

WHAT CAN I CONTROL?



With older children, you can teach them more about **control**. This helps in determining how to respond to certain situations.

Other people's
behaviour

Other people's feelings

Other people's
mistakes

What i cannot control:

Other people's
thoughts

Other people's
words

What I can control:

My
behaviour

My
words

My
thoughts

My
mistakes

My
feelings



Discuss with your child why it is much better to focus on the things you can **control**, rather than the things they can't control. They can reflect on this imagery when they find themselves in situations where they are struggling to cope with their emotions. e.g. is this in my rainbow or outside of it?