



# OPEN-MINDEDNESS

"It's not about what it is, it's about what it can become." -Dr. Seuss



## WHAT DOES OPEN-MINDEDNESS MEAN?

You are willing to try new things. You are open to new ideas and other points of view.

## WHY DOES THIS MATTER?

Trying new foods can be a great way to practice open-mindedness. Sometimes friends like foods that we have never seen or tasted before! Go ahead and give it a try. You might discover a new favorite snack!

