

Things I can Control

Being Kind and Gentle with Myself ☆

★ Helping out at Home

★ My Behaviour

★ Who I hang out with

Taking a Breath when I need a Break ★

★ Trying new things

★ How I Respond to Challenges

★ Getting enough Sleep

★ Being Kind to Others

★ Learning from my Mistakes

★ Working towards my Goals

★ How I speak to and about others

★ Asking for Help

★ Saying 'Thank you'

★ Sharing my feelings in a healthy way

★ Making Good Choices

★ Having a Good Attitude

★ The Effort I put into things

★ How I spend my Free time

★ Being Grateful for What I Have

★ Celebrating small wins

★ Looking for Solutions

★ Reminding myself that I am Enough!

In every day, there are things you **can** control and things you **can't**.

Things I can't control

If there's something you can't control, **take a deep breath**, imagine it's in a bubble, then just **let it float away...**

The automatic thoughts that pop into my Brain ●

● The Weather

● How my friends behave

● How others act and speak

● Past Mistakes

● What group or teacher I have at school

● Being sick

● My brother or sister

● What people say or think about me