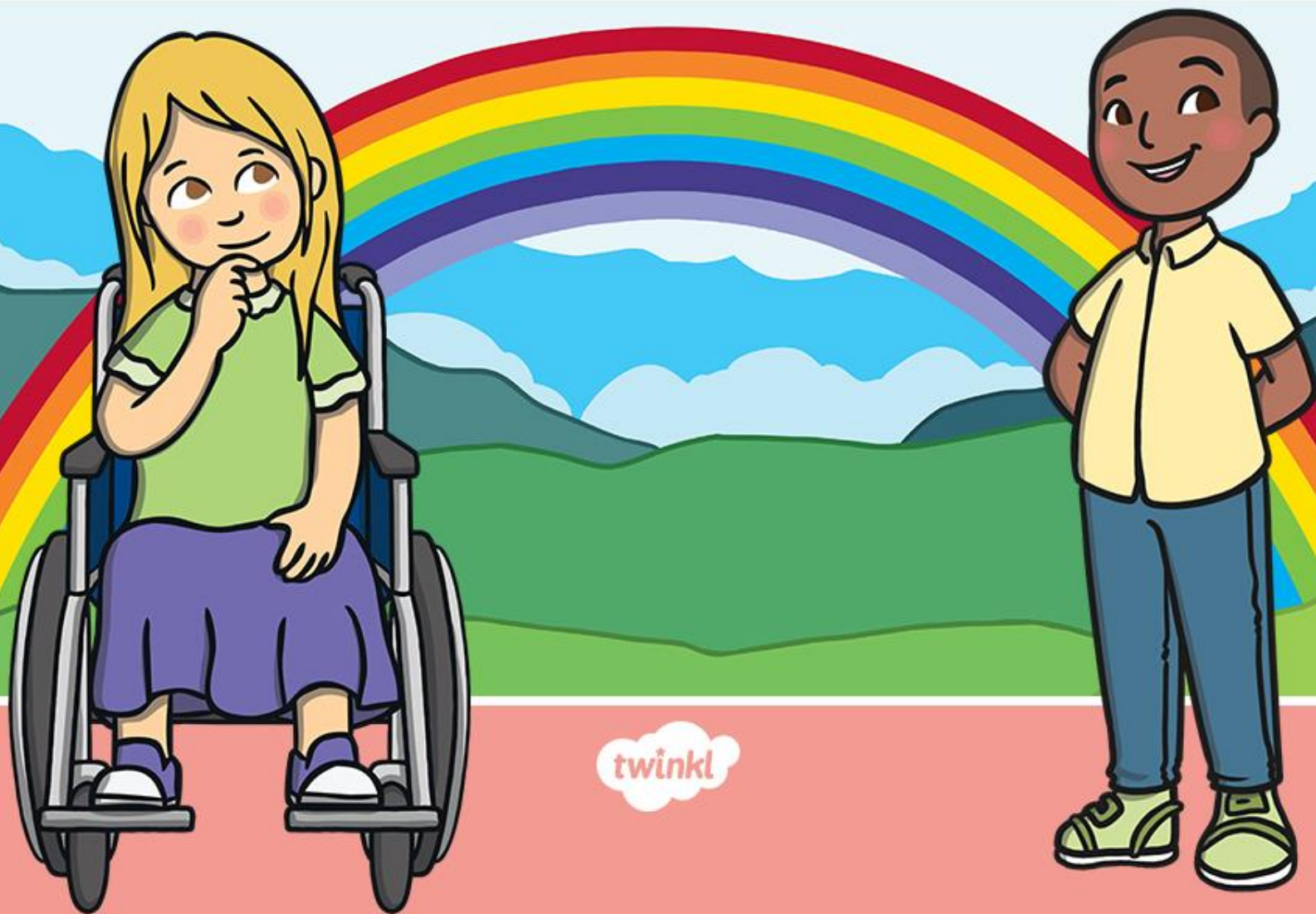


Looking After Your Wellbeing

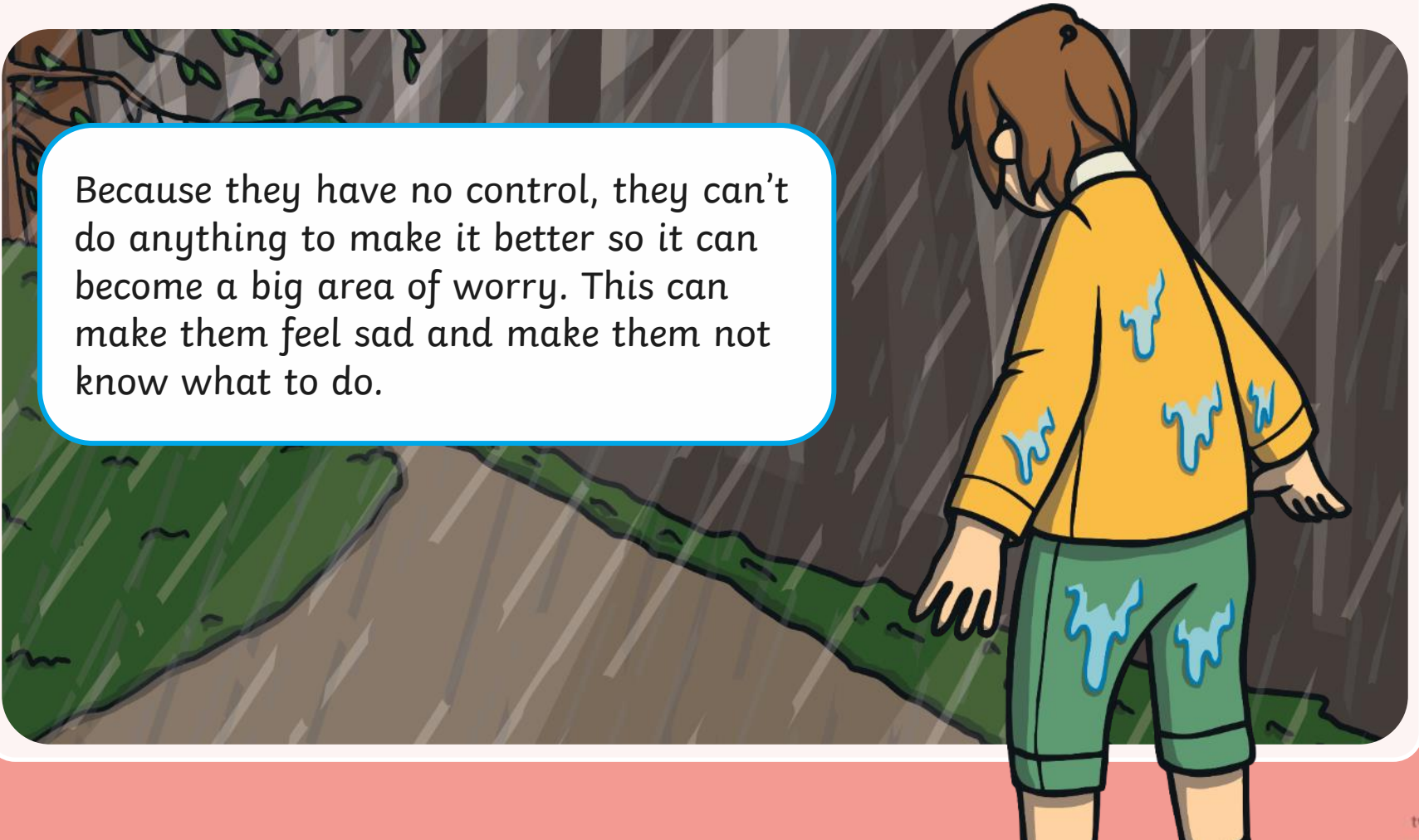


twinkl

Areas of Control

Lots of people spend time worrying about things that they can't actually change or control.

Because they have no control, they can't do anything to make it better so it can become a big area of worry. This can make them feel sad and make them not know what to do.



Areas of Control

It is important to think about the things you can do something about, rather than the things you can't.

This can help you to realise what you should spend your time thinking about and working on.

It also helps you to identify the things that you need to stop thinking about, or trying to do something about, as you have no control over them.



Areas of Control

Sort the following sentences into the table.

You can write this on your Google Doc or draw a table and write the sentences in the correct box.

Areas of Control

Sort the following sentences into the table. You can write this on your Google Doc or draw a table and write the sentences in the correct box.

Things I Can Control

Things I Can't Control



My opinions.

What I say.

What I wear.

What other people say.

Who I play with.

What I eat.

My thoughts.

What I do.

How other people feel.

The weather.

Getting older.

What other people think.

My self-care.

Other people's opinions.

My words.

What I do.

Traffic.

What other people do.

What other people believe.