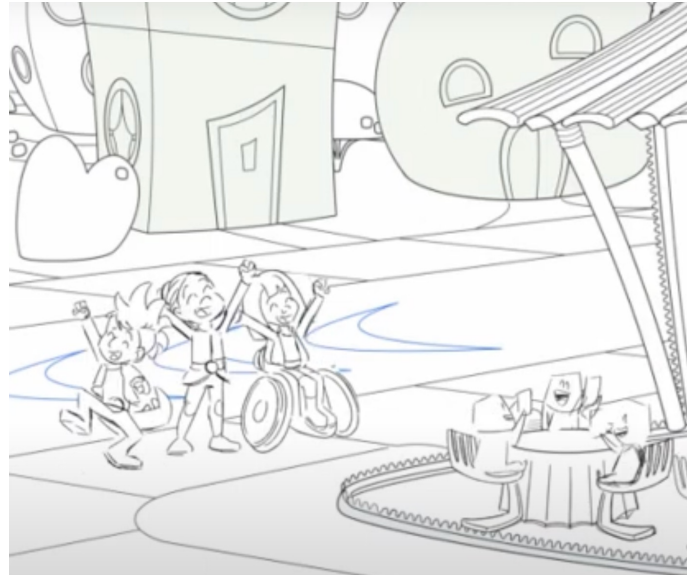


THINK DIFFERENTLY SESSION HANDOUT



WHAT WE LEARNED TODAY

The Think Differently Success Skill means “Try new things and find creative ways to solve a problem. Learn from your mistakes and make changes.”

We also learned the Skillsville Strategy Silly Shakes.

USE THE THINK DIFFERENTLY SUCCESS SKILL AT HOME

- ☐ Share about a time where something didn't go as you thought it would. What happened? How did you need to Think Differently when that happened?
- ☐ Try a new food or activity that you've never tried before and share how it went with a caregiver or friend
- ☐ Play the paper game Changing Constellations

USE THE SILLY SHAKES STRATEGY AT HOME

- ☐ Find a space where you can move your arms around without touching another person. Start Silly Shakes in your feet. Then shake your legs and your feet. Then, shake your arms, legs and feet. Finally shake your whole body. How do you feel after you do your Silly Shakes?
- ☐ Move your body in a fun way! Play a favorite song and make your own silly dance to it. Share your dance with a caregiver or friend. What was it like to share your dance?



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The contents of this program were developed under a grant from the U.S. Department of Education (PR U295A200002). However, those contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.

Funding is provided by a Ready To Learn grant from the U. S. Department of Education.

Career information included in Mashopolis materials was informed by O*Net OnLine job descriptions. All job descriptions and career information is current as of the date of publication.

