

Control

with explainer, activity and landscape version (suitable for A3 copy) and example, as well as a range of flashcards and blanks.

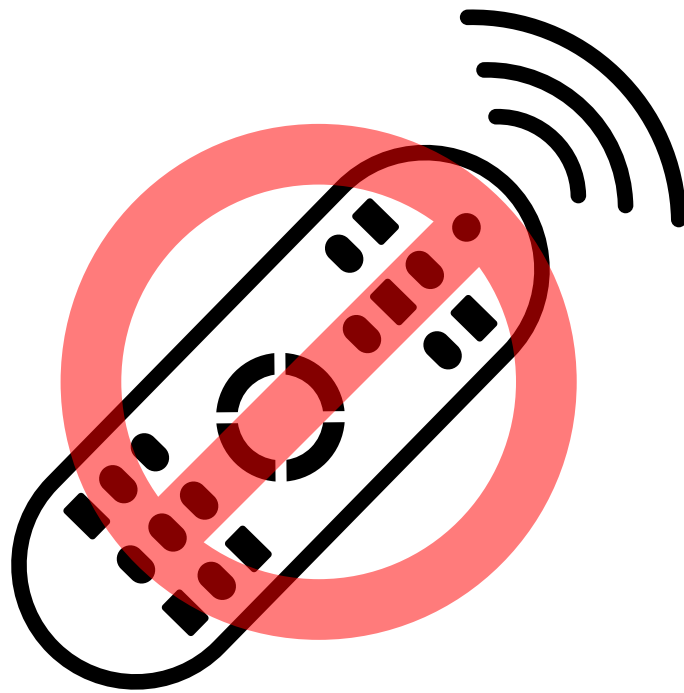
control



Control means having the power to make decisions and choices about yourself and your actions.

It's like being the boss of your own choices. When you have control, you get to decide what games to play, what activities to do, and how you want to behave. It's important to remember that control comes with responsibility too, because we need to make sure our choices are safe and respectful to others. Having control helps us feel independent and capable, and it's a great way to learn and grow.

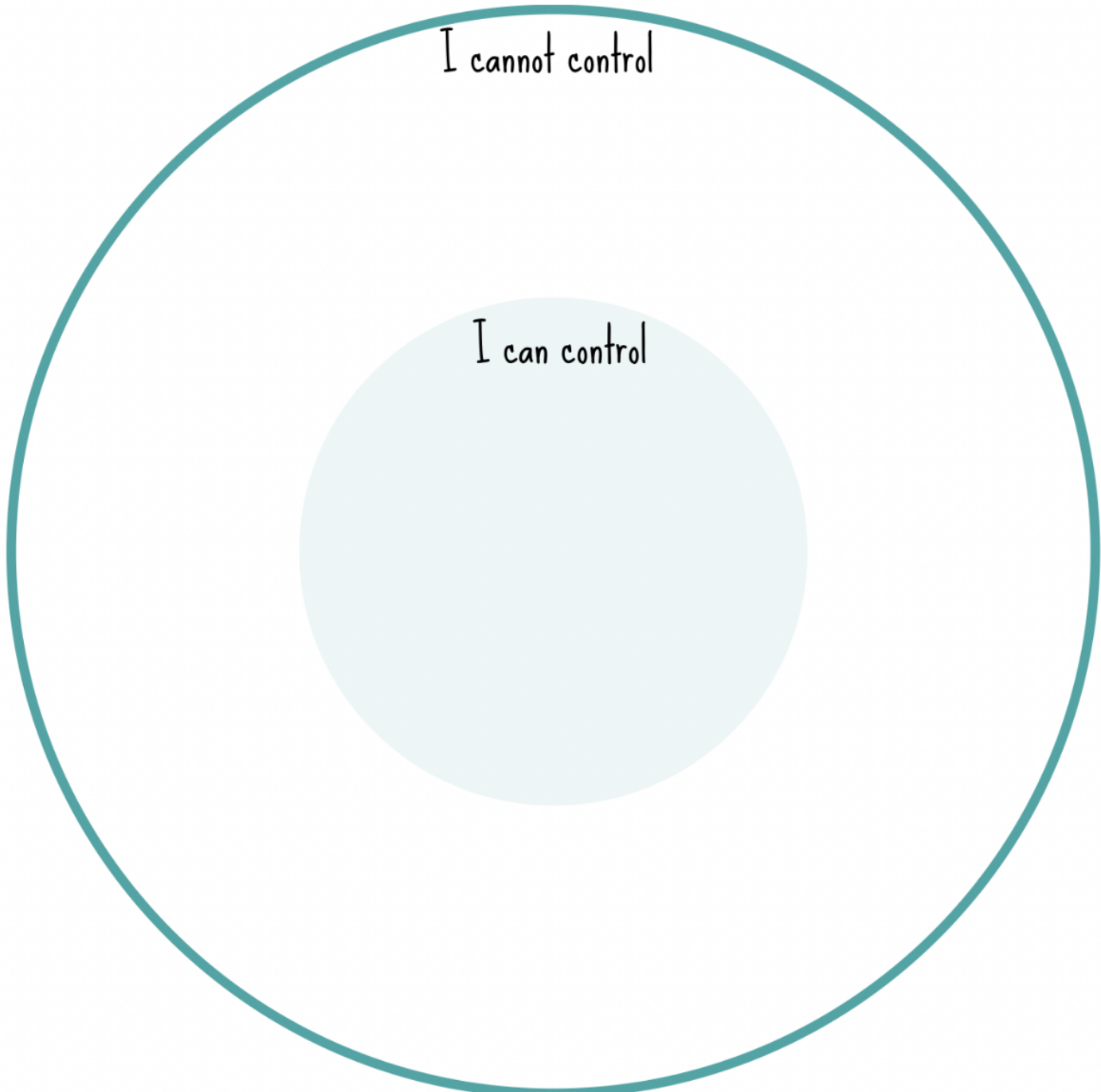
When Situations Are Out of Our Control



Sometimes there are things that happen that are out of our control. For example, the weather, how other people behave, or unexpected surprises. It's important to remember that it's okay to not be in control of everything. We can only do our best and adapt to the things that we can't control. It's also helpful to focus on the things that we can control, like our own actions and how we react to situations.

If we can't control a situation then we need to find solutions to manage the emotions that we experience in the situation. This is the healthy choices that we can use in future.

Control



I cannot control

I can control

I will focus on what I can control.

Control

I cannot control

I will focus on
what I can
control.

I can control

CONTROL

Things I cannot control

What other people say

other people apologising

yesterday

Things I can control

My effort

Doing my homework

*Other people's
behaviour*

My actions

My choices

the weather

My words

Learning from my mistakes

*Other people's
choices*

Apologising

My thoughts

My actions

Asking for help

My attitude

*other people's
feelings*

the past

other people's actions

yesterday

**what other
people say**

**other people
apologising**

**doing my
homework**

**other people's
behaviour**

if I follow rules

**how much effort
I put in**

my actions

my choices

**learning from
my mistakes**

**whether I
apologise**

my thoughts

my words

**other people's
choices**

asking for help

my attitude

being polite

**other people's
feelings**

the past

**other people's
actions**

**other people's
feelings**

**what other
people say**

**taking care
of myself**

**how I treat
others**

