

What is
wellbeing?

How can I look
after my own
wellbeing?



Areas of Control



Lots of people spend time worrying about things that they actually have no control over.

Because they have no control, they can't do anything to make it better so it can become a big area of worry. This can affect how they feel or how happy they are.

Areas of Control

It is important to break down your thoughts and worries into things you can actually control and things where you have no control.

This can help you to realise what you should spend your time thinking about and working on.

It also helps you to identify the things that you need to stop thinking about, or trying to do something about, as you have no control over them.



My Control

My Control

Look at the areas listed in the table below. Write each one them into the box you feel they fit; either 'Things I Can Control' or 'Things I Can't Control'.

You can then put this up in your room or home to remind you of the things you can actually control and to focus on these.

Things I Can Control	Things I Can't Control

How other people feel.	What other people do.	How I look after myself.	Other people's opinions.
Getting older.	What I say.	Traffic.	The weather.
What I do.	What I wear.	What I eat.	Who I play with.
My opinions.	My thoughts.	My words.	How I behave.
What other people say.	What other people think.	How other people feel.	What other people believe.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Progression of Study



PSHE and Citizenship | Age 7-9 | Home Learning | Health and Wellbeing | Looking After Your Wellbeing

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Using your **My Control Activity Sheet**, create a reminder of what you can and can't control to display in your home.

