



## FLEXIBLE ~S.O.A.K. ~

Sometimes learning penetrates best when we are relaxed and not trying too hard to make it happen.  
Stress-free Opportunities to Absorb Knowledge

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Choose what works for you. (Like a "Flexible" bath bomb infused with personalized nutrients)

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Quotes	Music	Statements affirmations	Books poetry stories	Art	Videos movies	Movement other ideas
"Creativity has always depended on openness and flexibility, so let us hope for more of both in the future." —Siri Hustvedt	"The Man in the Mirror" Michael Jackson	<b>For coaches:</b> My ability to be flexible and forgiving inspires peaceful interactions. Welcoming new people and experiences into my life expands my understanding and capabilities.	"The Oak and the Reeds" Aesop "Advice From a River" Ilan Shamir	<b>Special Olympics Nagano Japan</b> (Paintings) Leroy Neiman (2005)	<b>Finding Opportunities in Unexpected Events</b> Avish Parashar—DingHappens.com	<b>Utkata Konasana</b> 
"There is no greater force of amiability, or ability, than to have strength combined with flexibility." —Ana Claudia Antunes	"Getting to Know You" (From <i>The King and I</i> ) Julie Andrews "Breakaway" Kelly Clarkson	I can quickly catch and eliminate unkind or judgmental thinking or speaking that marginalizes others.	<b>Who Moved My Cheese?</b> <b>An Amazing Way to Deal With Change in Your Work and in Your Life</b> Spencer Johnson	<b>The Peace Negotiations Between Claudius Civilis and Cerealis</b> Ferdinand Bol	<b>Wonder</b> (2017)	<b>Fire Log Pose</b> 
"Stay committed to your decisions, but stay flexible in your approach." —Tony Robbins	"We Can Work It Out" The Beatles "You Can't Always Get What You Want" The Rolling Stones	I intentionally create surprises, multisensory experiences, and "peak" moments for others.	<b>"The Last Dinosaurs"</b> Pedro Pablo Sacristán	<b>Balance Beam</b> (Bronze sculpture) Rebecca J. Crob	<b>Remember the Titans</b> (2000)	<b>Oils:</b> orange, rose
"Blessed are the flexible for they will not allow themselves to become bent out of shape!" —Robert Ludlum	"The Room Where It Happens" (From the musical <i>Hamilton</i> ) Odum Jr., Miranda, Diggs & Onaodowan	I find ways to create fairness, freedom, and fun when coaching, leading, and interacting with my family.	<b>Out of Our Minds: Learning to Be Creative</b> Ken Robinson	<b>Dancers at the Barre</b> Edgar Degas	<b>Moneyball</b> (2011)	<b>Stones:</b> bloodstone, muscovite
"When you forgive, you in no way change the past—but you sure do change the future." —Bernard Meltzer	"For Good" (From the musical <i>Wicked</i> ) Kristen Chenoweth and Idina Menzel "Strong Enough to Bend" Tanya Tucker "I Dreamed a Dream" (From the musical <i>Les Misérables</i> ) Ruthie Henshall	I intentionally create surprises, multisensory experiences, and "peak" moments for students.		<b>Pioneer Woman</b> Jim Clements	<b>Honey, I Shrunk the Kids</b> (1989)	<b>Color:</b> light blue

Capable of bending without breaking (Oxford English Dictionary, s.v. "flexible").

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