



TERMS OF USE



This resource and its content is copyright of Elsa-Support Ltd.
©Elsa-Support 2021. All rights reserved.

All free products on this site are subject to a **Creative Commons Copyright Licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit - that is **Elsa-Support**, and our copyright labels must remain on the resource.

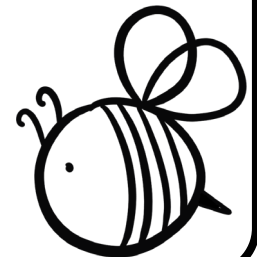
Non-Commercial: You may **not** use this work for commercial purposes. **You cannot sell this work or use it for financial gain.**

No Derivative Works: You may **not** alter, transform, or build upon this work. **You must not change our work in anyway.**

Thank you for abiding by copyright law.



www.elsa-support.co.uk

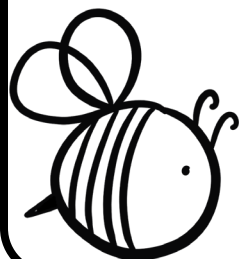
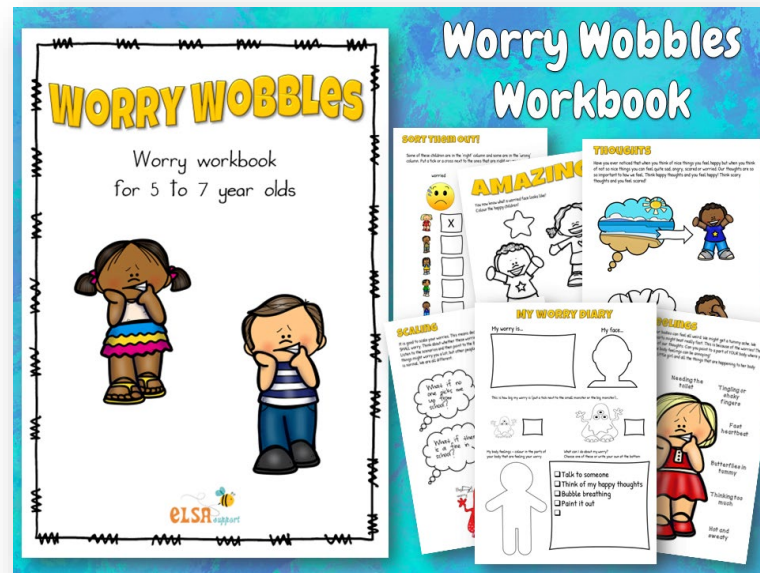
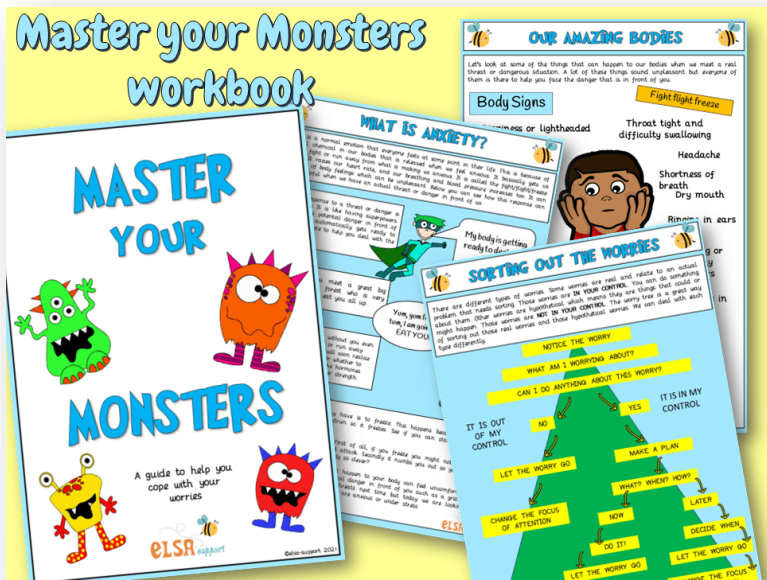




Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:



www.elsa-support.co.uk



In my control

©Elsa-Support

Out of my control

©Elsa-Support

Can I control it?

©Elsa-Support

When pupils have problems or worries it is helpful to look at what is in their control and they can do something about and what is not in their control so they need to let it go. Make up this little folder and ask the pupil to write some problems or worries on the little cards. They can file away their problem or worry in the appropriate section. For problems and worries in their control, help them to make a plan. For problems and worries not in their control, help them to let them go. That could be as simple as keeping them in the section of the folder.

To make up, cut out all of the pieces and put the cover on top of the other pieces. Staple them together around the edge, leaving the top open.

In my control

©Elsa-Support

Out of my control

©Elsa-Support

Can I control it?

©Elsa-Support

When pupils have problems or worries it is helpful to look at what is in their control and they can do something about and what is not in their control so they need to let it go. Make up this little folder and ask the pupil to write some problems or worries on the little cards. They can file away their problem or worry in the appropriate section. For problems and worries in their control, help them to make a plan. For problems and worries not in their control, help them to let them go. That could be as simple as keeping them in the section of the folder.

To make up, cut out all of the pieces and put the cover on top of the other pieces. Staple them together around the edge, leaving the top open.

In my control

©Elsa-Support

Out of my control

©Elsa-Support

Can I control it?

©Elsa-Support

When pupils have problems or worries it is helpful to look at what is in their control and they can do something about and what is not in their control so they need to let it go. Make up this little folder and ask the pupil to write some problems or worries on the little cards. They can file away their problem or worry in the appropriate section. For problems and worries in their control, help them to make a plan. For problems and worries not in their control, help them to let them go. That could be as simple as keeping them in the section of the folder.

To make up, cut out all of the pieces and put the cover on top of the other pieces. Staple them together around the edge, leaving the top open.

The problem is...

The problem is...

The problem is...

The problem is...

The problem is...

The problem is...

The problem is...

The problem is...

The problem is...

My worry is...

My worry is...

My worry is...

My worry is...

My worry is...

My worry is...

My worry is...

My worry is...

My worry is...