



# Rigid Robot vs Flexible Robot

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*Understanding how our brain handles change*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Part 1: Meet Rigid Robot

Rigid Robot is a robot whose brain likes things to stay the same.

Rigid Robot:

- Likes plans to stay exactly the same
- Gets stuck on rules
- Finds change very hard
- Freezes or glitches when something unexpected happens

Circle what Rigid Robot does when plans change:

Gets stuck   Yells   Freezes   Refuses   Panics   Can't move on

## Part 2: What makes Rigid Robot glitch?

Draw or write one thing that makes Rigid Robot glitch:

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Examples (you can use your own):

- A game rule changes
- Someone says "no"
- The plan is different
- Something feels unfair



### Part 3: What happens when Rigid Robot is in charge?

Tick what usually happens:

- The problem gets smaller
- The problem stays the same
- The problem gets bigger

What does Rigid Robot NOT do well? (choose one or more)

- Waiting
- Changing plans
- Losing
- Being told no
- Trying again

### Part 4: Meet Flexible Robot

Flexible Robot also likes plans. But Flexible Robot can update the plan when needed.

Flexible Robot:

- Can pause
- Can try a different option
- Can handle changes (even if they don't like them)
- Uses more energy, but keeps going

What can Flexible Robot say instead of glitching? (circle or write your own)

“Okay, new plan.” “I don't like this, but I can handle it.” “Pause. Think. Try again.”

My phrase: \_\_\_\_\_

### Part 5: Compare the robots

Behaviour	Rigid Robot	Flexible Robot
Gets stuck	<input type="checkbox"/>	<input type="checkbox"/>

- |                  |                          |                          |
|------------------|--------------------------|--------------------------|
| Tries again      | <input type="checkbox"/> | <input type="checkbox"/> |
| Can change plans | <input type="checkbox"/> | <input type="checkbox"/> |
| Panics easily    | <input type="checkbox"/> | <input type="checkbox"/> |
| Uses a pause     | <input type="checkbox"/> | <input type="checkbox"/> |

### Part 6: When does my brain go into robot mode?

Sometimes everyone's brain switches into Rigid Robot Mode.

Tick when this happens for you:

- At school
- During games
- At home
- With adults
- With friends

One time my brain went into Rigid Robot Mode:

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### Part 7: Reprogramming the robot

Rigid Robot doesn't need fixing. It needs reprogramming.

Choose ONE tool to help your brain switch modes:

- Pause for 5 seconds
- Take one deep breath
- Ask for help
- Use a backup plan
- Walk away and return

My reprogramming tool: \_\_\_\_\_

**Important reminder: You are not a robot. Rigid Robot is a mode, not who you are. Brains switch modes. Brains can learn new options.**