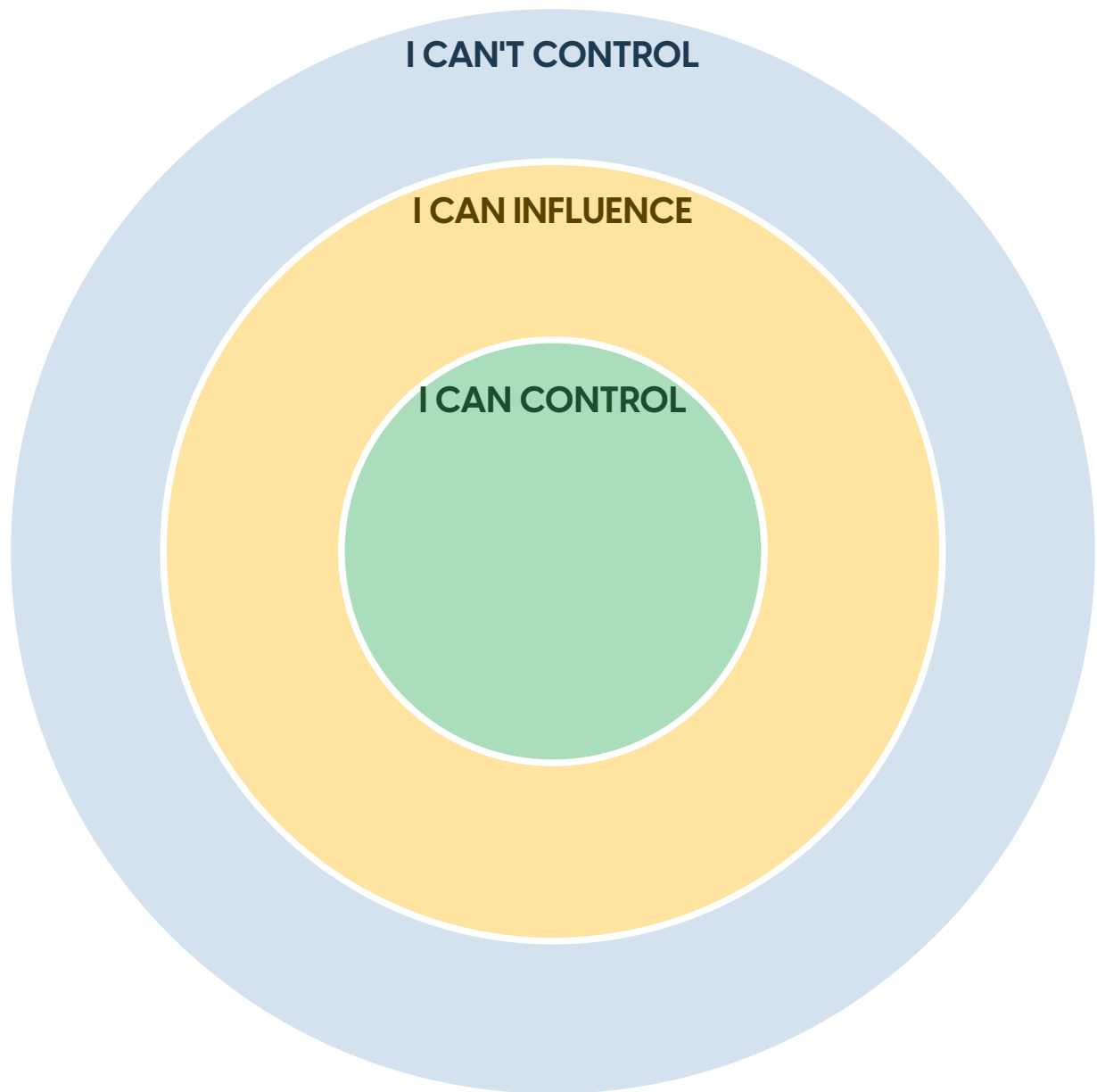


# Circle of Control

Write each worry in the circle where it belongs.



**What I can do this week**

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# My Circle of Control

Some things are up to me. Some things are not. Draw or write in each circle.



Something I am worried about: \_\_\_\_\_

Is it up to me?

**Yes**

**A little**

**No**

One thing I can do: \_\_\_\_\_

# Worry Cards to Sort

Cut out the cards and sort them onto the circle. There is no answer key: talk about why each one goes where it does.

|                          |                                |                           |                             |
|--------------------------|--------------------------------|---------------------------|-----------------------------|
| How hard I try at school | The weather on field day       | What I say when I am mad  | Getting picked for the team |
| If my parents argue      | Cleaning up my room            | Making a new friend       | Bad dreams                  |
| How much I study         | My grades                      | What people post about me | Time on my phone            |
| Getting into college     | Whether my crush likes me back | My parents' rules         | Going to bed on time        |
| My own:                  | My own:                        | My own:                   | My own:                     |

I can control

I can influence

I can't control