My Control

Look at the areas listed in the table below. Write each one of them into the box you feel they fit; either 'Things I Can Control' or 'Things I Can't Control'.

You can then put this up in your room or home to remind you of the things you can actually control and to focus on these.

Things I Can Control	Things I Can't Control

how other people feel	what other people do	how I look after myself	other people's opinions
getting older	what I say	traffic	the weather
what I do	what I wear	what I eat	who I play with
my opinions	my thoughts	my words	how I behave
what other people say	what other people think	how other people feel	what other people believe

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.