

Things I can control and things I can't

A Social Story

Control



Sometimes, things happen
around me that I can't control.
Other times, things happen
that I can't like.
That's okay! Everyone feels
that way sometimes.



It's important to know there are
some things I can control and
some things I can't control.



There are some things that I
can control.



I can control my thoughts.



I can control my reactions.



I can control my reactions.



These are things that belong to me.



I can choose to use kind words.



I can choose to take care of my things.



I can choose to ask for help if I need it.



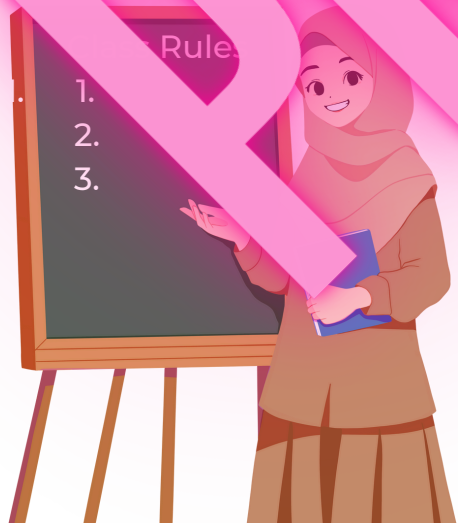
There are some things I can not control.



I can not control the weather outside.



I can not control the rules in the classroom.



I can not control what others do, like when someone leaves the classroom.



These things are not mine to control, even if I don't like them.



It can feel hard sometimes to have things I can't control, and that's okay.



I can talk to a teacher when I feel upset. I can take a break when I am upset.



When I stay calm and focus
on the things I can control,
I feel better, and I make other
people feel happy too.



My teachers, family, and friends
like it when I make good choices.
They feel proud of me.



I can feel proud of my choices too!



Learning to let go of what I
can't control and take charge of
what I can.

That's a smart and strong thing
to do.



Things I Can Control and Things I Can't



I CAN
CONTROL



I CAN'T
CONTROL



Things I Can Control

- My thoughts
- My actions
- My reactions
- My ideas



Things I Can't Control

- The weather
- The time of day
- The rules of the classroom
- When people come into and leave the classroom
- My friends' actions



When I stay calm and focus on the things I can control, it makes other people happy.



Check for Understanding

1. What are some things I can control?



2. What are some things that I can't control?



3. What are some things I can do when I can't control something?



4. How will my teachers and friends feel when I stop? Can I?