

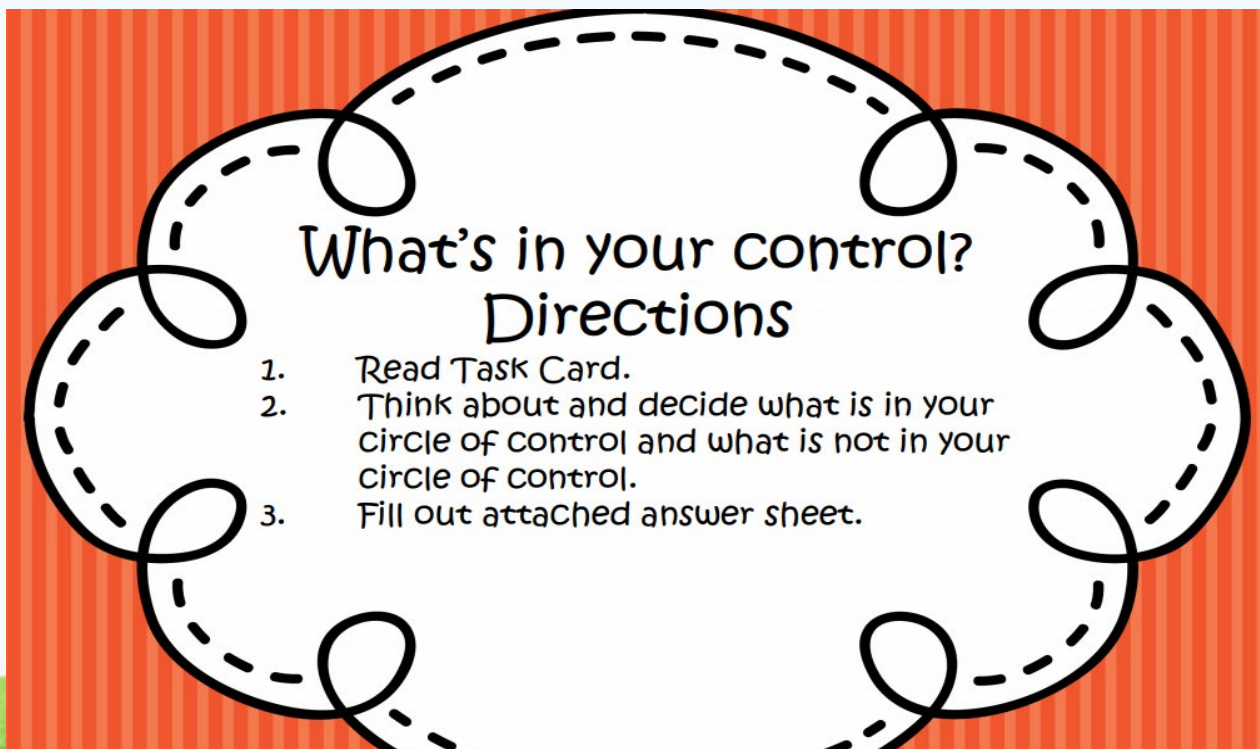


# *Circle of Control*

*Advisement Lesson*

It is important to understand the difference between things you can control and things you cannot.

- *Control*- When you feel like you can do things that will change or influence something.
- *Self Control*- When you handle the way you express your feelings so you do not cause distress for yourself or others.



What's in your control?  
Directions

1. Read Task Card.
2. Think about and decide what is in your circle of control and what is not in your circle of control.
3. Fill out attached answer sheet.

# Group Discussion:

## Card 1

Joe woke up late that morning. His mom forgot to wake him up. He was going to be late to school. He got so mad he yelled at his mom for not waking him up.

## Guiding Questions Card

1

1. What was in his control?
2. What was not in his control?
3. What was his reaction?
4. Did his needs get met with his reaction?
5. What could have been a better reaction?

## Card 2

Jill was in PE class. She really wanted to be picked to be a team captain. The coach picked another little girl to be the captain. Jill was so upset she started to cry. When her teacher asked her to come talk with her Jill refused to move.

## Guiding Questions Card

2

1. What was in Jill's control?
2. What was out of her circle of control?
3. What was her reaction?
4. How could she have handled it differently to get her needs met?

## Card 3

Joe was at his best friends soccer game. He and his friend were going to go out to eat afterward. Joe's mom had an emergency and Joe had to go straight home. He was so disappointed. Joe became upset and punched the wall.

## Guiding Questions 3

1. What was in his control?
2. What was not in his control?
3. What was his reaction?
4. Did his needs get met with his reaction?
5. What could have been a better reaction?

# Group Discussion:

## Card 4

Jessica was on her way to dance class. She did not want to be late. She got all of her things ready and was in the car on time. On the way to dance there was a big accident and Jessica was stuck in traffic. She was going to be late to dance. She was worried she would be in big trouble.

### Guiding Questions 4

1. What was in Jessica's control?
2. What was out of her circle of control?
3. What was Jessica worried about?
4. What could she do to calm herself down?

## Card 5

Christopher was playing with his friend at recess. He and his friend both wanted to use the ball first. Christopher's friend took the ball from him and ran away. Christopher ran after his friend and hit him in the head. He was so mad, he just wanted the ball!

### Guiding Questions 5

1. What was in his control?
2. What was not in his control?
3. What was his reaction?
4. Did his needs get met with his reaction?
5. What could have been a better reaction?
6. What are the consequences of the way Christopher reacted?

## Card 6

Kristen was on her way to the park. She was going to her birthday party. All of a sudden it started to rain. They had to cancel the party. Kristen was so upset that she ran to her room and started to hit the pillow on her bed.

### Guiding Questions 6

1. What was in her control?
2. What was not in her control?
3. How did she react?
4. What could she have done differently to calm down?

# Group Discussion:

## Card 7

Bobby was in class. He was trying really hard to pay attention. His friend kept tapping him on the shoulder. He tried to ignore him but he wouldn't stop. Bobby got so frustrated he stood up and ran out of the room.

### Guiding Questions 7

1. What was in his control?
2. What was not in his control?
3. What was his reaction?
4. Did his problem get solved?
5. How could he have better solved his problem?

## Card 8

Kristen was having a really hard time on her math test that day. She didn't do any of her homework that week so she didn't feel prepared. When the test came she didn't know how to solve any of the problems. She tore up her test and threw it on the ground. She was not going to take that test!

### Guiding Questions 8

1. What was in her control?
2. What was not in her control?
3. How did she react?
4. What could she have done, that was in her control to feel more prepared?

## Card 9

Jeffrey was in music class. It was so boring he hated everything that they were doing. He started to tap his fingers on the ground making a lot of noise. It was starting to disrupt the class. When the teacher asked him to stop he ignored her and continued what he was doing.

### Guiding Questions 9

1. What was in his control?
2. What was not in his control?
3. What was his reaction?
4. Did his problem get solved?
5. What might the consequences of his actions be?
6. What could he have done differently?

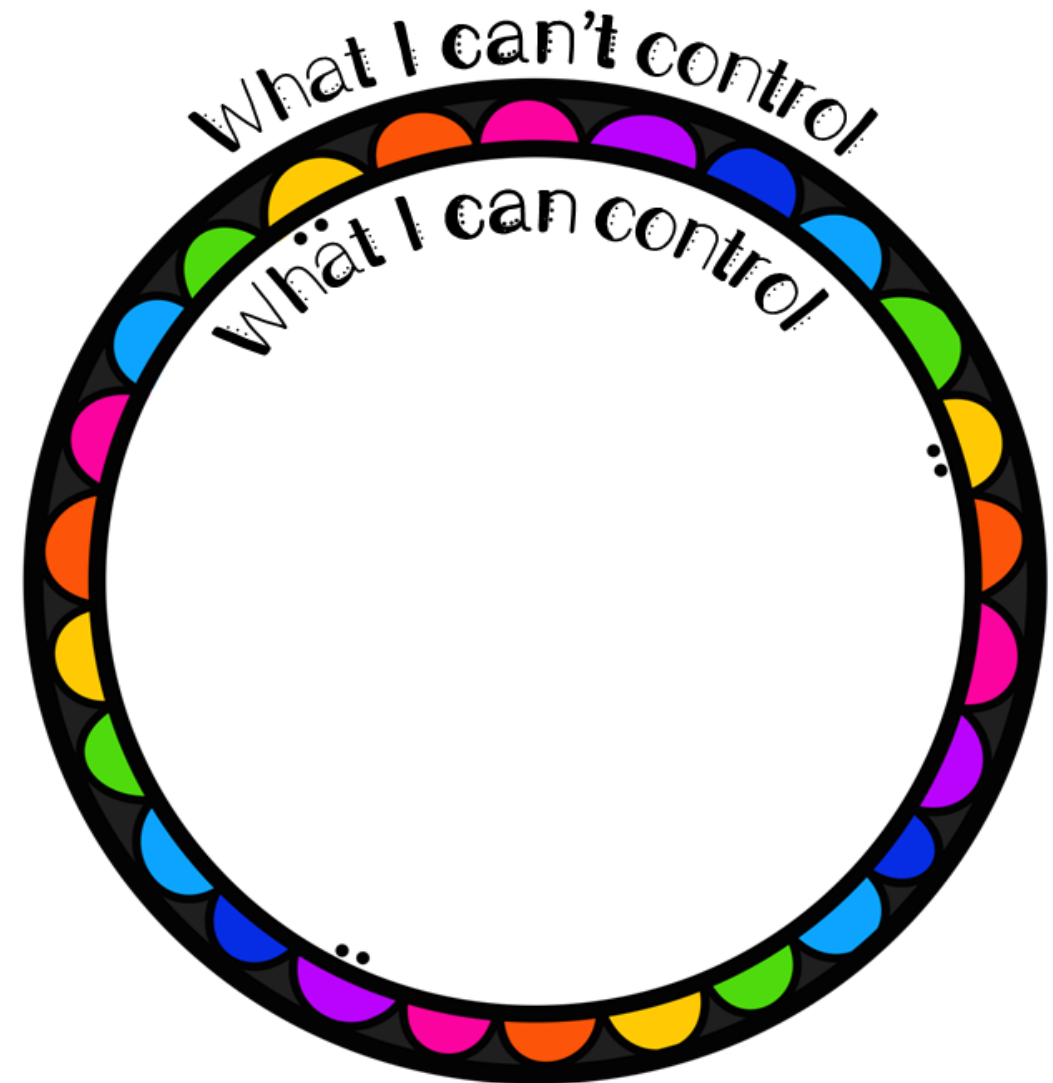
# Circle of Control:

Draw a target/bullseye

In the center list all of the things you personally can control in your life.

In the outer part list the things you can't control.

# Circle of Control



# Examples of Items to list:

The Weather

It's raining

I screamed at my mom

My mom asked me to do something

I don't like what's for lunch

My teacher gave me homework

They don't have the book I want in the library

I didn't set my alarm so I am late

My reaction

My actions

Others reactions

Others actions

Traffic

Teacher directions

My friend hit me

I didn't move in the hallway

My mom forgot to put lunch money on my card

I forgot to do my homework

I didn't study for the test

It's cold out and I am wearing shorts

What I wear

My mom is frustrated with my brother

I don't like what's for dinner

I screamed and yelled at my teacher

I shared with a friend

A friend wouldn't share with me

They wouldn't let me play

I left others out and it hurt their feelings

I cant find my shoes

My clothes are dirty

My mom made pork chops for dinner

My teacher asked me to do work

I'm tapping my pencil

# Circle of Control

- There are times when we feel like we don't have control of the things around us. During these times it is important to remember we can ALWAYS control our attitude and our responses.
- Staying within your circle of control helps you focus on things you can change and not waste time and emotional energy worrying about things you cannot.



- Example: You can't control the weather, but you can control what you wear and if you bring an umbrella.
- Example: You can't control what other people say on social media, but you can control whether you block them and surround yourself with positive people.