

Cognitive Flexibility - 8th Grade StS - March 19

SLIDE 1: Introduction Slide

SAY: “Today we will be talking about what it means to have cognitive flexibility and start thinking about the way we think about different things in our lives.”

SLIDE 2: What does it mean to be flexible?

SAY: “What do you think it means to be flexible?”

Responses will vary from the ability to touch their toes to being able to change a plan in a moments notice.

SAY: “ Being able to think about one word and give it multiple meanings and shift perspective is an example of cognitive flexibility! If you are able to think this way it will help you to not get stuck on a singular perspective or point of view.”

SLIDE 3: What is cognitive flexibility?

Read the slide to students

SLIDE 4: Change your routine

SAY: “Here are some things you can do to train your brain and improve your cognitive flexibility. With your shoulder partner explain your morning routine from the moment you wake up until you get to school, give as many details as you can, really think about the order in which you do each part of your routine.”

Feel free to give some examples of your routine.

SLIDE 5: Mix it up!

Give students a few minutes to talk about how they can mix up their morning routine! Have students provide examples of what they might try tomorrow morning!

SLIDE 6: New experiences

SAY: “The next thing you can do to improve your cognitive flexibility is to seek out new experiences.”

Read the slide to the students.

SLIDE 7: What can you do?

Have students share their ideas about how they can create new experiences everyday! Share some of the examples on the slide.

SLIDE 8: Thinking Creatively

SAY: “When you are able to think about things in a new way you are practicing becoming more flexible.”

Read the slide.

SLIDE 9: Practice!

SAY: “Here are some examples of how to practice creative thinking.” Read the slide. See if students have any other ideas to add!

SLIDE 10: Don't take the easy way

SAY: “How many of you like to take the easy way? Routes that are familiar? We become very comfortable with the way we do things.”

Read the slide

SLIDE 11: What can you do?

SAY: “What are some ways you can challenge yourself?” Read the slide after students have given suggestions.

SLIDE 12: Meeting new people

Read the slide

SLIDE 13: Practice

Read the slide- ask students if they have any other ideas.

SLIDE 14: Let's practice some strategies:

SAY: How many times does the letter "o" appear in the following sentence?

Give students about 20 seconds to come up with an answer. Have students share their answers.

SLIDE 15: The answer

Read the slide.

SLIDE 16: One more thing...

Read the top of the slide. Give students a minute to think about what the sentence was about. Go back to slide 14, to read what the sentence was about. Read the bottom of the slide about inattentional blindness.

SLIDES 17-20: Different Perspectives

Say: Having the ability to change your perspective helps work on your cognitive flexibility. The next few slides have pictures on them. Share with your group or shoulder partner what you see. Try to see both images! Work on making your brain more flexible!"

SLIDE 21: Different Perspectives:

Read the slide

SLIDE 22: This is not!

If there is time find an ordinary object in your classroom. Have students get in a circle and read the directions on the slide!