



# BIG EMOTIONS

## Things I can control

Name .....

Date .....

*What others think*

*What others do* .....

*Others mistakes*

*What others say* .....

*Others play*

*What others feel*

*Others thoughts*

*Others choices*

My actions

My choices .....

My words .....

My listening .....

My reactions .....

My effort .....

My behaviour .....

My future .....

*I can control these things*

*but these things are outside of my control*

