

Name: _____ Period: _____

Weebly Flexibility and Shifting

Check each step when completed.

1. ____ Summarize and give an example of Flexibility & Shifting with the text you already wrote in your “Flexibility & Shifting Copy” assignment.
2. ____ Link the button to your “tricks” page by clicking the link symbol (it resembles a sideways eight).
3. ____ Add the past, present, and future things you wrote by clicking the “Paragraph with Picture” and dragging it down 3 times.
4. ____ Organize [your “tricks” page](#) by opening the page (“Pages” tab) and dragging down the “Paragraph with Picture.” Label the category “Mindfulness.” Hint: You already wrote this copy in your “Flexibility & Shifting Copy” assignment.
5. ____ Consider making your own illustrations in Art.
6. ____ Have another Flexibility & Shifting strategy that works for you? Bet you can think of several.
7. ____ Add photographs or illustrations that convey your message. All photographs must be **highly relevant to content** and approved by a teacher (i.e. avoid celebrity photos and sexually suggestive or violent images). Hint:

Your design will look better if you use easy-to-read-font, similar colors, and complimentary picture sizes.

As you learn new strategies feel free to add them.

You'll finish your Flexibility & Shifting section with an example assignment from one of your classes, hobbies, or therapeutic assignments.