

Name: _____ Period: _____

Flexibility & Shifting Copy

Header Content

1. **Summarize** Flexibility & Shifting in one interesting sentence (use first person).

2. Give an **example** of excellent Flexibility & Shifting with one creative sentence (a WALL-E would not go amiss).



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Main Flexibility & Shifting Page Content

3. Finish the following sentences with 5 verb-filled, image-taking movie-shots of your life (e.g. action-filled images about Flexibility & Shifting like “*when Alex broke his ankle and couldn’t go on our camping trip, I was sooo bummed, but then we decided to “camp out” at his house, which ended up being one of my best memories*”).

Before I came to boarding school, my Flexibility & Shifting looked like . . .

- (a)
- (b)
- (c)
- (d)
- (e)

What kind of illustration do you want to use here?

Right now my Flexibility & Shifting looks like . . .

- (a)
- (b)
- (c)
- (d)
- (e)

What kind of illustration do you want to use here?

*In the **future**, I plan to wield my Flexibility & Shifting skills by . . .*

(a)

(b)

(c)

(d)

(e)

What kind of **illustration** do you want to use here?

Tricks Page Content

Listen: "Be Here Now: Meditation For The Body And Brain"

<http://www.npr.org/2012/01/20/145525002/be-here-now-meditation-for-the-body-and-brain>

Listen: "Buddhist Meditation: A Management Skill?"

<http://www.npr.org/2012/09/13/161050141/buddhist-meditation-a-management-skill>

Read: “Chinese meditation IBMT found to boost brain connectivity”

<http://uonews.uoregon.edu/archive/news-release/2010/8/chinese-meditation-ibmt-found-boost-brain-connectivity>

4. **Mindfulness:** What does practicing mindfulness do to brain structures?

Have you ever tried meditating before? What did you notice?

Why is actively trying not to “think” helpful for Flexibility & Shifting?

5. Add your other Flexibility & Shifting tricks here.

What's something you really let go and turned into a positive?
