



Flexible Mindset Task Cards (Teens)

These task cards will show your group members the importance of having a more flexible mindset. When things happen to us, we tend to overreact or internalize what is going on. When our thinking is more flexible, we can see things from the perspective of others & realize that the world is not out to get us!

Instructions

- **Group members will pick a card and read the scenario.**
- **They should first discuss the person's (likely) reaction in the scenario. They should then give at least one possible reason for the scenario. See the example on the next page.**

Example

- **Scenario:**

Josh asks his friend if he can sit with him at lunch, but his friend says that he wants to be left alone.

- **First reaction:**

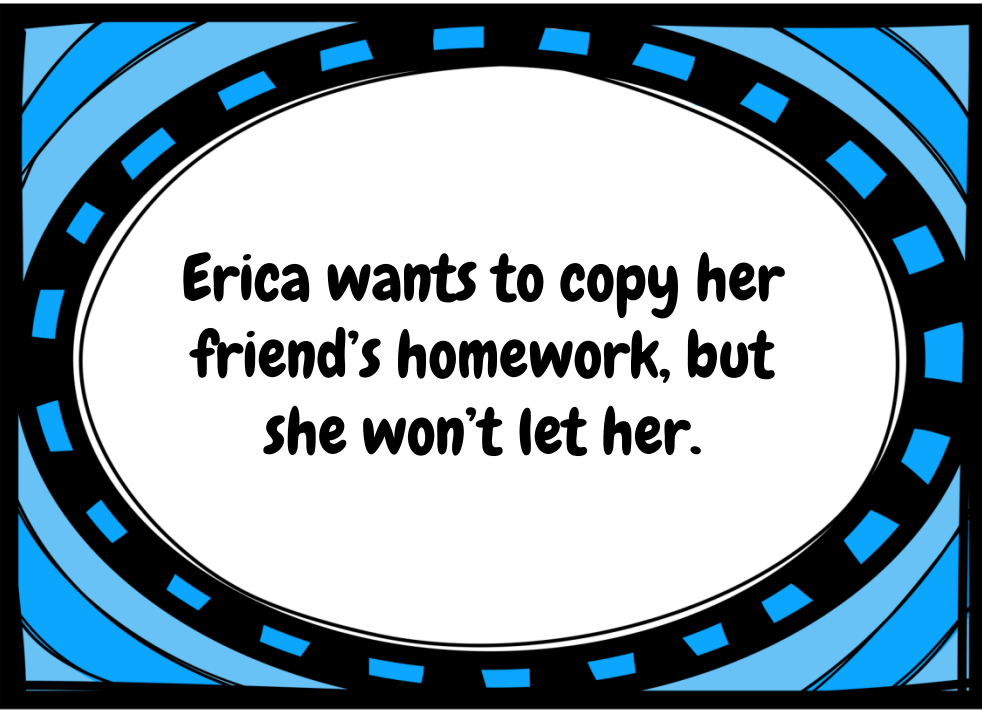
“He’s such a jerk!” or, “Maybe he doesn’t want to be my friend anymore...”

- **Two possible reasons:**

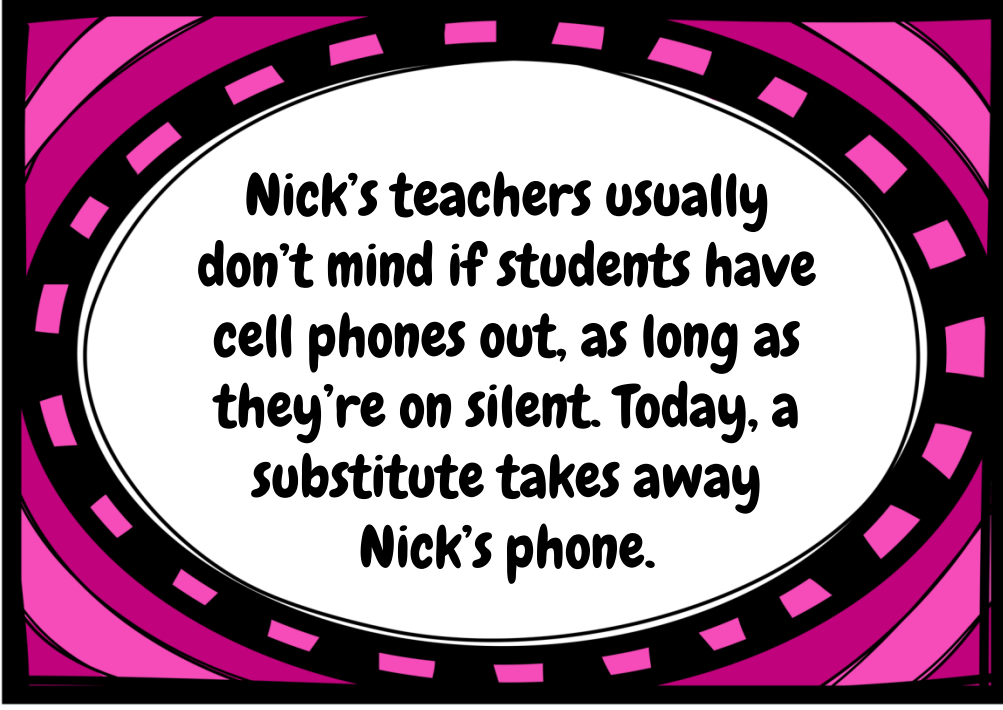
1. Maybe he’s not feeling well (he could be stressed or having a bad day)
2. Maybe he wants to study for a test

Instructions

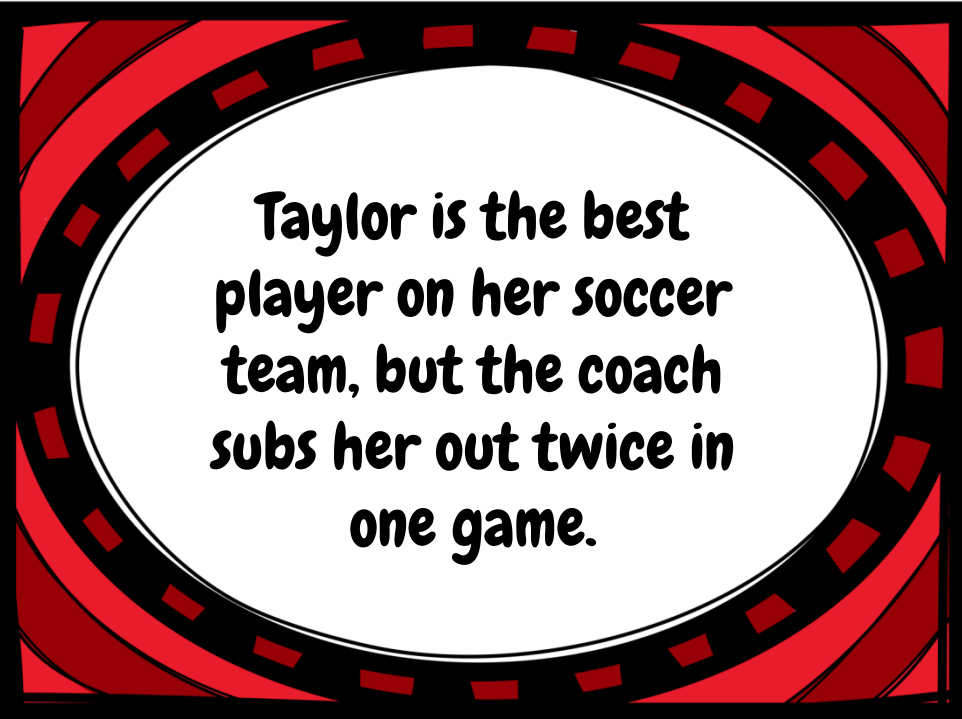
If you want, you can also give the group members the cards on page 14. Print as many as you'd like, and mix them in with the other cards.



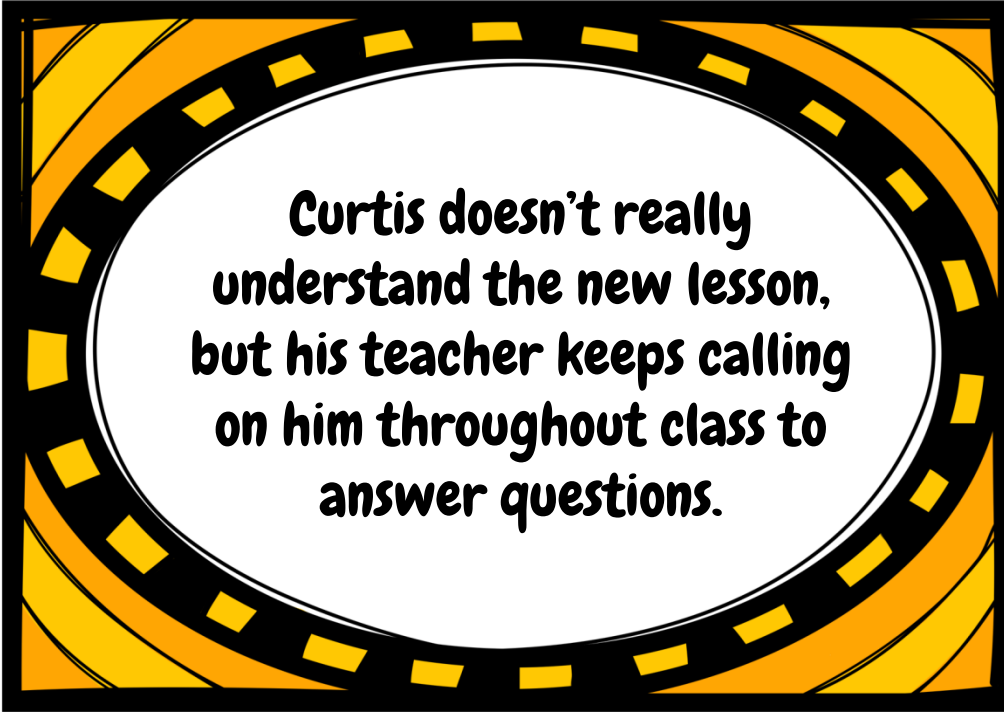
Erica wants to copy her friend's homework, but she won't let her.




Nick's teachers usually don't mind if students have cell phones out, as long as they're on silent. Today, a substitute takes away Nick's phone.




Taylor is the best player on her soccer team, but the coach subs her out twice in one game.



Curtis doesn't really understand the new lesson, but his teacher keeps calling on him throughout class to answer questions.



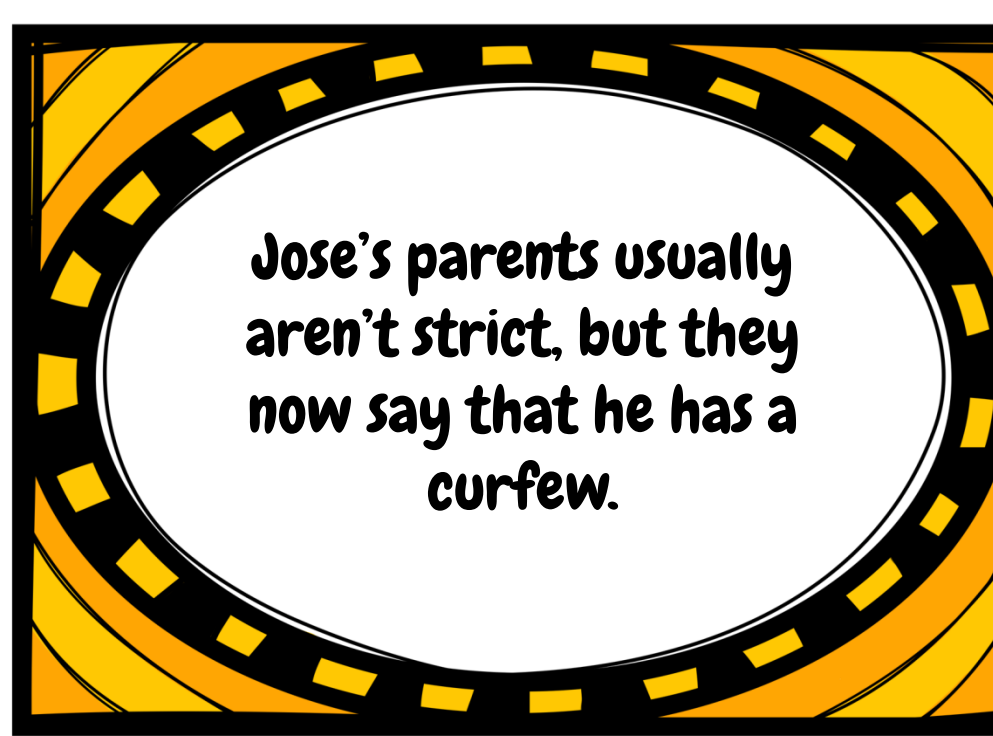
Aubrey doesn't like her classmate, Jess. Aubrey finds out that her best friend has been hanging out with Jess!



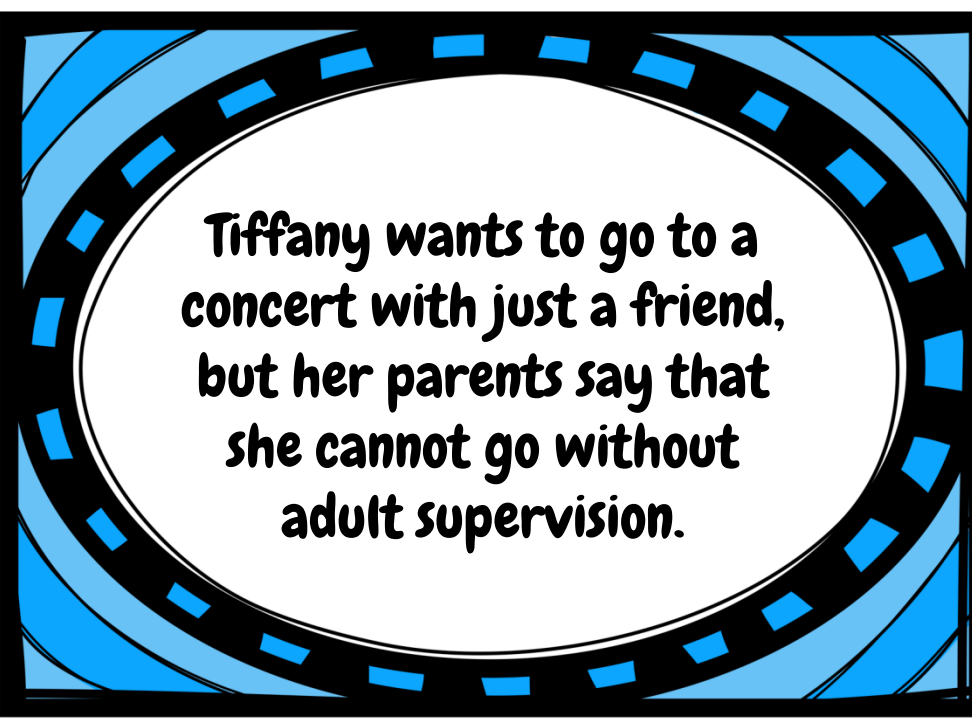
Cameron broke his phone for the second time. His parents won't get him another one until his birthday.



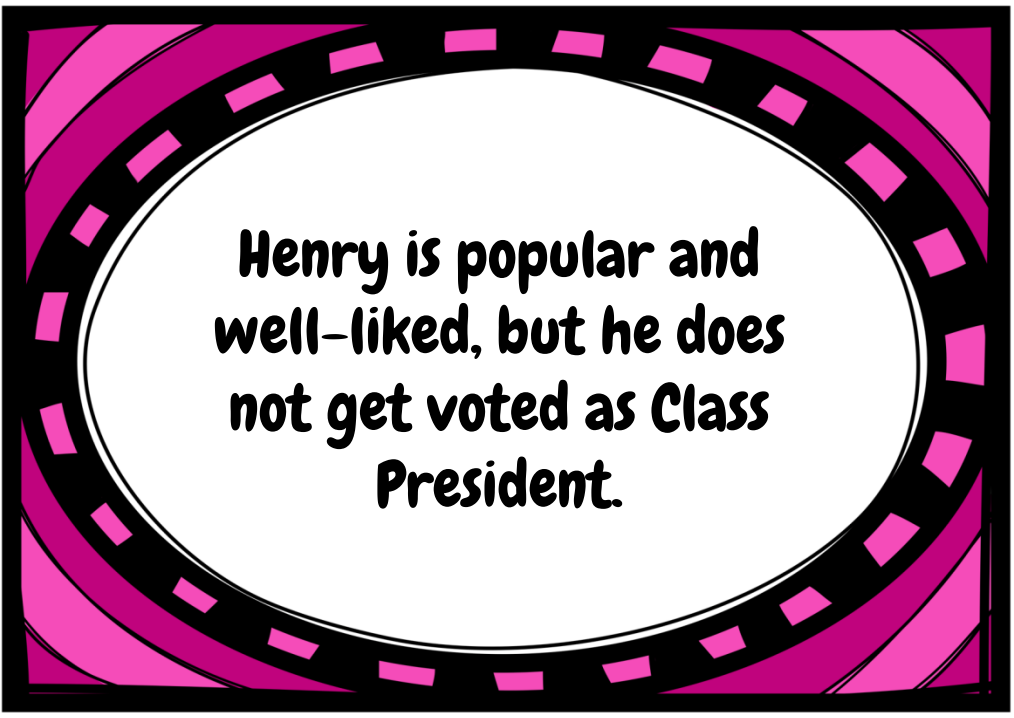
Dana's parents say that they will limit her time on social media.



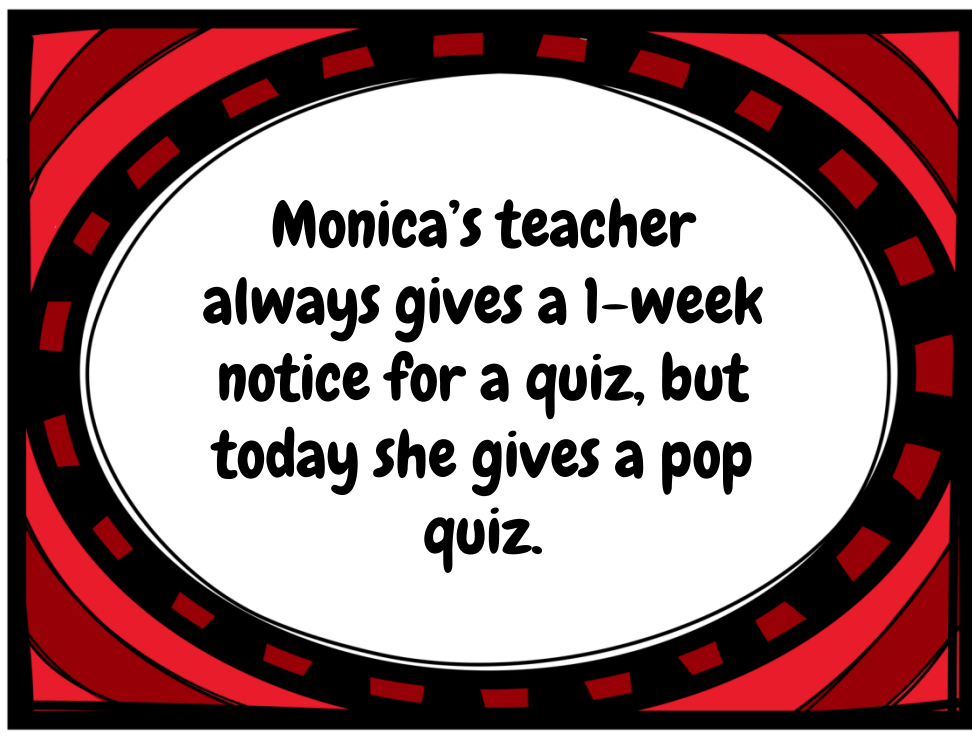
Jose's parents usually aren't strict, but they now say that he has a curfew.



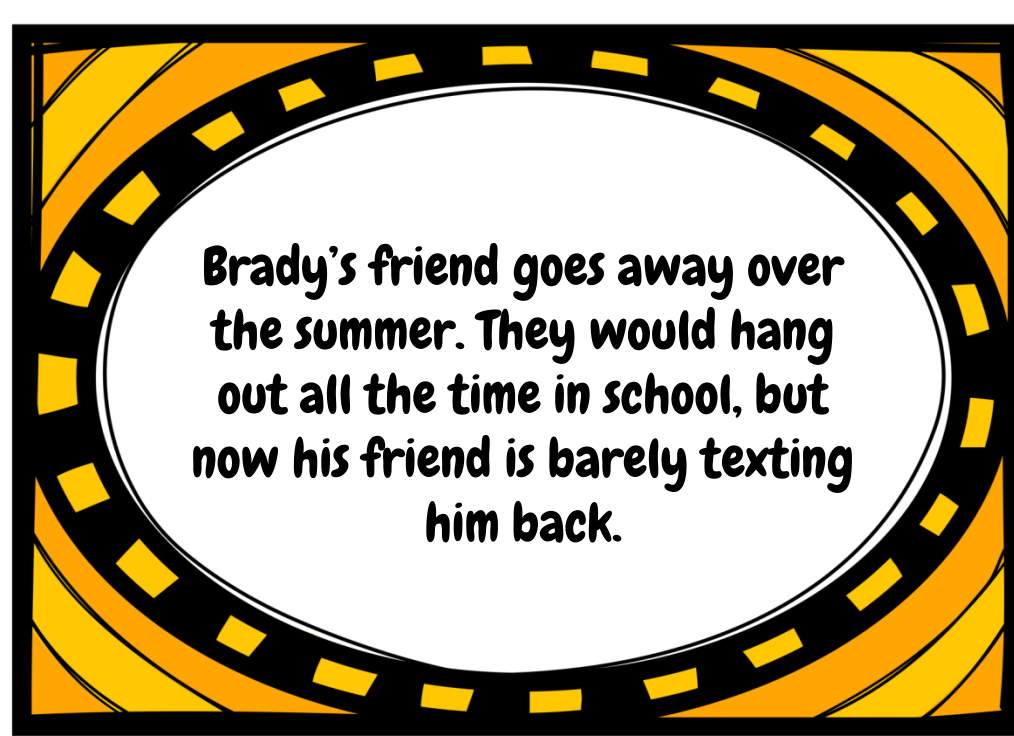
Tiffany wants to go to a concert with just a friend, but her parents say that she cannot go without adult supervision.



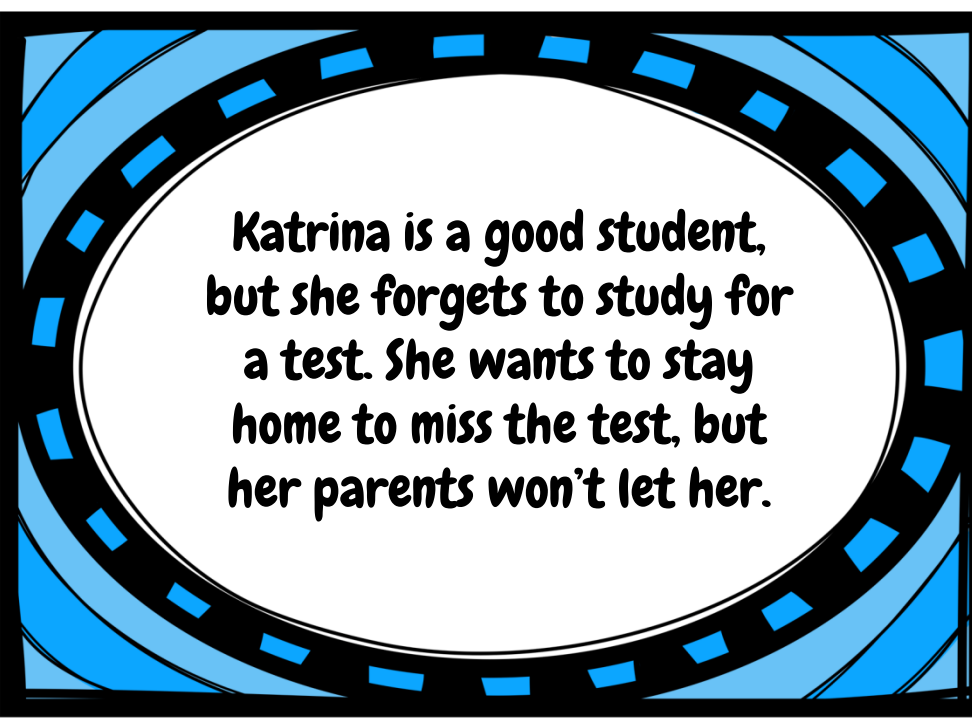
Henry is popular and well-liked, but he does not get voted as Class President.




Monica's teacher always gives a 1-week notice for a quiz, but today she gives a pop quiz.



Brady's friend goes away over the summer. They would hang out all the time in school, but now his friend is barely texting him back.




Katrina is a good student, but she forgets to study for a test. She wants to stay home to miss the test, but her parents won't let her.




Mike's friend got into trouble with the police yesterday. His parents tell him that he can't hang out with him this weekend.




Melanie's parents tell her that they want to see her Instagram photos before she posts them.



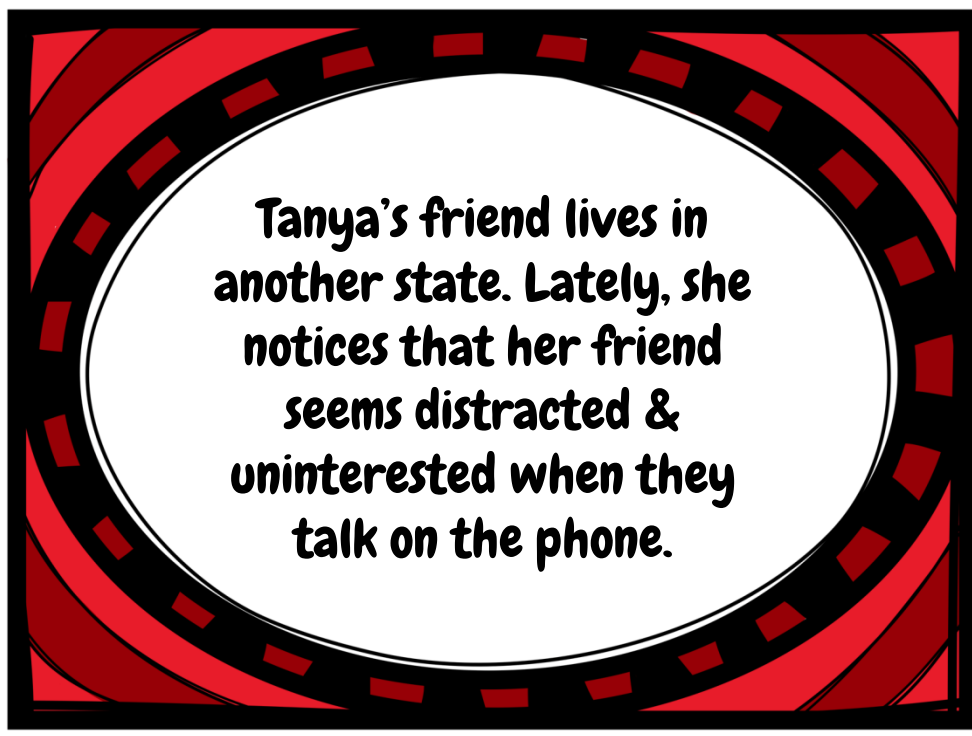
Chris wants the newest iPhone because all his friends have it, but his parents say no.



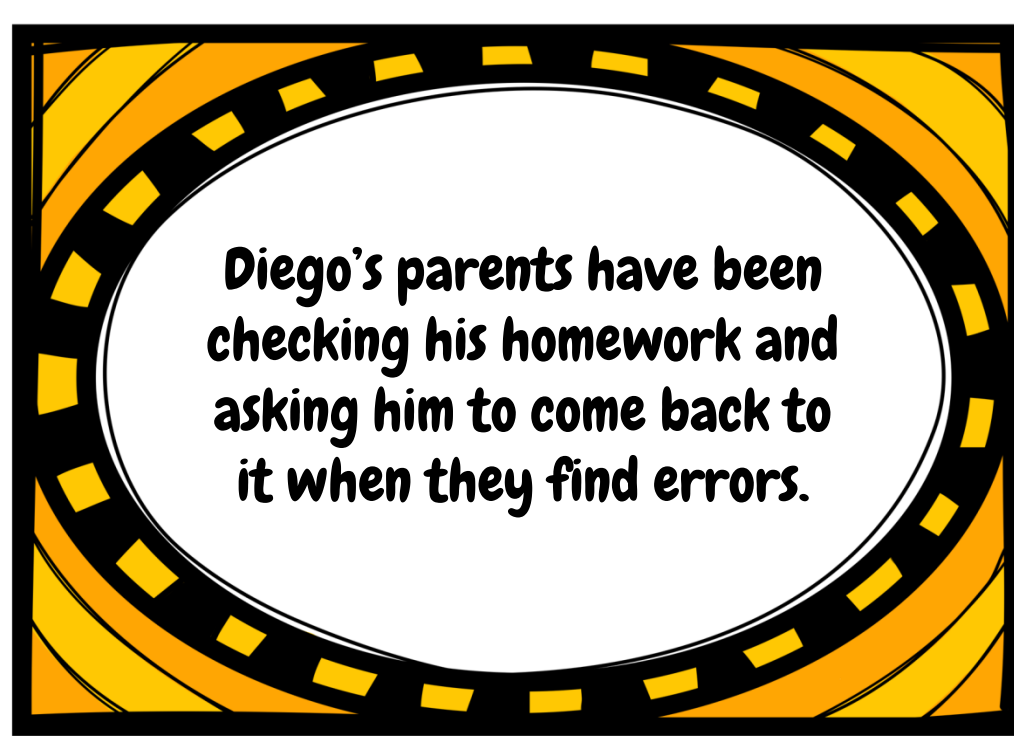
Chloe's friend sleeps over. The next day, Chloe notices her bracelet is missing.



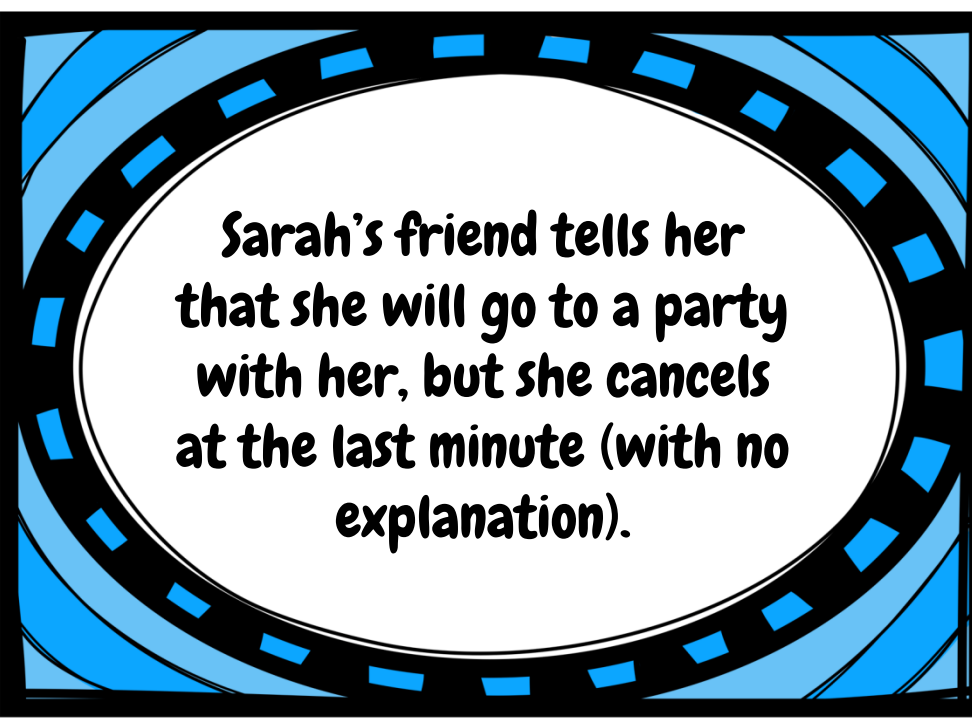
Jake hasn't been getting into any trouble lately, but his mom has been yelling at him these past few days.



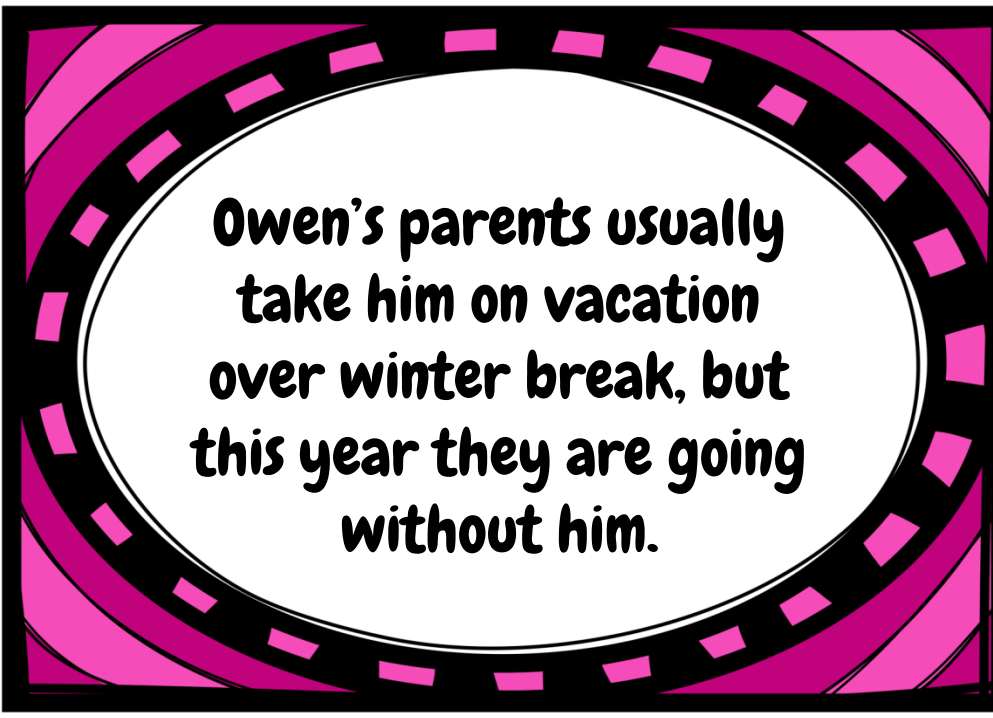
Tanya's friend lives in another state. Lately, she notices that her friend seems distracted & uninterested when they talk on the phone.



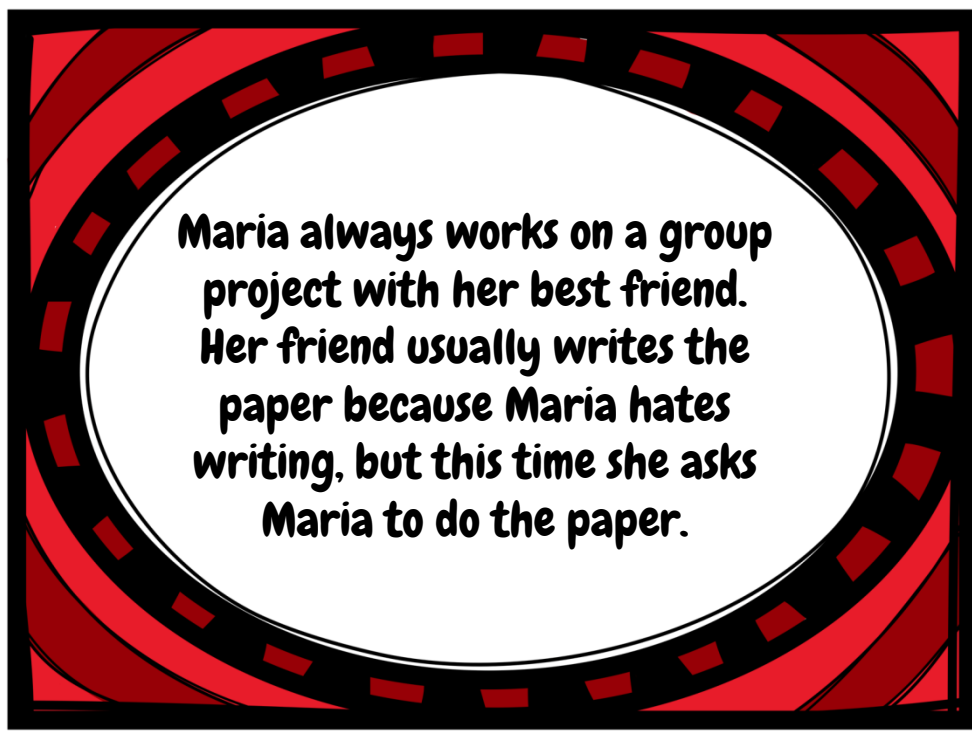
Diego's parents have been checking his homework and asking him to come back to it when they find errors.




Sarah's friend tells her that she will go to a party with her, but she cancels at the last minute (with no explanation).



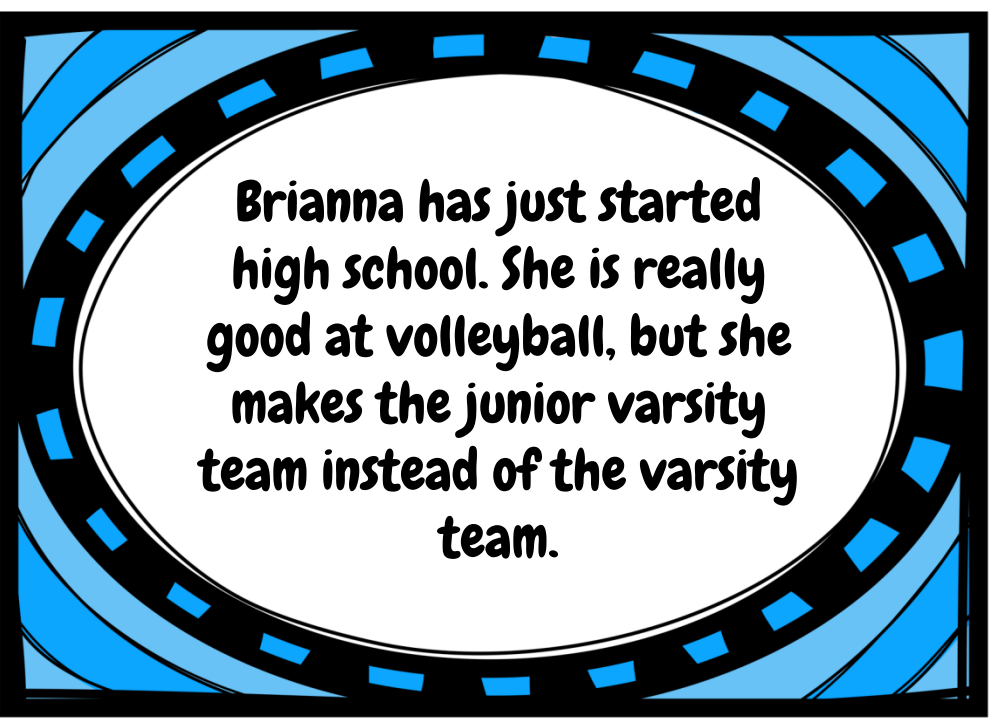
Owen's parents usually take him on vacation over winter break, but this year they are going without him.



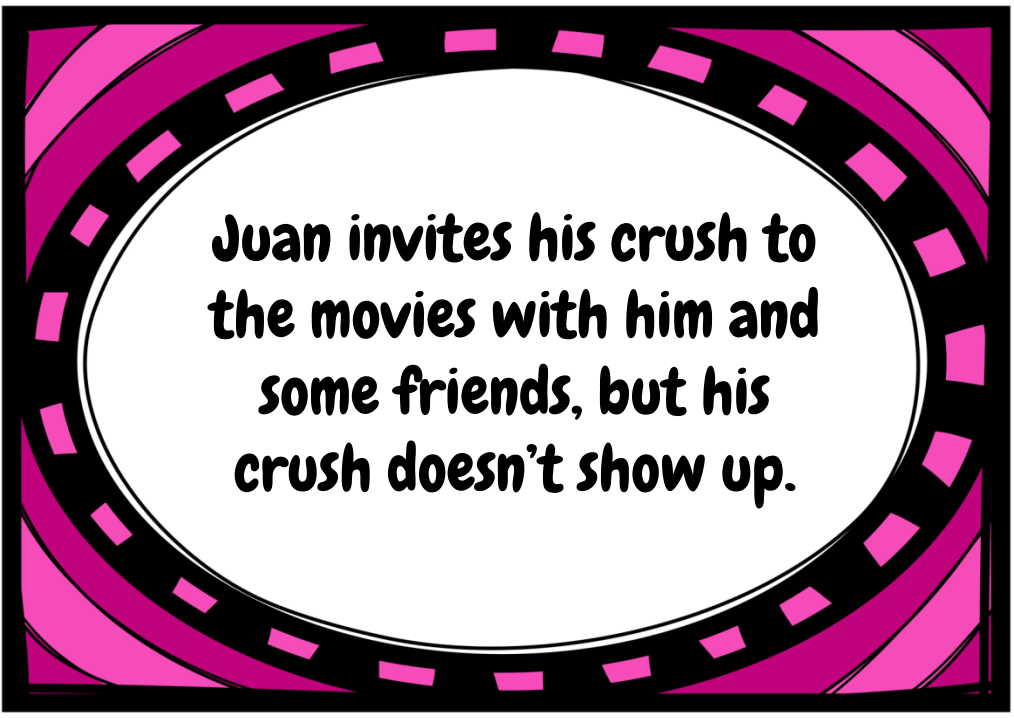
Maria always works on a group project with her best friend. Her friend usually writes the paper because Maria hates writing, but this time she asks Maria to do the paper.




Zack is trying to make a new student feel welcome, so he invites him to sit with him & his friends at lunch, but he says no.



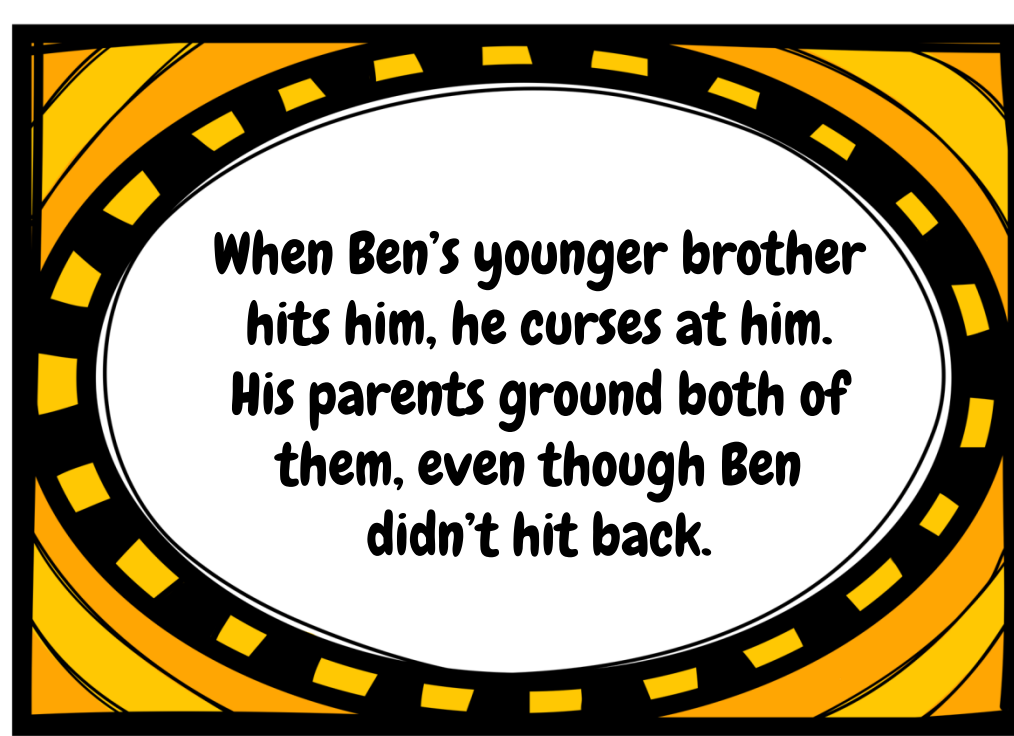
Brianna has just started high school. She is really good at volleyball, but she makes the junior varsity team instead of the varsity team.



Juan invites his crush to the movies with him and some friends, but his crush doesn't show up.




Mia walks into class. Her teacher asks her to meet after class ends.



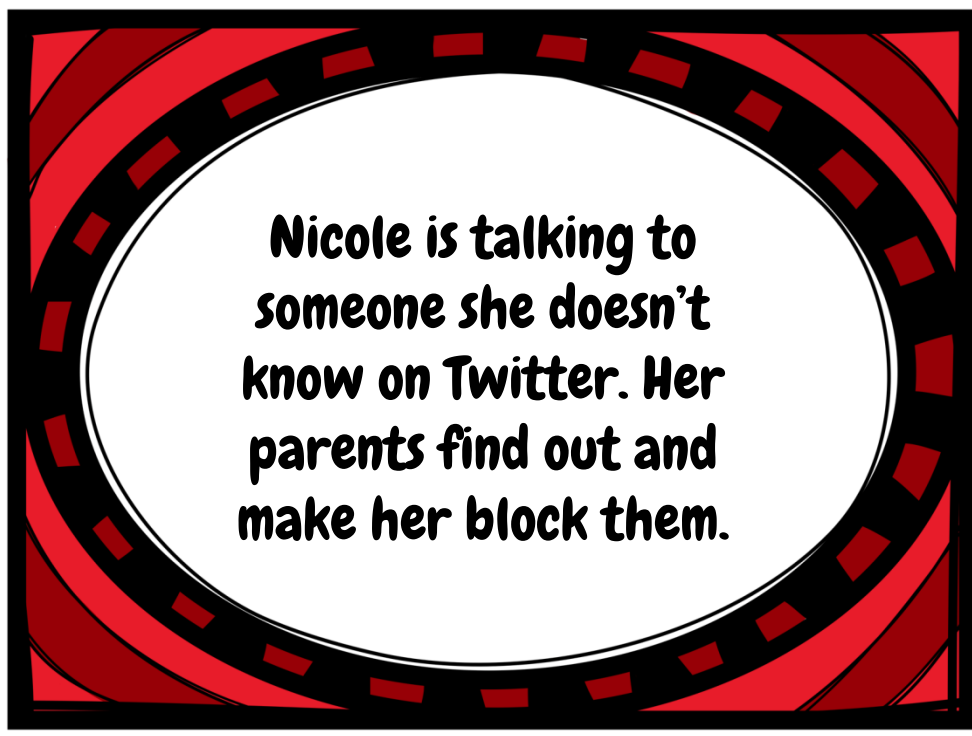
When Ben's younger brother hits him, he curses at him. His parents ground both of them, even though Ben didn't hit back.



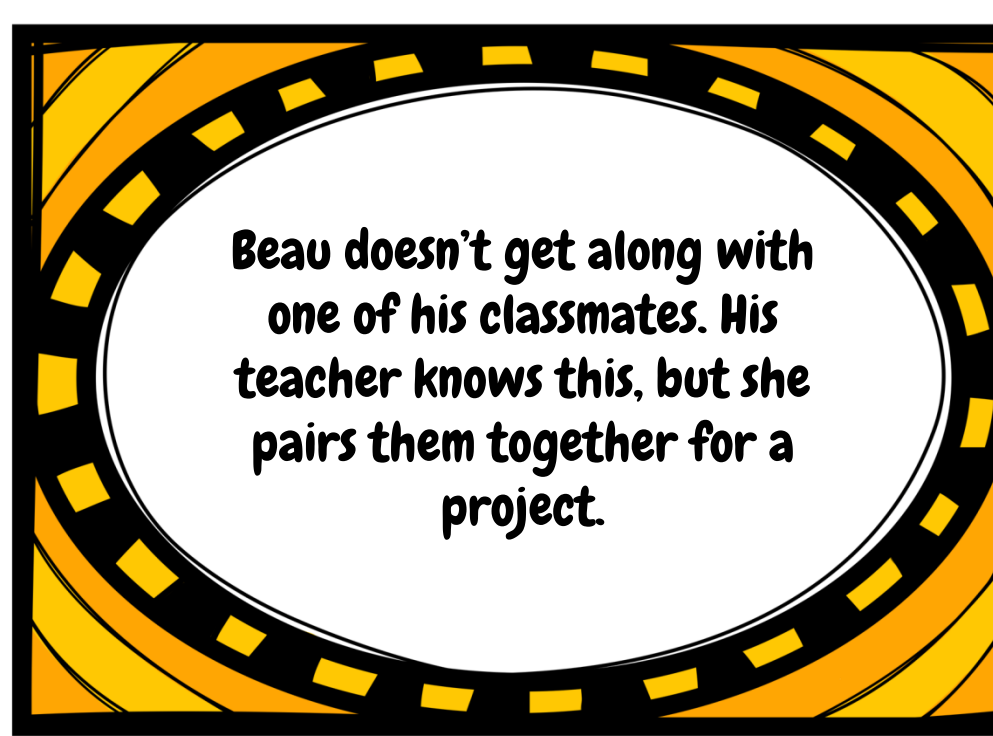
Isabella's parents won't let her go out with the boy she likes until they meet him.



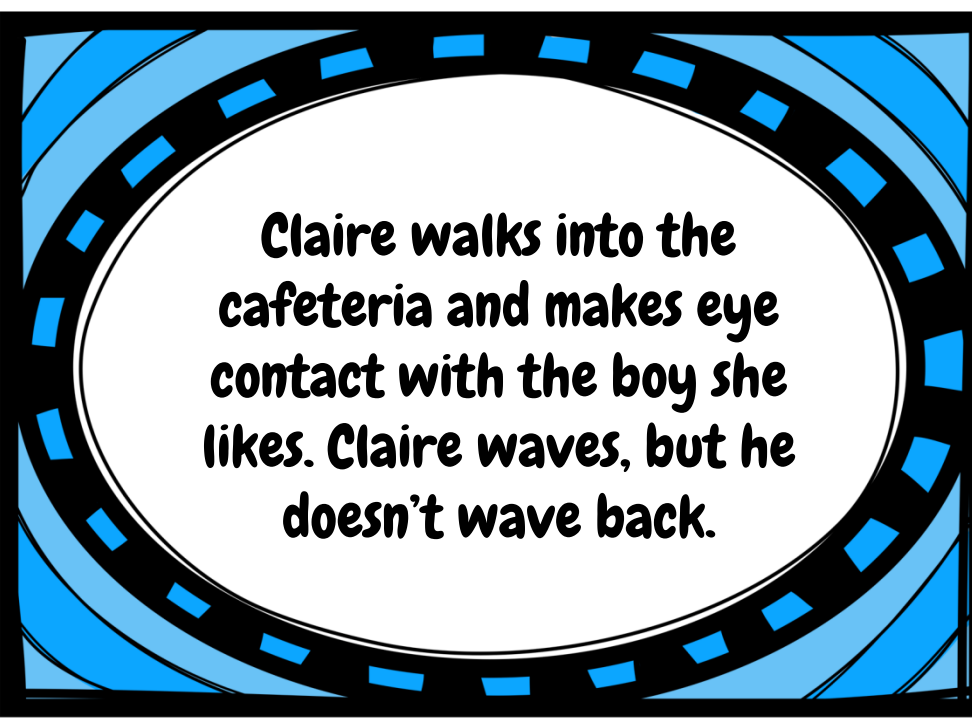
Kyle's friend always sits next to him in the back of class, but today he is sitting in the front row.



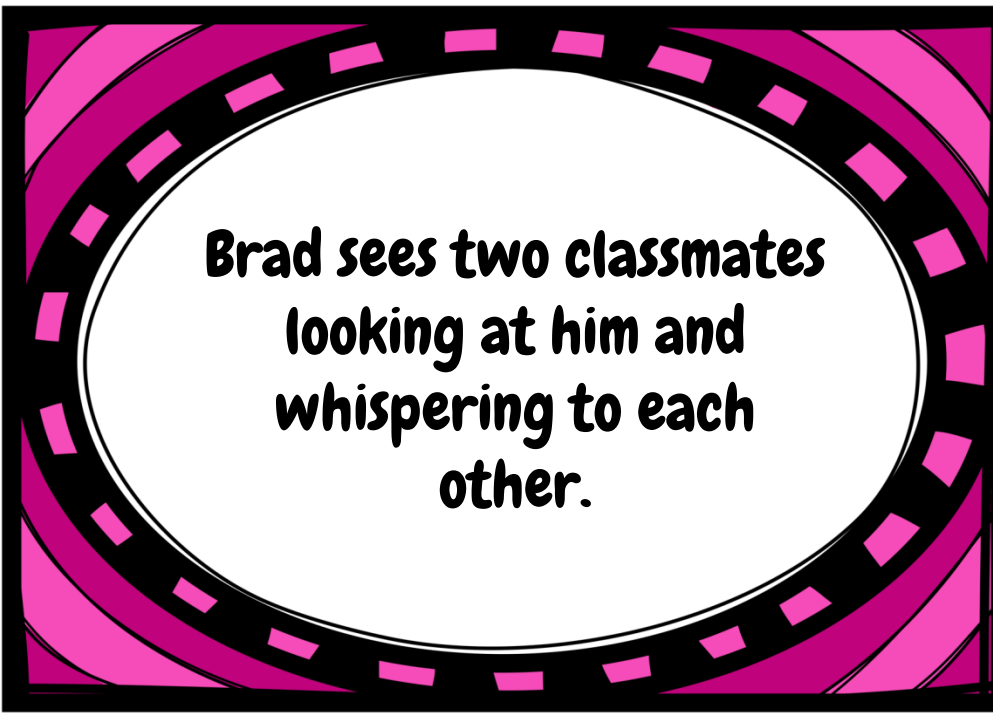
Nicole is talking to someone she doesn't know on Twitter. Her parents find out and make her block them.



Beau doesn't get along with one of his classmates. His teacher knows this, but she pairs them together for a project.



Claire walks into the cafeteria and makes eye contact with the boy she likes. Claire waves, but he doesn't wave back.




Brad sees two classmates looking at him and whispering to each other.




Zoe notices that her new boyfriend still has pictures on Facebook that include his ex.



Isaac's classmate hasn't accepted his "friend request" on Facebook.

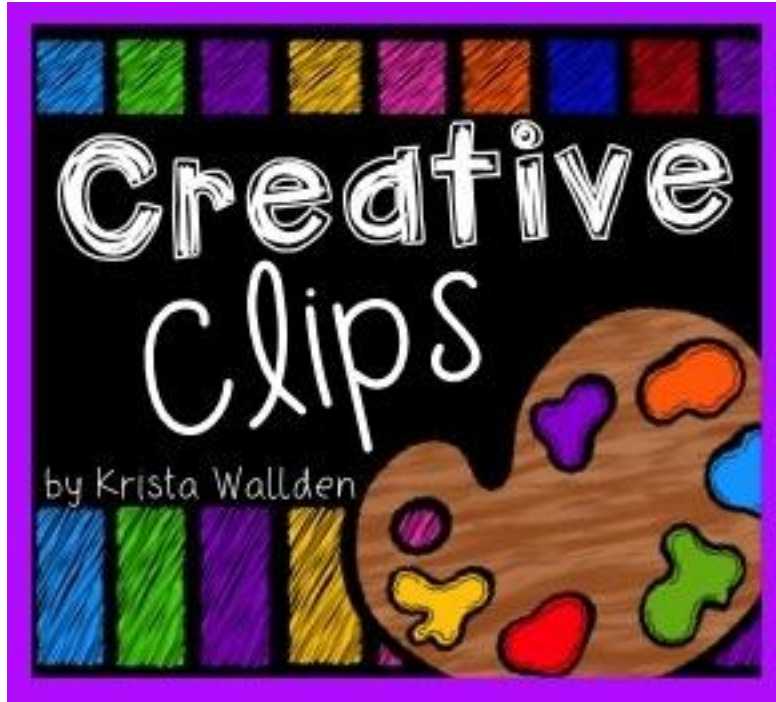
A square frame with a blue background. Inside, there is a thick black border with small blue squares spaced along its inner edge. In the center is a white oval containing text.

**This is a free pass! Use
this when you want to
give your card away to
another group member.**

A square frame with a pink background. Inside, there is a thick black border with small pink squares spaced along its inner edge. In the center is a white oval containing text.

**This is a free pass! Use
this when you want to
give your card away to
your group
leader/facilitator.**

Credits



[Creative Clips by Krista Wallden](#)

-Thank you for the colorful task card borders!