



THE ADAPTABLE MIND

DISCUSSION GUIDE AGES 10-14

You've just seen *The Adaptable Mind*. Here are some questions to get you thinking and talking.

*Please feel free to tailor the language as appropriate for each age group.

1. One of the most important future skills is curiosity. What is something you're curious about? It can be anything: video games, mountain climbing, filmmaking, South America, why people get sick, etc. Do you think it's something that will eventually be part of your job?
2. Creativity is another important skill. What's something creative you've done in the past year?
3. If you could invent, create, or do anything, what would it be?
4. Sometimes we get our best ideas when we're doing something else. Have you ever dreamed a great idea? What was it?
5. Initiative is what brings great ideas to life. What's your great idea? How could you take initiative, even a small step, to turn that idea into something real?
6. Another important skill is multidisciplinary thinking. An example would be if a doctor, an artist, an athlete, a car mechanic, and a scientist all worked together to solve the same problem. Think of a problem in your school or town. How would an artist fix the problem? How would a scientist? How would you?
7. Empathy -- considering how others feel -- is a skill we all need to practice more. Can you think of a time you showed empathy for someone? How about a time someone showed empathy for you?
8. What could you do to practice being more empathetic?

9. Which quality is strongest in you right now: curiosity, creativity, initiative, multidisciplinary thinking, or empathy? How could you use that strength to make a difference in your life? in your community?
10. Which quality is weakest? What's something you could do to strengthen it?
11. Either individually or in a group, think of a challenge facing your community (for instance, homelessness) or the world (like climate change). Considering the five skills covered in *The Adaptable Mind*, brainstorm a way to address that challenge.

THE ADAPTABLE MIND

FOLLOW UP DISCUSSION GUIDE AGES 10-14: CHECK-IN

A little while ago, you watched *The Adaptable Mind*. Let's check back in and see what's changed for you since then.

*Please feel free to tailor the language as appropriate for each age group.

1. *The Adaptable Mind* discusses five important qualities. The first is curiosity. What new things have you been curious about this past month?
2. The second important quality is creativity. The film shows how we get some of our most creative ideas while we're not really trying to – while we're doing something else, like taking a shower, or walking, or daydreaming. Today, see what happens when you let your mind wander. Where does it take you?
3. Initiative is an important quality but it can also be one of the hardest to practice. In the past month, have you taken initiative on anything? Do you plan to this month?
4. Another important quality is empathy. Who have you felt empathy for this past month? Who has shown empathy toward you?
5. The film shows how everything we see and do changes our brains in some small way. Think of something else you've done this past month that might have developed or adapted your brain. What was it?
6. What do you plan to do next month to keep your brain learning and adapting?

FOLLOW UP DISCUSSION GUIDE AGES 10-14: CHECK-OUT

Time for a wrap-up. These questions will help you think about how your own mind has adapted this past year.

*Please feel free to tailor the language as appropriate for each age group.

1. What's the most important skill you've acquired this year? How do you think it will help you in the future?
2. What skill do you want to master next year? Why?