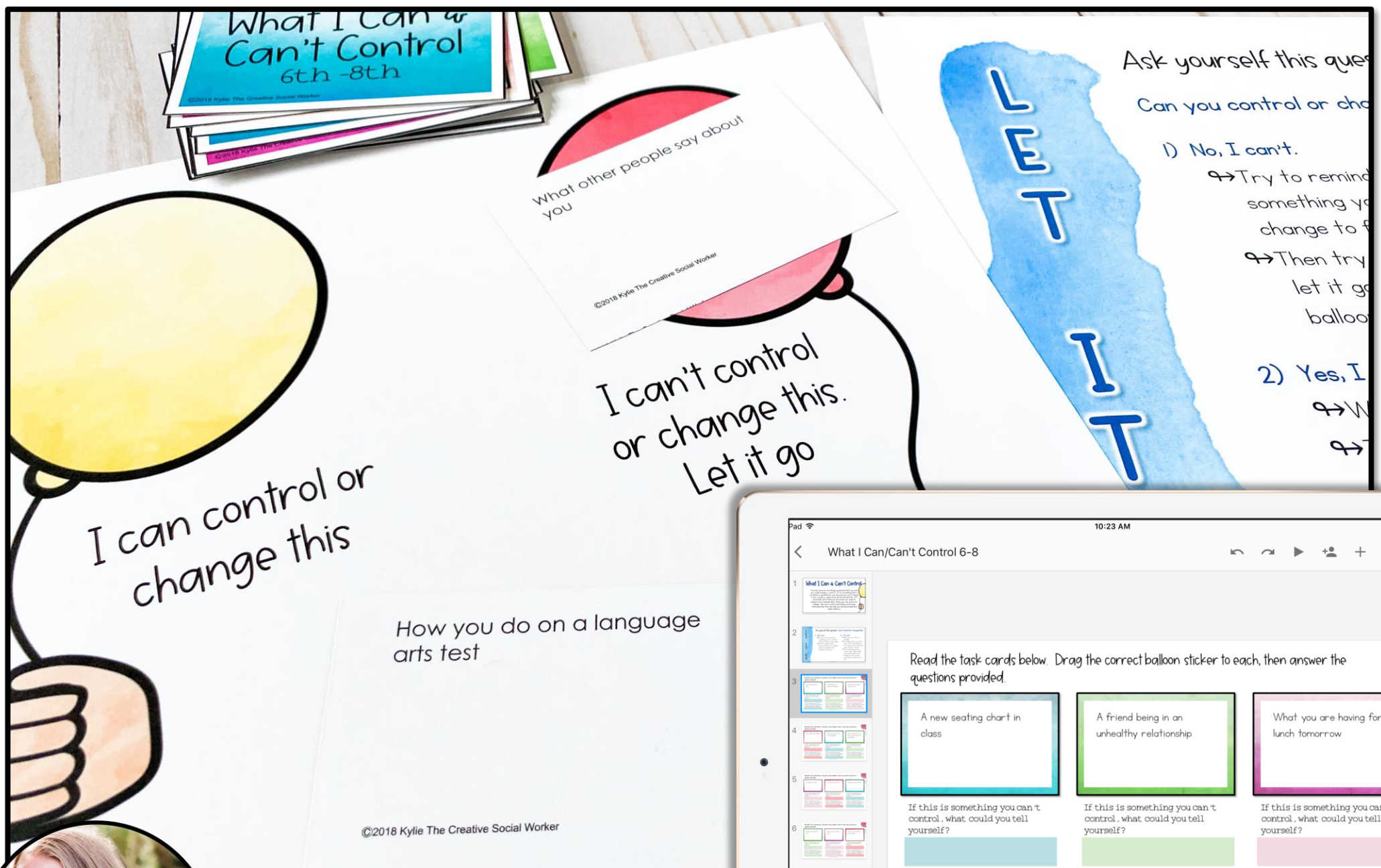


What I Can Control

Digital & Printable Activity



Students practice the idea of “letting it go” and what I can and can’t control through sorting and discussion



All materials come in color and BW

75 cards
to sort

LET
IT
GO

Ask yourself this question:
Can you control or change this?

1) No, I can't.

- ➔ Try to remind yourself of something you can control or change to feel more grounded
- ➔ Then try taking a deep breath, and let it go. Imagine tying it to a balloon and sending it on its way

2) Yes, I can.

- ➔ What can you control or change?
- ➔ Try making a list or writing it down. If it's something you can change, you can write down a plan to do so.
- ➔ If it's something you can control, take a deep breath and remind yourself even though you can't control everything, you CAN

Poster

Ask yourself this question:
Can you control or change this?

1) No, I can't.

- ➔ Remind yourself of something you can control or change
- ➔ Take a deep breath, and let it go. Imagine tying it to a balloon

2) Yes, I can.

- ➔ What can you control or change?
- ➔ Make a list or write a plan
- ➔ Take a deep breath, remind yourself you CAN control this

What is in your control and what isn't?

Directions: You have practiced sorting what would be in your control and what wouldn't be. Now apply it to your life specifically. Complete the organizer below and practice "letting it go."

What are 3 things in your life right now that you CAN control?

1. _____
2. _____
3. _____

~Take a deep breath and remind yourself that even though you can't control everything, you CAN control these things~

What are 3 things in your life right now that you CAN'T control?

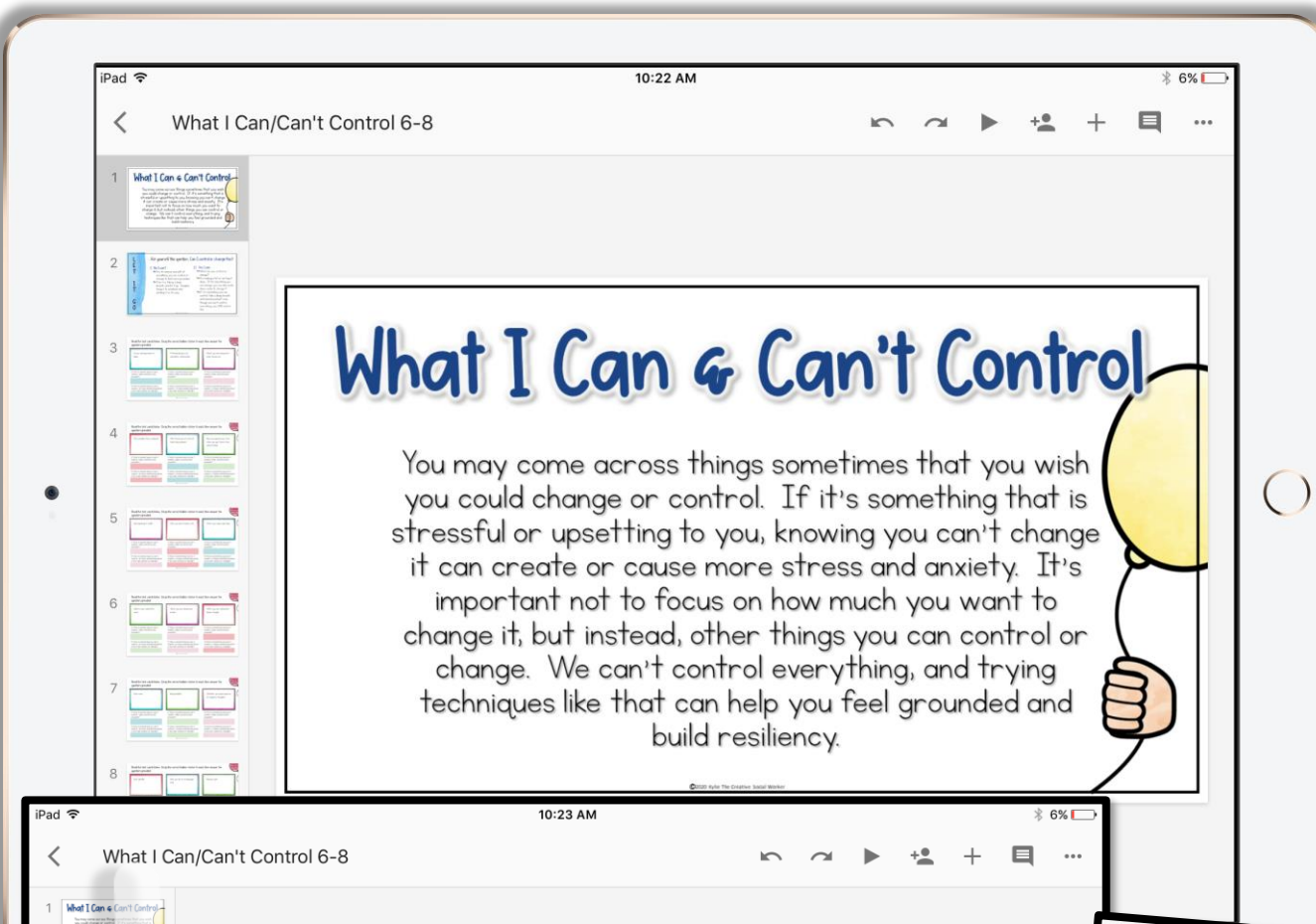
1. _____
2. _____
3. _____

What is something you can control or change?

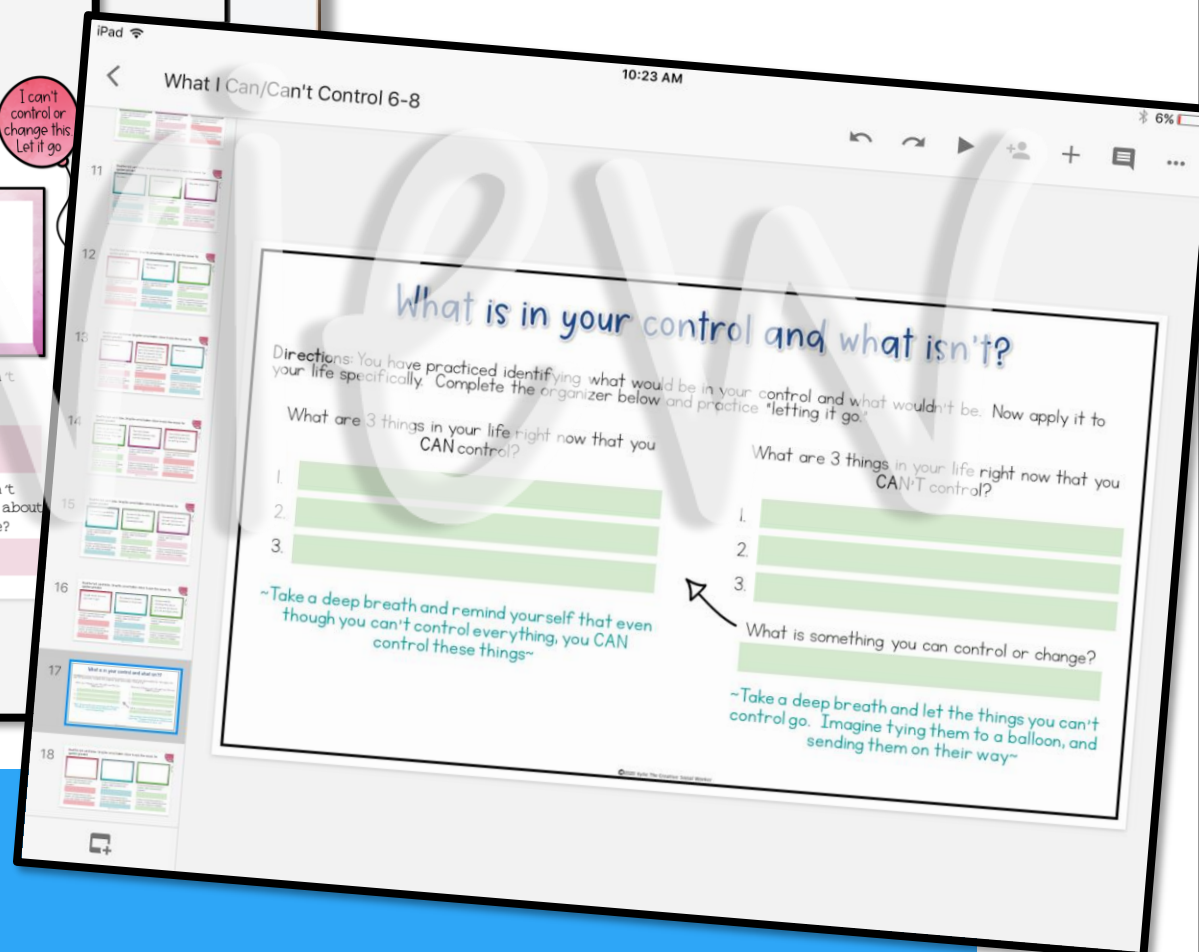
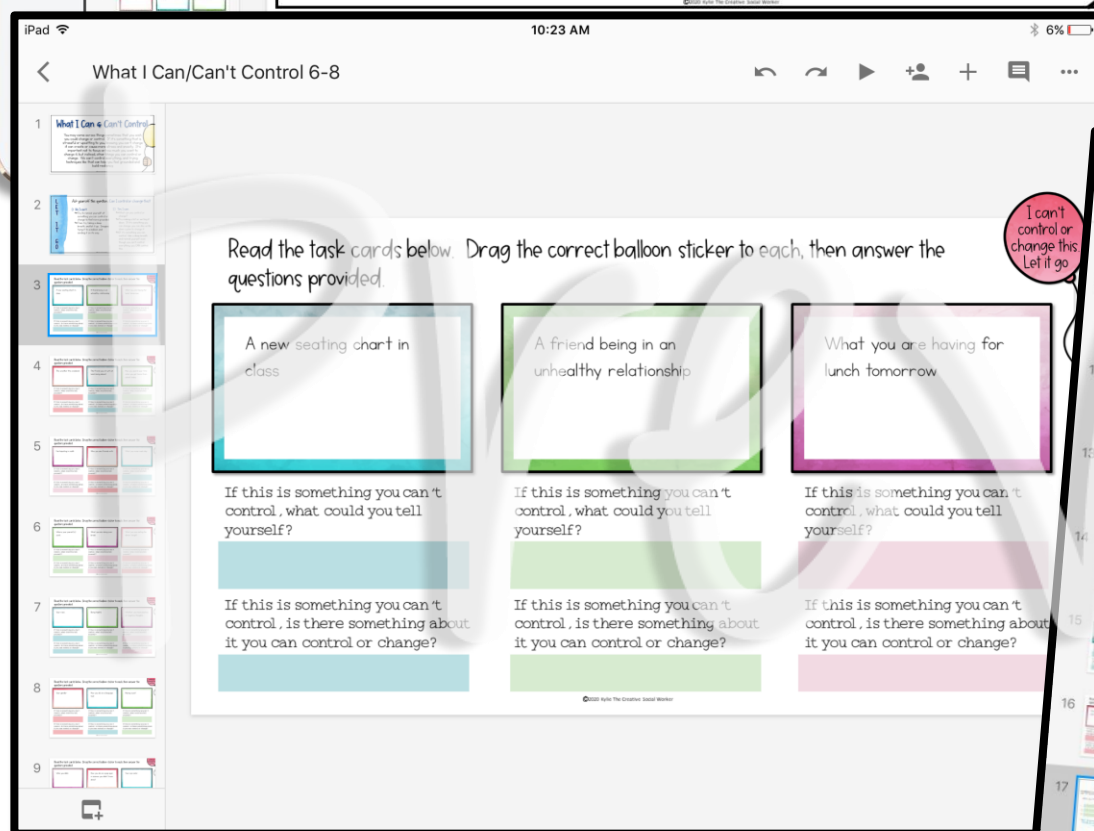
~Take a deep breath and let the things you can't control go. Imagine tying them to a balloon, and sending them on their way~



Notebook Aid



Use in individual and small group settings OR project and use as a class lesson, discussing each task card



Includes:

- Intro slides
- 42 task cards with built-in opportunities to practice positive self-talk
- Wrap-up graphic organizer

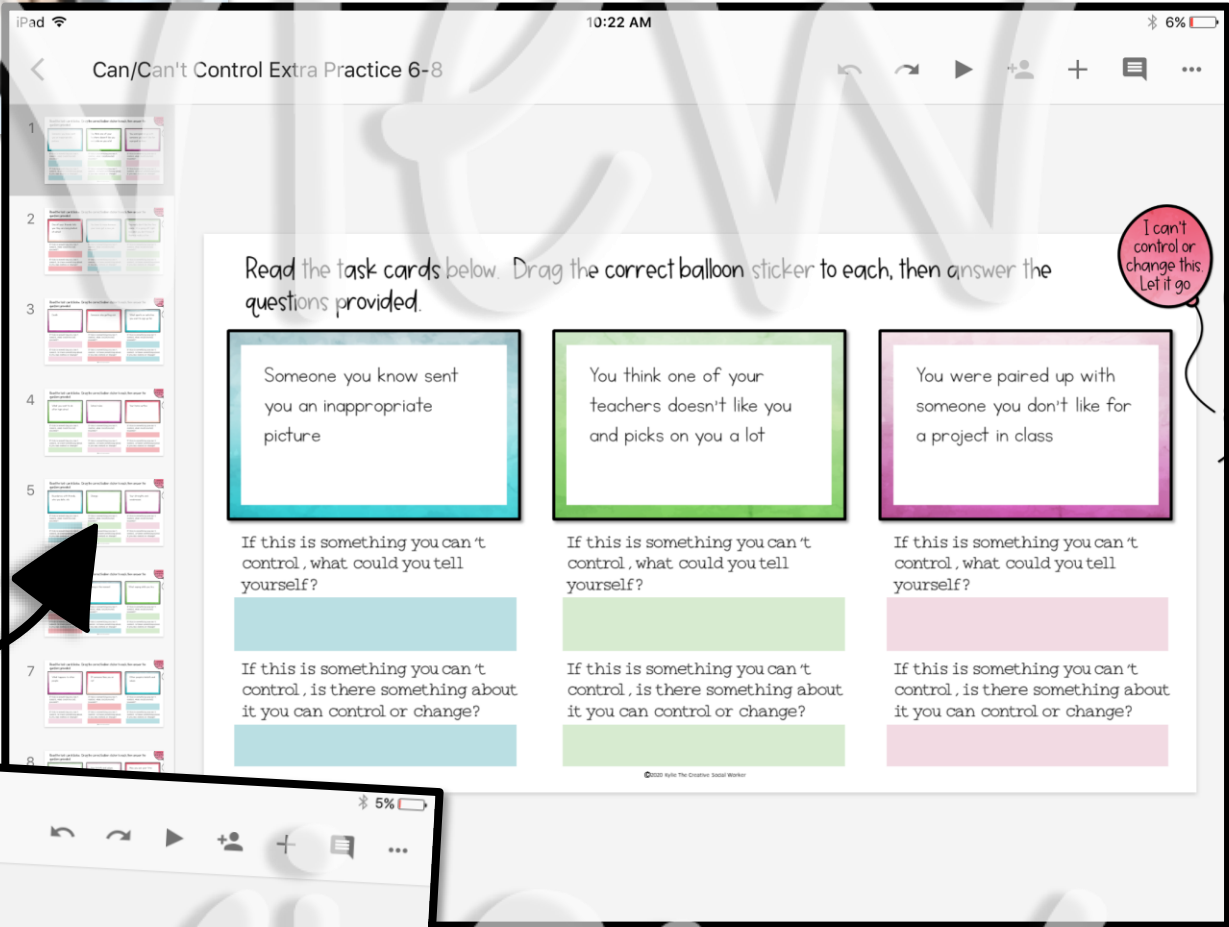


Kylie the Creative Social Worker



Demo video to direct students how to use

33 task cards for extra practice



Blank cards to add your own



Kylie the Creative Social Worker