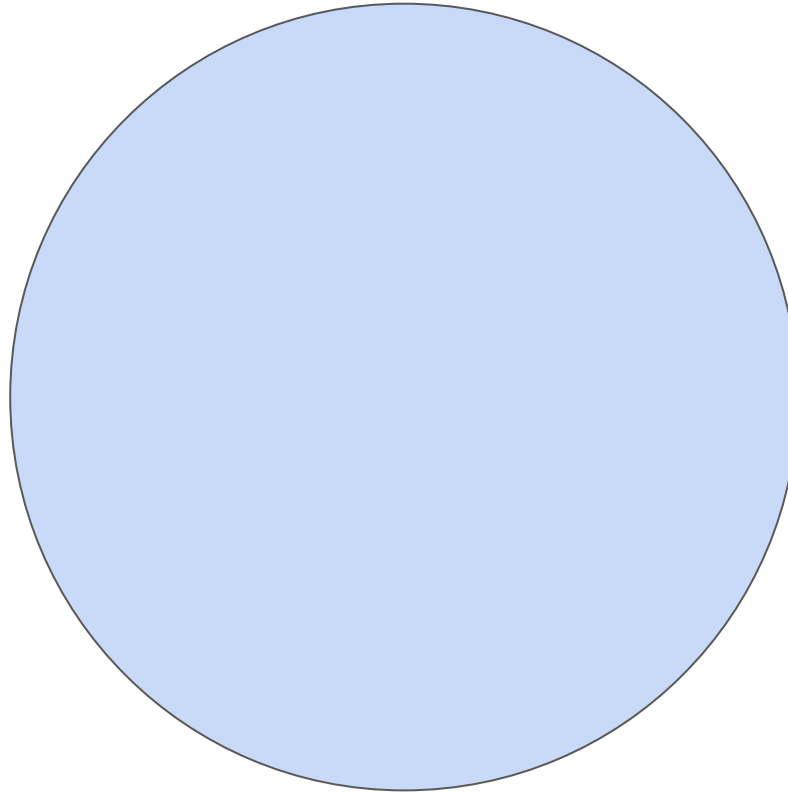


What can I control? *Stick these inside the circle*
What is out of my control? *Stick these outside the circle*



Draw the pictures or cut them out of the next sheet and stick them in the right place. When you've had a go, chat about where you have put the pictures with an adult at home. Then look again at the things you can control - choose one and think "what changes can I make that would improve my mental health and emotional wellbeing this week?"

All of these things can affect how we feel - it is important to recognise which of these we can control - cut around the pictures and stick them in the right place on the previous sheet.



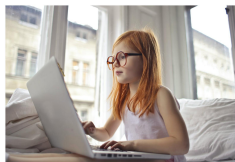
How much work
my friends do



How others feel



The exercise I do



How much work I
do



What I read and
watch



When I will go back
to school



What the weather
is like



How I relax and
take time out



The time I spend
online



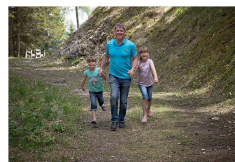
Other people's
health



How I help others



How I keep clean
and safe



My social distancing
on walks



How I respond to
my feelings



How others respond
to their emotions



How other people
follow the rules



How I express
myself



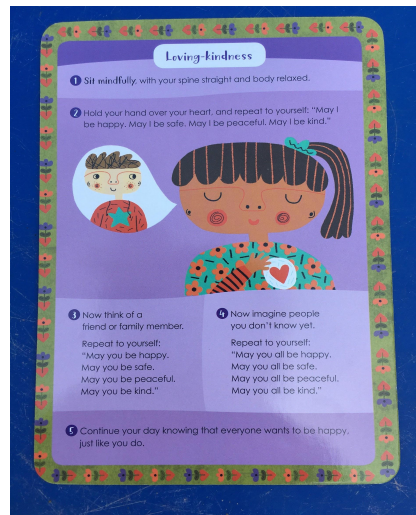
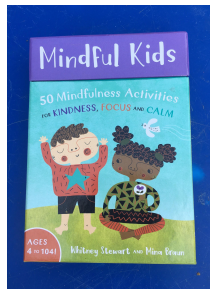
What I eat



How I feel

In order to feel calmer about the things you can't control, **TAKE NOTICE** - Sometimes it can help to practice mindfulness. Here are some good activities to help us take notice of what's around us and calm our emotions and worries.

In our sessions we enjoy using these mindfulness activities by Whitney Stewart and Mina Braun - why not try them out? They can help us focus when our mind is stressed and needing to relax. If you like them they can be purchased from various sites online.



- ★ Practice mindful breathing
- ★ Take a break
- ★ Listen to music
- ★ Enjoy your surroundings
- ★ Have a bath
- ★ Take a noticing walk
- ★ Make a mind jar
- ★ Use your touch sense to play “what’s in the box”
- ★ Practice mindful eating
- ★ Describe the moment’s five senses
- ★ Share a hug with someone you live with
- ★ Try a blindfolded taste test

