# 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.

<table>
<thead>
<tr>
<th>Things I Can Control</th>
<th>Things I Can’t Control</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- how other people feel
- getting older
- what I do
- my opinions
- what other people say
- what other people do
- what I say
- what I wear
- my thoughts
- what other people think
- my self-care
- traffic
- what I eat
- my words
- how other people feel
- who I play with
- my actions
- 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.