

WHAT WE CAN AND CAN'T CONTROL

At the current time, it is important that we do not 'get carried away' by our negative thoughts and worries. Remember that some things we **can** control and some things we **cannot** control. For the things we **cannot** control we should 'let them go' and focus our energies on the things we **can**. This image is a useful reminder to help order our thoughts at this time. The things inside the circle are those things within our control. Those outside, we simply cannot.



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ACTIVITY

If you are struggling to order your thoughts complete your own circle of control. List all the things you think or worry about - BUT be careful to put them in the right place! Here are a few to get you started... **This activity can start brilliant topic debates at home!**

Someone else's decisions	Who likes me	How others treat me	Others taking care of themselves	Others kindness	Height
Past mistakes	The past	Others honesty	Others forgiving me	Weather	What others play
My learning	Doing my homework	My thoughts	Being kind	Studying for tests	Being responsible
Looking after things	Who I choose to have as friends	My decisions	Forgiving	How I respond to challenges	Doing my chores
How I spend my free time	Taking care of myself	Exercise	Hobbies	Interests	Asking for help
Being honest	How I respond to others	Apologising	My teacher	My parents	The Law
What others say	What others think	My family	How others feel	Being calm	How I treat others
Loving myself	Tidiness	Official policy	Listening to advice	My attitude	The attitude of others
How I learn	What I learn	Recycling	Where I live	How much things cost	My words
Litter	Traffic	The planets	What I watch on TV	What I read	Other people's reactions
Weather	Others actions	What others play	How I play	How I react	My happiness
How I treat others	Being sensible	Being goofy	My effort	My behaviour	My beliefs
My decisions	My social media use	My gratitude	My manners	Who I hang out with	What I wear
My screen time	My attitude	Other people's attitude	How I play	The choices I make	My ideas
Asking for help	My opinions	Other people's opinions	Learning from mistakes	My response	Getting enough sleep
Time	Bills	Aging	My boundaries	What others post online	My dreams
School	What I look at online	What I wear	Being healthy	What I eat	My eye colour
Being helpful	My teacher	My family	Animals	How I listen	Being brave
Thinking before I speak	What other people like	How I resolve problems	Saying sorry	Being helpful	Letting go of my worries
Other people upsetting me	My anger	My relationship with others	Respecting the world around me	What I worry about	The future