



IN & OUT OF MY CONTROL

Life and the world can often feel out of control, especially for our children.

Helping our children recognize what they do have control over, can ground them, and help them focus their energy on what they do have a choice over.

Learning to let go of what we don't have control over and focus on what we do, will help our children feel less anxious and allow them to earn a sense of empowerment. It will also help our children feel less like a victim, stop blaming others, and take more responsibility for their reactions and actions.

We choose to use the words **out** and **in** to reinforce how our inner world is where we have the most choices versus the outer world, where we have less to no control at all.

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STEP ONE: Writing & Discussion

Make a chart like the one below. You can use the example we provided ask your child to think of examples to add to both columns.

In my control	Out of my control
My words	The weather
What I eat	Others' health
My school work	Others' reactions
Being kind	Others' happiness
What I believe about myself	Wars
Respecting rules and boundaries	The past

Have an open discussion about the items on the list and:

- Lovingly validate your children's feelings about the things that are out of their control; it makes sense they feel worried, upset, or sad.
- Gently explain that overthinking about the things that are out of their control doesn't make them better.
- Empower your children to focus on the things that are in their control. Help them look into each of the items and make a connection to real-life scenarios.

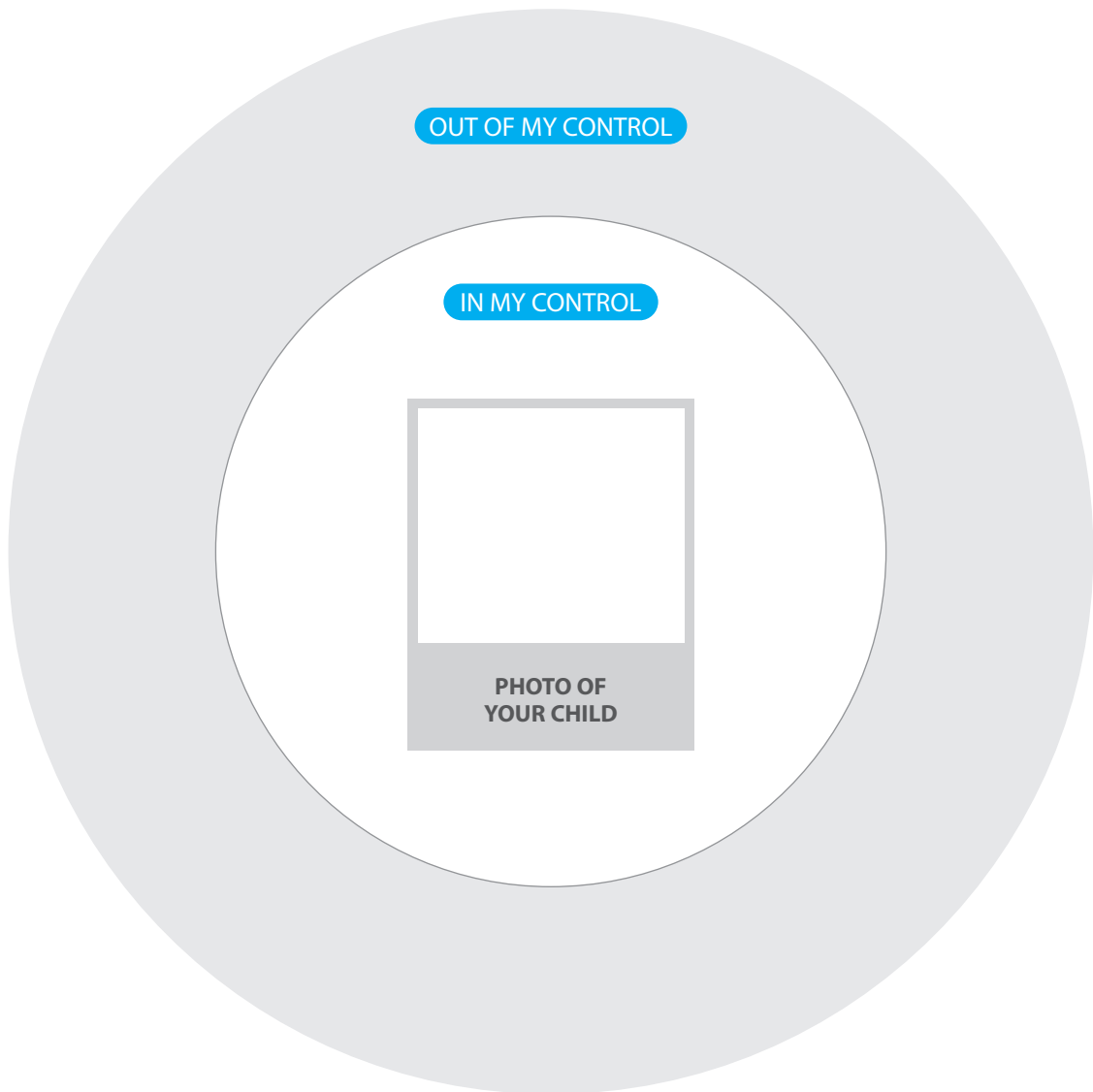
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STEP TWO: **Art Project**

On a large piece of paper have your child draw a large circle and inside it a small circle.

STEP THREE:

Print a picture of your child and let your child glue it in the middle of the small circle



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STEP FOUR:

Have your child write the items from **Out of my control** list onto the bigger circle and decorate as they wish, suggest to express their feelings about the things they don't have control over.

Now have your child write the items from the **In my control** column and place them in the smaller circle. Again suggest to decorate it according to his/her feelings about the things that are in their control.

