

It's All About **Control**

There are things in life that you can control—for the most part—like the order in which you do things before school. You can brush your teeth before getting dressed or after. Other things, like the weather, you have no control over.

Sometimes, things that are out of our control feel scary. However, one secret to being BRAVE is remembering that you are SMART! You have the ability to create thoughtful goals and plans based on what you can control.

Use the space on the back to draw or write a list of things you can usually control and things you can't always control.

What Can You Do About Your Worries?

What can you do to be brave when you are worried about something? Write or draw your worries and plans in the space on the back. How can you use the things you can control to make a plan? Ask a trusted adult or someone you look up to for help if you need it.

Fill out your own on the back of this sheet.

What Can I Control?

My Plan

Example:

When I do my homework.

Example:

I will do my homework after I have my afternoon snack.

What's Out of My Control?

My Plan

Example:

When I see some friends and family members.

Example:

I will call, text, or video chat with my family when I miss them.

My Worries

My Plan

Example:

I am worried about getting sick.

Example:

I will wear a mask when I am not at home. I will wash my hands.