

How to make a PB&J Sandwich and Other Flexibility Tools for Getting Unstuck

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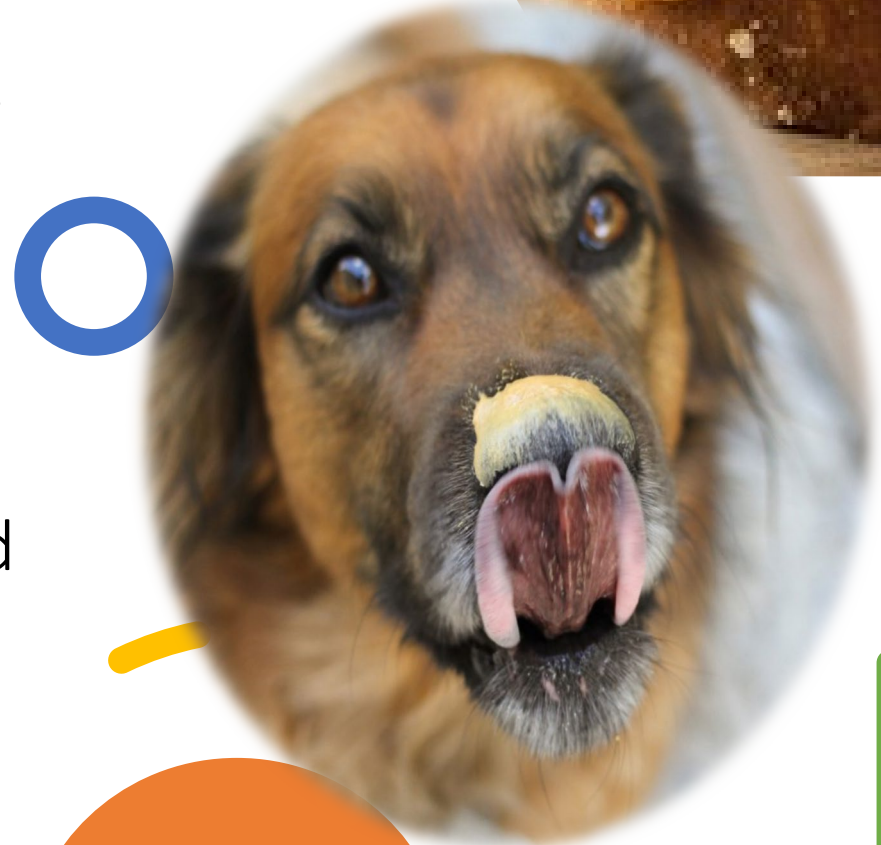
BRAIN HEALTH for all, for life.

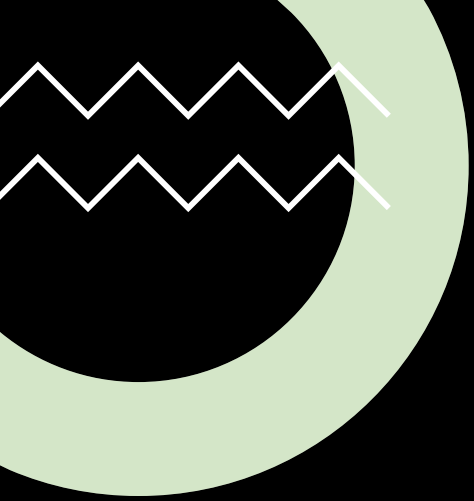


Write out the steps for
making a peanut butter
and jelly sandwich

Definitions

- **Cognitive flexibility**: the ability for our brains to shift or change mental and behavioral ideas at the same time.
- **Cognitive rigidity**: the inability for our brains to adapt to new information or changes. Having a hard time thinking of something in a different way.
- **Executive functioning**: tasks our brains perform that are necessary to think, act and solve problems. Includes planning, organization and working memory.





Definitions



- **Set shifting**: the ability to move back and forth between different tasks, rules, or mental sets
 - Attentional shifting
 - Task switching
- **Perspective shifting**: the ability to move out of your normal point of view to explore new ways of thinking and understanding



Time to
move

Definitions

- **Central coherence**: being too focused with the details which creates a lack of attention to see the bigger picture
- **Theory of Mind**: the ability to understand that other people have thoughts, feelings and intentions that may be different from our own.





- Distressed when plans change
- Stubbornness
- Extensive attention to detail
- Difficultly leaving things unfinished

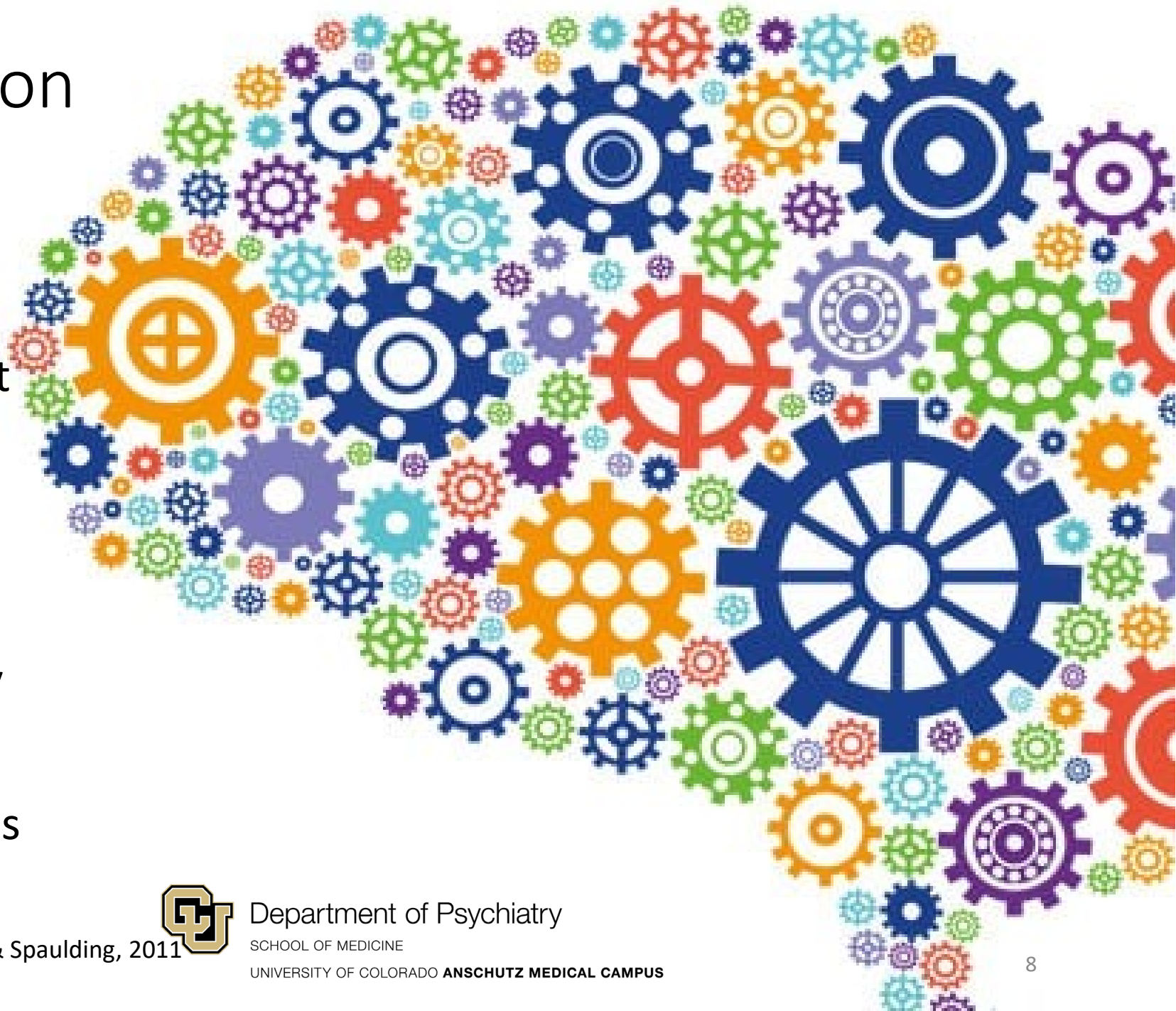
What does cognitive rigidity look like?



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Cognitive Remediation Therapy (CRT)

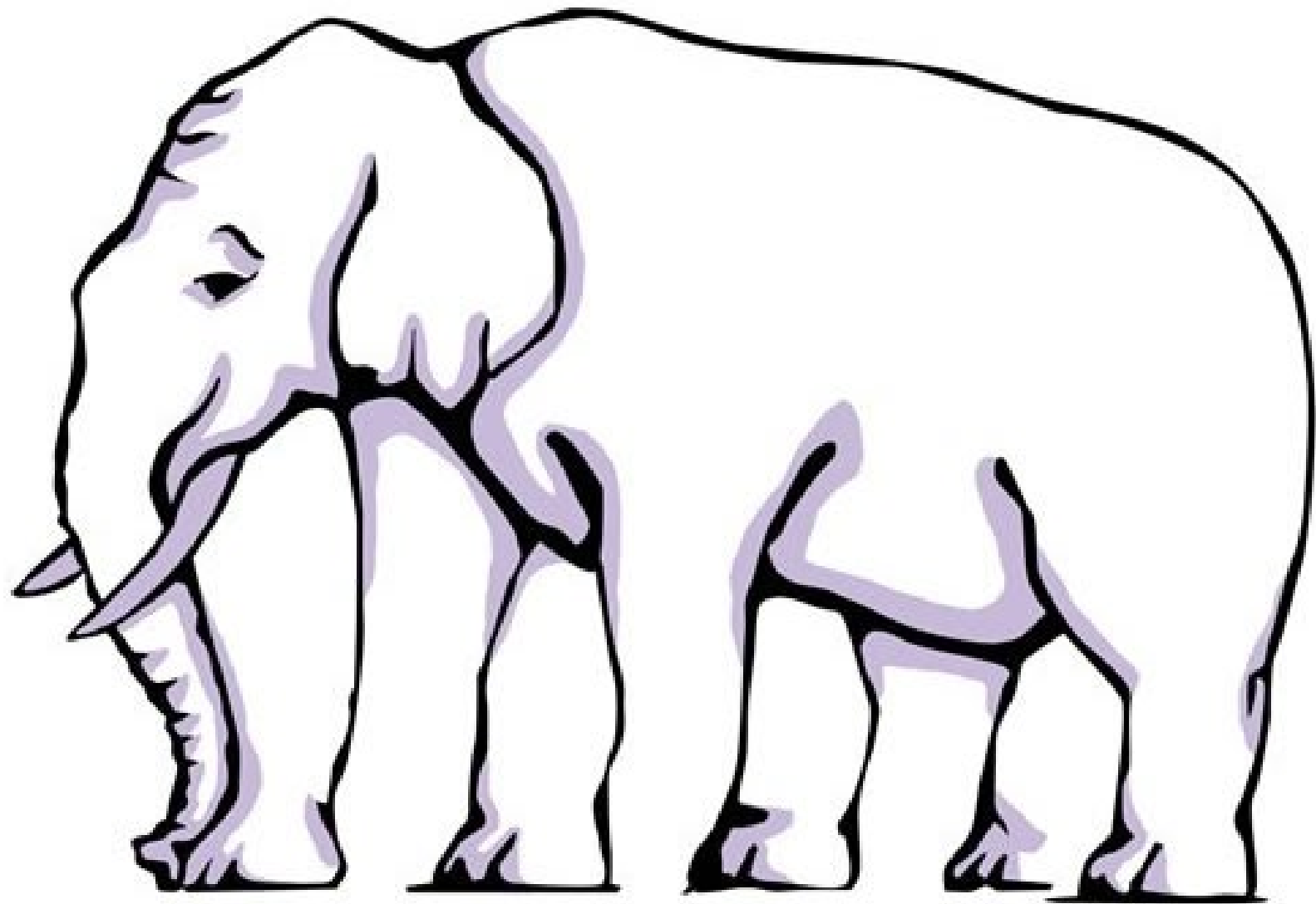
- Can improve set-shifting, overall central coherence, cognitive flexibility, abstract thinking, quality of life
- Improve the everyday functioning of individuals living with cognitive rigidity
- Improve cognitive processes





Time for Fun-tivities!







OpticalIllusionsPortal.com



Complex Pictures Task

- Find a buddy!
- Sit back-to-back

Complex Picture Task

- How was that?
- What did you think of the task?
- How did you go about explaining your picture?



Main Idea Task

- Read the following letters
- First, summarize it into 3-5 sentences
- After that, write it out like you would if it were a text message
- Then try to give it a short title
- Be sure to avoid run on sentences

May 12, 2023

To Mr. Goh,

I will be the very best, like no one ever was. To catch them is my real test. To train them is my cause. I do not believe that you will catch one of every pokemon. That is impossible, and besides, my goal is to be the very best and there's no way there can be two very bests. I want to be your friend and support you in your process but we should work together to befriend them and practice special training. I'm happy to help you, but I think that you really need to reflect on your goals and make it more doable, that's definitely not doable. I'd like for my buddy to meet your buddy, and we can practice together!

Kindly yours,

Ash



Main Idea Task

- How was it?
- How did you determine what was important to include?
- Did you get stuck on any part of the letter?
- How does this relate to your life? To school?



Task Switching

- We are going to go around the room and pick words that start with each upcoming letter of the alphabet; however, we will **alternate** between picking a *fictional character* or a *flavor* that begins with the specific letter.
- I'm going to demonstrate the example below:
- Example:
 - Albus Dumbledore
 - Bubblegum
 - Captain America
 - Dragon fruit

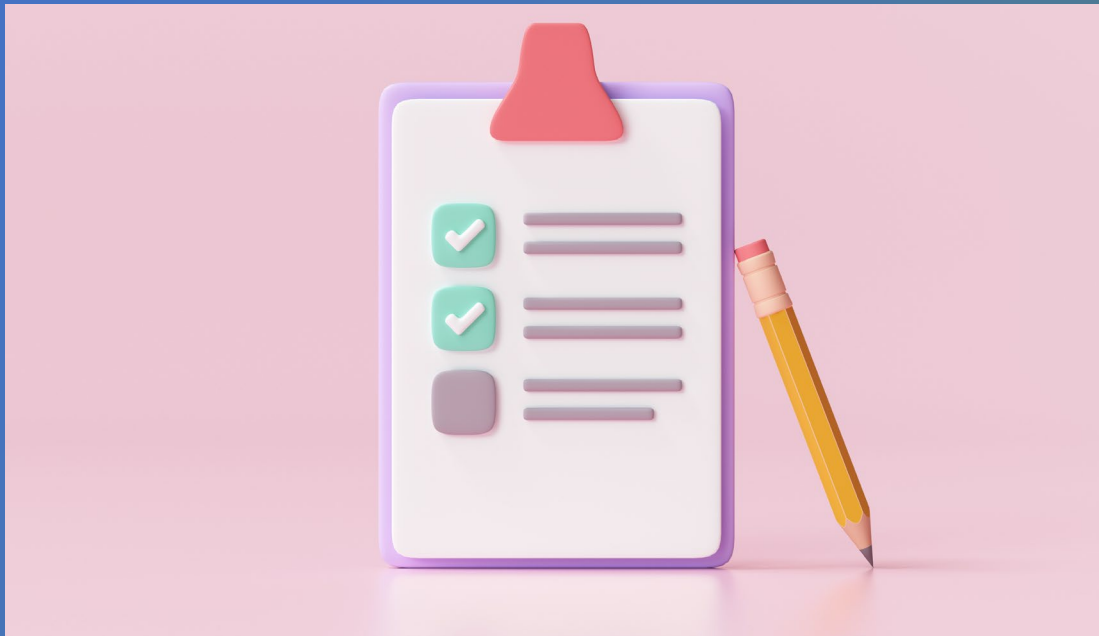


Task Switching

- How did you hold the two task rules in mind at the same time?
- Was there ever a time you found yourself getting stuck, where a thought or idea about something else – like the old rule – got in the way of your being able to think of the task in hand?
- When might it be useful to think of two things at the same time?

Prioritizing Task

- How would you go about planning the following events?
 - Getting your bag ready for school
 - Having a sleepover with friends
 - Pack your suitcase to go home from the conference
- Identify the most important job to the least important job and write them down. What would be the first thing you would do?



Prioritizing Task

- How did you find this task?
- Did you find it easy to prioritize?
- Did you keep hold of the event you were planning, or did you lose sight of it at any point?
- How do you do with planning?



Bigger Picture Task

Write a
description of the
following photo:





Bigger Picture Task

- What is similar & different about both of your descriptions?
- Did one person write more? Less?
- Does one get the message across better?
- Is it difficult to be concise?
- What are the problems with being too detailed? Not giving enough details?
- What would help you to be more concise?



Do it differently! Why?!

- **Changing the order of a routine behavior**
- **Eat a new food**
- **Sitting in a different place at mealtimes/meetings/at home**



Do it differently! Why?!

- **Use your non-dominant hand**
- **Summarizing and leaving out details**
- **Skip a chapter (or page) in a book/fast forward 5-10 minutes in the show you're watching**



Examples of games:

- Word Searches
- Quirkle
- Bananagrams
- Improv games



Summary

- Patterns of thinking and behaving can lead to rigidity that makes life more difficult
- Cognitive Remediation Therapy tasks can be used to reduce rigidity and improve your life



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