CIRCLES OF CONTROL

Everything can seem a little uncertain right now. A way to help is to focus on things we can control.

1. Draw two circles on a piece of paper

2. Draw all the things you worry about but can't control in the outside circle

3. Draw all the things you can control in the centre circle

Think of one thing you can do to ease one of these central worries

Remember to be kind to yourself.

FOR MORE KIDS ACTIVITIES VISIT www.preparecenter.org/kidskit