

What Are You In Control Of?

The goal of this activity is to help kids identify what is in their control. Kids do not feel like they have a lot of control over their lives. They are told what rules to follow at home and school, how late they can stay up, and when it is time to eat. Even though they cannot control everything that happens, they can control how they respond.

Contains the following handouts:

In and Out of My Control handout
What We Can Control poster
What Is In My Control worksheet

Directions for the activity:

1. Ask kids the following questions:
 - What are some things that are in your control?
 - What are some things that are out of your control?
 - How do you handle the things that are out of your control?
2. Show and review items on the In and Out of My Control poster. Ask kids if they can think of anything else to add to the list.
3. Show and discuss the What We Can Control poster. Emphasize that even though they cannot control everything that happens, they can control how they respond. Suggest they seek help from a safe adult if they need it.
4. Give the kids a copy of the worksheet to complete. Give them an opportunity to share their answers.

Grades: upper elementary

Borders by:

Graphics by the Pond



In and Out of My Control

In My Control	Out of My Control
Taking care of myself	Skin color
My thoughts	Height
My choices	Hair color
How well I do in school	Weather
My behavior	Past mistakes
Being kind	How others treat me
My actions	Who likes me
How I treat my friends	What other people do
Doing my chores	How other people feel
Following rules at home and school	My friends
Having healthy relationships	Moving to a new house or school
My reaction to situations	What people think about me

What We Can Control



How We React

When Things Happen To Us


Choose the best
Calming strategy
In difficult times

FOCUS ON
THINGS THAT
WE CAN CONTROL

Stop Worrying About
Things We Can't Control

Have a positive attitude
to make good choices

Have strong character to
be ready for anything



Name: _____

What Is In My Control



Directions: Fill out the worksheet below.

Things I can control.

1. _____

4. _____

2. _____

5. _____

3. _____

6. _____

Things I can't control.

1. _____

4. _____

2. _____

5. _____

3. _____

6. _____

Calming strategies I can use when I get upset.

People I can talk to when I need help to solve a problem.

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

List three positive ways you can respond when something happens out of your control.

1. _____

2. _____

3. _____

