



Adjust and keep going.

Teacher Note: The “Think About It!” pages are to be used as conversation starters. There is no correct or incorrect answer.

Conclusions: Think About It!

What can you do when things don't go your way?



Come up with another plan



Take deep breaths and count to 10.



Ask for help

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