

Circle of Control



INSTRUCTIONS

Individual Counseling

- For younger students, use the poster included to give concrete examples of things they can control or not.
- Using the blank “Circle of Control” worksheet, help the student organize his or her thoughts either in the circle or outside of the circle depending on whether the worry he or she has can be controlled or not. If you meet with the student regularly, you can keep the worksheet in your office and add to it weekly. They could also take it with them.
- This activity can also work well as an assessment of what someone thinks they can control or not. To do this, have them fill out the “Circle of Control” worksheet on their own, without your input. You can then use this as a baseline of the student’s or client’s understanding of whether their concerns are rational or not. As a counselor you could then use CBT to change these irrational thoughts. After a period of time, you can have the student or client fill out the worksheet again and see whether their answers changed. This helps you assess change!

I NSTRUCTIONS

Small Group Activity

- Print and cut out the 24 different “Control” and “Can’t Control” example cards. Make enough copies for each member of the small group.
- Instruct the students to decide if the example is something they can control or something they can’t control. Then have them glue the example card on the appropriate worksheet on the blank rectangles.
- You can also come up with your own examples and use the blank “Circle of Control” worksheet to sort out these examples. Students can also think of their own.

I NSTRUCTIONS

Developmental Guidance Activity

- Use the PowerPoint slides as a part of a developmental guidance lesson. You can also print the cards on cardstock and laminate them.
- You can hold these up in the front of the room. If you have the room, use masking tape to make a large circle and an inner circle to represent “What I Can’t control” and “What I Can Control”. As you go through the slides, have the students move between the circles for whether they think they can control that action or not. If you don’t have the space, have the students raise their hands or move to different areas in the room.

Circle of Control

What I can't control

What I can control

Circle of Control



Your Teacher

What I can't control

What I can control

Snow Days



Stop it. I don't like it when you call me that.



Listening



Loving Yourself & Others



Being kind



I'm sorry I hurt you! Will you forgive me?



Taking Care of Myself



Working Hard



Keeping Your Hands to Yourself



How You Treat Other People



Being in Your Space



Doing Your Job



What Other People Like or Don't Like



What Other People Say



Your Family

What Other People Do



The Weather



Your Skin Color



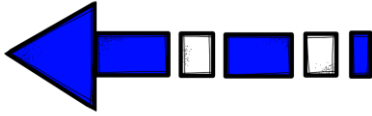
Your Classmates

The Past



What I Can't Control

The Past



What Other People Say



Your Family



Your Teachers



What Other People Like or Don't Like



What Other People Do



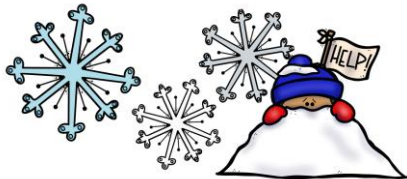
The Weather



Your Classmates



Having a Snow Day



How Other People Feel



What Other People Think



Your Skin Color



What I Can Control

Loving Yourself & Others



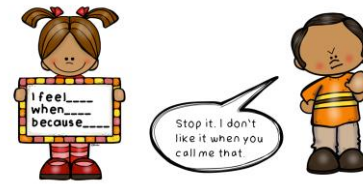
Choosing to think before you speak!



Taking Care of Yourself



Using an "I Statement" or Brave Talk



Doing Your Job



How You Treat Other People



Working Hard



Apologizing



Being in Your Space



Being kind



Keeping Your Hands to Yourself



Listening



What I Can Control

--

--

--

--

--

--

--

--

--

--

--

--

What I Can't Control

--

--

--

--

--

--

--

--

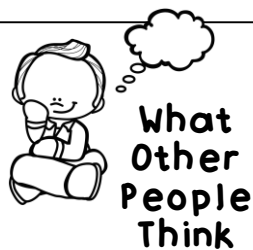
--

--

--

--

Circle of Control



Your Teacher

What I can't control

What I can control

Snow Days



Stop it. I don't like it when you call me that.



Choosing to think before you speak!



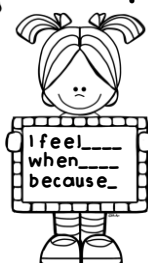
How You Treat Other People



Listening



Loving Yourself & Others



Keeping Your Hands to Yourself



Being in Your Space

Being kind



Working Hard



Doing Your Job

Taking Care of Myself



What Other People Like or Don't Like



What Other People Say



Your Family

What Other People Do



The Weather



Your Skin Color



Your Classmates

How Other People Feel



The Past

Circle of Control

What I can't control

What I can control

What I Can't Control

The Past



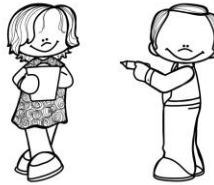
What Other People Say



Your Family



Your Teachers



What Other People Like or Don't Like



What Other People Do



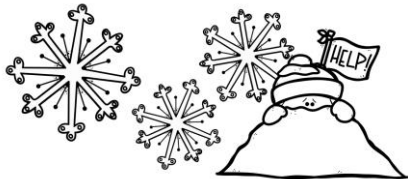
The Weather



Your Classmates



Having a Snow Day



How Other People Feel



What Other People Think

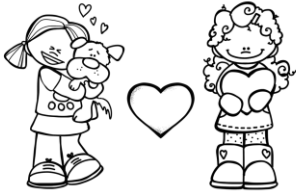


Your Skin Color

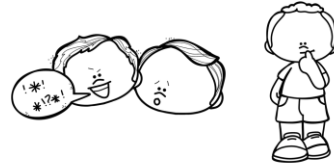


What I Can Control

Loving Yourself & Others



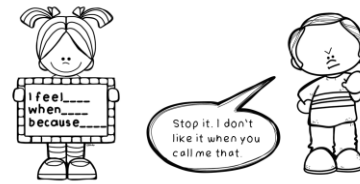
Choosing to think before you speak!



Taking Care of Yourself



Using an "I Statement" or Brave Talk



Doing Your Job



How You Treat Other People



Working Hard



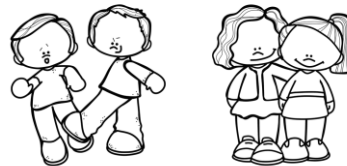
Apologizing



Being in Your Space



Being kind



Keeping Your Hands to Yourself



Listening





Be Kind to
Yourself!

Terms of Use.

No portion of this product may be reproduced or copied for commercial use. By purchasing this product, you are issued one license. This product is not to be shared or distributed electronically, but additional copies can be purchased at half price under "My Purchases" on your account at Teachers Pay Teachers.



All Rights Reserved.
©2017 [School Counseling Resource Junky](#)

thank you

To Do List.

1. Enjoy New Product
2. [Leave Feedback](#)
3. [Earn TPT Credit](#)
4. Rinse & Repeat



Questions? Send me a message on my [Facebook](#) page or use the "Ask a Question" Tab on my [TPT Store](#).

-Chelsie

Follow.

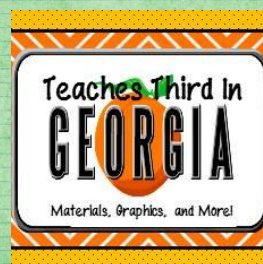
@resourcejunky





Font Credits.

Enigma Fonts



Clipart Credits.

