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**A1.002: Developing Flexibility and Open-Mindedness**

| Core Concept<br>(From Susie's Story)  | Keywords  | Related Network Resource   | Linked Action  |
|---|---|--|--|
| <p><b>A1.002:<br/>Developing<br/>Flexibility and<br/>Open-<br/>Mindedness</b></p> | <p>1. <b>Flexibility in thinking</b><br/>           2. <b>Open-mindedness</b><br/>           3. <b>Embracing change</b><br/>           4. <b>Adapting to new situations</b><br/>           5. <b>Creative problem-solving</b></p> | <p>1. <b>"Building a Flexible Mindset"</b> – A guide from VeryWellFamily on how to cultivate flexibility and open-mindedness in children.<br/>           2. <b>Embracing Change with Flexibility</b> – Insights from PsychologyToday on helping families adapt to changes with a flexible mindset.<br/>           3. <b>Creative Problem-Solving Techniques</b> – Practical tools from VeryWellMind to teach children to approach challenges with creativity.<br/>           4. <b>Tippecanoe Flexibility Workshops for Families</b> – Local workshops offering family-centered strategies for building flexibility, hosted by Tippecanoe Community Center.<br/>           5. <b>Tippecanoe Parenting and Adaptability Programs</b> – Local programs focusing on teaching parents and children how to stay open-minded and flexible in various life situations, supported by Tippecanoe Family Services.</p> | <p><b>Key keywords: Flexibility, Open-mindedness, Adaptability, Creative problem-solving, Embracing change.</b><br/>           These resources guide families in developing flexibility and open-mindedness to thrive in new or uncertain situations.</p> <p>1. <b>Attend Flexibility Workshops:</b> Learn practical ways to build flexibility as a family at the Tippecanoe Community Center.<br/>           2. <b>Explore Creative Problem-Solving:</b> Find tools and techniques at VeryWellMind.<br/>           3. <b>Learn Open-Minded Parenting:</b> Access adaptable parenting tips from <a href="https://www.psychologytoday.com">PsychologyToday</a>.<br/>           4. <b>Join Tippecanoe Parenting Programs:</b> Sign up for local adaptability programs at Tippecanoe Family Services.</p> |