



## Different ways of doing things

We all have ways we usually do certain tasks. But have you ever tried to do a task in a way that's different from how you normally do it? Learning a new way to do something is a good way to practice being adaptable.

**Activity** The table below lists tasks that can be done in different ways. First, think about the



way you usually do each task. Then, try to think of a different way of doing it. Ask a friend or family member if you can't think of a different way.

Task	The way I would do it	A different way to do it
Keeping a list of things to do	Write the list on paper and put it on the fridge	Write the list in a notes app on your phone
Tying a shoe		
Cleaning the bathroom		
Learning a new language		
Folding a shirt		
Keeping important information		



### Let's talk about it

- Why do you do these tasks in these ways?
- Can you imagine doing any of them in a different way?
- How can you try new ways of doing things?
- Why can it be helpful to try doing these tasks in a different way?