

Script for My circle of control

Share with the children that you are going to focus on what we can control.
Get the children to discuss and put each of the following in the right place!

Things that are in my control.....

How I take care of myself

My decisions

How I handle my feelings

Whether or not I follow rules

How I treat others

My actions

My words

The amount of effort I put in

Things that are out of my control.....

What other people do

What other people say

Things from the past

How other people feel

Other people's choices

The weather!

Circle of Control

