Overview of ‘Flexibility’ Toolbox

Adapt to Demands

(Click here for the related tools)

Faced with unfamiliar situations, sudden changes or obstacles, being able to adjust our mindset and strategies according to the changing circumstances and demands helps us respond more effectively. Such flexibility and adaptability not only help us solve problems, but also make it easier for us to achieve our goals in uncertain situations.

Suitable situations:

- Finds it hard to shift attention smoothly from the current activity to a new one.
- Has difficulty adjusting speech and behaviours appropriately to different social settings and interpersonal situations.

Relevant tools		Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
10a.	Reminder Tools	✔	✔	✔	✔	✔
10b.	Motivational Quotes	✔	✔	✔	✔	✔
10c.	Mission Route Map	✔	✔	✔	✔	
10d.	Homework Navigator	✔				
10e.	Study Blueprint		✔			
10f.	Work & Activity Planner	✔	✔	✔	✔	✔

Download tool

Think Flexibly  (Click here for the related tools)

'Think flexibly' refers to the cognitive ability to think outside the box and analyse situations from multiple perspectives when facing complex situations. Possessing this ability enables us to dynamically shift perspectives, formulate alternative solutions, and effectively break deadlocks to resolve problems.

Suitable situation:

- Tends to rely on a single solution when facing difficulties and lacks the ability to consider problems from multiple perspectives and respond flexibly.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
10b. Motivational Quotes	✔	✔	✔	✔	✔
10g. Always a Backup Plan	✔	✔	✔	✔	✔

Suitable situations:

- Often overlooks social cues.
- Finds it difficult to adjust behaviours and speech according to others' thoughts, feelings and intentions.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
10h. Social Perspective Map					✔

Suitable situation:

- Struggles to analyse situations from others' perspectives, leading to inflexibility during disagreement which hinders win-win communication and negotiation.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
10i. Smart Negotiation					✔

'Effective Questions' available Download tool

Note
If navigating transitions or switching focus often triggers strong emotional responses, try using the tools in the 'Self-Regulation of Affect' Toolbox.