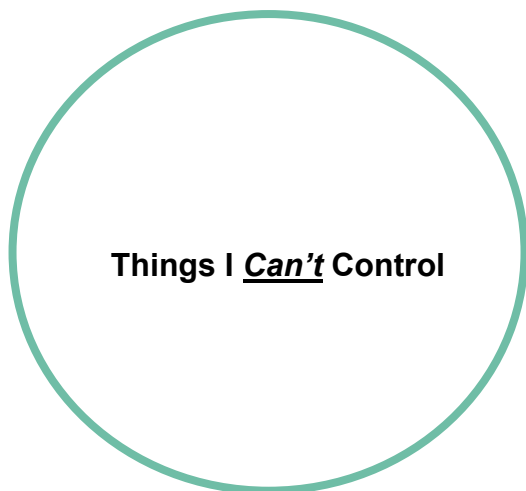
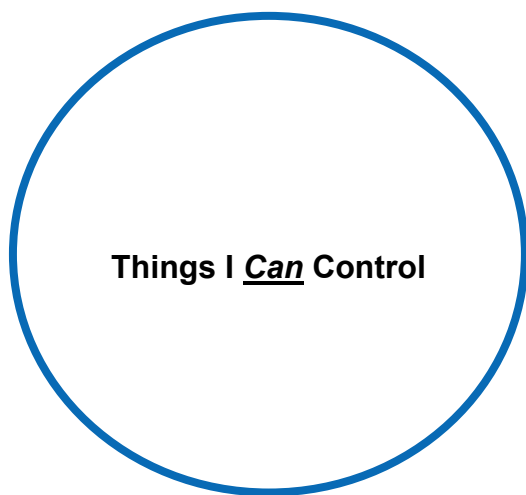


## Unit 3.4 Stress Management Skills

### Things I Can and Can't Control Activity - Level 2 and 3

1. Look at the list of things that are in our life in the box.
2. Now think about if this is something that is in your control or not.
3. If it is something you can control, then draw a line to the circle that has Things I Can Control in it.
4. If it is something that you can't control, then draw a line to the circle that has Things I Can't Control in it.



- Getting to class on time
- The teacher not answering my email
- Students not listening to my ideas in group work
- Getting to bed early
- Presenting in front of the class
- Spending more time outside
- Being sick
- Someone annoying me because they are loud
- Cutting back on screen time
- Doing my schoolwork
- Emailing my teachers
- Other people being rude
- Eating healthy food
- Being more physically active
- Someone interrupting me when I am talking
- Someone saying bad things about me

