

Cognitive Flexibility

Teaching Children 'How-to- think' Not 'What-to-Think'



Tuam Education Centre
IONAD OIDEACHAIS THUAMA

Ionad Oideachais Tacaíochta na Gaillimhe
GALWAY EDUCATION SUPPORT CENTRE



FULLCIRCLE CBT
TRANSFORM YOUR THINKING

For School Leaders, Mainstream Class Teachers, SETs & SNAs

What is cognitive flexibility? What does cognitive rigidity look like? The benefits of cognitive flexibility. Activities that encourage and nurture cognitive flexibility.

This webinar will explore the benefits of cognitive flexibility in children. Cognitive flexibility is the ability to switch between different mental tasks, sets or strategies. Cognitive flexibility helps children to cope with changes in a calm, regulated way. It also helps children to learn more effectively.

Learning Outcomes

Participants will:

- Explore the benefits of cognitive flexibility.
- Differentiate between cognitive rigidity and flexibility.
- Learn ways to nurture cognitive flexibility in children.

Monday 22nd November 2021

7.00 p.m. - 8.00 p.m.