

# Letting Go



Much of what happens to us in our lives cannot be controlled. Worrying too much about the things we cannot control can negatively affect our wellbeing.

Draw a line to sort each item into the correct pencil case.

The items to be sorted are:

- My reaction** (yellow protractor)
- The weather** (grey cloud with rain)
- How others treat me** (yellow sun)
- How I play** (green ball)
- My self-talk** (red lips)
- My happiness** (orange scissors)
- My attitude** (green pencil case)
- My effort at school** (blue highlighter)
- Other people's thoughts** (white speech bubble)
- How I respond to challenges** (three colored markers)
- What I say** (rainbow)
- Other people's actions** (yellow ruler)

The two pencil cases at the bottom are:

- Things I can control** (light blue)
- Things I cannot control** (green)