



THE ADAPTABLE MIND

DISCUSSION GUIDE AGES 4-9*

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 skills explored in the film is curiosity. What is something you're curious about? It can be anything: ancient Egypt, World Cup soccer, filmmaking, space travel, how ice cream gets made, etc. Do you think it's something that will eventually be part of your job?
2. Creativity is another important skill. Who's the most creative person you can think of, and why? It can be someone you know, someone famous, or someone in history.
3. What's the most creative thing you've ever done?
4. If you could invent, create, or do anything, what would it be?
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 -- for example 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 having more empathy?
9. Invent a superhero who has the twenty-first century skills of curiosity, creativity, initiative, multidisciplinary thinking, and empathy. What's their name and their superpowers? Describe them and draw a picture.

THE ADAPTABLE MIND

FOLLOW UP DISCUSSION GUIDE AGES 4-9: 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 bath, or running, or daydreaming. The last time you were doing one of those things, what did you think about? Try it today, too -- see what happens when you let your mind wander. Where does it take you?
3. Another important quality is empathy – putting yourself in someone else's shoes. Who have you felt empathy for this past month?
4. The film shows how everything we see and do changes our brains in some small way. Think of something you've done this past month that might have developed or adapted your brain. What was it?
5. What do you plan to do next month to keep your brain learning and adapting?

FOLLOW UP DISCUSSION GUIDE AGES 4-9*: CHECK-OUT (roughly 1 year later)

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 biggest thing you've learned to do this year? How do you think it will help you in the future?
2. What's your biggest goal for next year? Why?