



Circle of control

PURPOSE

- Guide children to focus on things they can control and recognize and those they can't control within a situation
- Anxiety can build up when we focus too much on things we can't control, therefore this activity helps us focus our energy on things that are in our control.

OBJECTIVE

- Relieve anxiety and worries
- Build resilience towards stressful situations and situations out of our control
- Build awareness of what is causing our worries or anxiety

INSTRUCTIONS

Materials

- Circle of Control worksheet
- Pen, pencil

Application

- On the "Things I can control" acknowledge what you actually have control over (Ex. water intake, my choices, my words)
- On the outside of the circle acknowledge what you don't have control over (Ex. The weather, other's actions, other's words)

Assembly

1. Write down the things in your life that you are in control of or that you can change.
2. Outside of the circle, write down things in your life you are not in control of.
3. Discuss them.

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



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WHEN DISCUSSING THE THINGS YOU CAN CONTROL

Think about self-care practices, personal goals, boundaries you can set, words you can choose to use, actions you have the power of controlling, and reactions to the situations around you. When you focus most of your energy on this list, you are practicing self-awareness and improving your mental wellbeing.

WHEN DISCUSSING THE THINGS YOU CAN'T CONTROL

Let's work on letting these go. This allows us to regain a sense of control. This doesn't mean they will disappear or that you will ignore them fully, but it helps us be aware of how much attention we are giving to them. Sometimes you may need to accept that some things will not change. When you become aware of those things out of your control, you can focus the majority of your energy on things you can actually influence.

THINGS I CAN CONTROL

THINGS I CAN'T CONTROL