

THINGS I CAN CONTROL

#1 BEING GRATEFUL FOR WHAT I HAVE

#9 Treating others with kindness and respect

#17 How often I say 'Thank you'

#2 How I spend my free time

#10 HOW MUCH EFFORT I PUT INTO THINGS

#18 MY MINDSET

#19 Trying again

#3 Getting enough sleep

#11 Learning from my mistakes

#20 WORKING TOWARD MY GOALS

#4 BEING IN THE HERE AND NOW

#12 LEARNING FROM FEEDBACK

#21 Taking mindful breaths

#5 Talking about my feelings

#13 How I respond to challenges

#22 Trying new things

#6 Asking for help

#14 Having a positive attitude

#23 Taking a break when needed

#7 Spending time outside

#15 HOW I CONTRIBUTE TO MY FAMILY

#24 REMINDING MYSELF THAT I AM ENOUGH

#8 BEING KIND AND LOVING TO MYSELF

#16 Celebrating small wins

#25 Finding the good in any situation

5 Ways to Help Children Focus on What They Can Control

Big Life Journal

1. Teach Accountability



Children who feel powerless often focus on things they can't change. **Create a "Culture of Accountability."**

Each family member is responsible for:

- ✓ Their own actions and behaviours.
- ✓ Following the rules and expectations set by the grown-ups.
- ✓ How they respond to stressful or upsetting situations.

2. Create a Circle of Control

Control is a tricky concept to explain to a child. But a **visual depiction** of what they do and do not have power over makes it much less daunting.



3. Practice Mindfulness

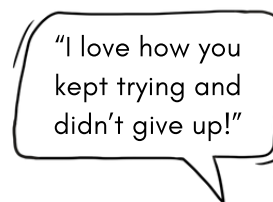
Mindfulness is the practice of **accepting what is** – without automatically trying to change it.

Explain to your child that we can't always control what happens to us, but we do have a say in **how we respond to it**. We can still choose our attitude.



4. Praise Effectively

One of the simplest ways to help your child gain more confidence is by offering effective praise. Studies show that praise **must be both specific and sincere** in order to positively impact self-esteem.



5. Understand the Power of Choice

Allowing your child to make important decisions about their lives is **crucial for their mental and physical health** – it even impacts key brain development. Provide them with options within established routines.



READ THE FULL ARTICLE [HERE](#)

the **BIG** Life KIDS PODCAST

EPISODE 35 GUIDE

IN THIS EPISODE, CHILDREN WILL

- learn how to **focus on what they can control**
- travel to **Haiti**
- meet **Edwidge Danticat**, a professional writer

DISCUSSION QUESTIONS

- Leo was worried about something he had no control over — what was it?
- How did Edwidge feel after learning about her heritage and culture?
- What is something you can focus on that is within your control?

TRY THESE ACTIVITIES

1. Encourage your child to practise growth mindset **affirmations**, and remind them that putting forth effort and trying different solutions will help them solve the problem and reduce their stress.
2. The **Circle of Control** poster can help your children overcome disappointments and frustrations, and focus on the problem-solving instead.
3. Encourage journal writing (or journal drawing for younger kids). Check out the **Big Life Journal 2nd Edition** for children ages 7-10. This beautiful journal is filled with encouraging stories, space to draw, and fun writing prompts. It's designed to help children believe in themselves and cultivate a growth mindset.
4. Read *I'm in Charge of Me!* (The Best Me I Can Be) by David Parker
5. Read *I am Peace* by Susan Verde
6. Watch *Cars 3 (2017)* PG No matter how old you are, you always have more to learn; regardless of your gender or what you look like, you should be allowed to compete and reach for your dreams!

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