

# CIRCLE OF CONTROL

## ADOLESCENTS



# Directions



## Control Circle Movement Activity

1. In a large room with open space, use masking tape to create a large circle on the floor. Another option is to use the gym in your building with the circles already painted on the floor.
2. Introduce the concept of things we can and can't control. Use a few easy examples from the "What I can't control and what I can control" poster.
3. Using the rest of the examples on the poster, say each item one at a time.
4. For each item, have the students step into the circle if they think they can control that situation, and step outside of the circle if they think they can't control the situation.
5. Discuss scenarios where there is disagreement!

## Task Card Activity

1. Using the 30 provided task cards, read the scenarios as a group and discuss "What can you control about this situation". This question is printed on each card. The scenarios are also included as a list within this PDF file.
2. As the group leader, you can draw a large circle on a white board or large butcher sheet of paper.
3. As students identify what they can and can't control about the task card scenarios, write these down either in or outside of the circle.
  - Optional: Students can also fill these same things out on printed copies of the blank circle worksheet.
4. Be sure to discuss the scenarios when there is disagreement!

## Posters & Blank Worksheet

1. The posters are used as, well, posters! But they are good discussion starters and great things for students to think about while they are in your office.
2. The blank worksheet can be used in individual sessions when students come in with a lot of anxiety, issues accepting personal responsibility, and struggles to maintain self-control.

Someone Else's Decisions    Death    Who Likes Me  
How Others    Others Taking Care of Themselves  
Treat Me    Others Being

# What I can't control

Height  
Skin  
Color

Kind  
Who  
Loves  
Me

# What I can control

Doing my Homework  
Respecting Property    Being Kind  
Being Accountable    Studying for Tests  
The Friends I Choose to Have    My Decisions  
Forgiving    How I Respond to Challenges  
Trying Again    How I Spend My Free Time  
Doing My Chores    Taking Care of Myself  
Being Honest    Asking for Help  
Working Hard  
How I Respond to Others  
Apologizing    Others  
Apologizing  
to Me  
Others Being  
Honest If Someone Else Keeps Trying    Weather  
Others Forgiving Me    Others Asking for Help

Past  
Mistakes

I can't control

ANYONE ELSE

...but I can control

MYSELF

My Thoughts

My Words

My Choices

My Actions

My Reactions

My Future

I can't control

AUTOMATIC THOUGHTS

...but I can control

IF THEY STAY

RECOGNIZE THEM

DISAGREE WITH THEM

DISPROVE THEM

LET THEM GO

THINK POSITIVELY

I can't control

MY PAST MISTAKES

...but I can control

MY FUTURE

ADMIT MISTAKES

APOLOGIZE

FORGIVE OTHERS

TRY AGAIN

START OVER

What I can't control


What I can control



# Control Circle Scenarios

1. Your mom gets a new job, and you have to move to a new state.
2. Your parents tell you they are separating and your dad is moving out.
3. Your friend tells you her family is going on vacation this summer and invites you to come with her. Your parents say no.
4. You studied hard for your math test, but you still didn't pass. When you get your grade, you feel like you are going to cry.
5. Your coach hasn't put you in a basketball game all season. Whenever a teammate is subbed in the game, you have negative automatic thoughts like, "I'm a failure" and, "I'll never be as good as them".
6. Someone shoves you against the lockers in between classes.
7. On your way to school, you get a flat tire and are late.
8. Your friends tease you about liking a girl, and it is starting to bother you.
9. Even though you've told them to stop, your friends keep bashing each other online and you feel in the middle.
10. One of your friends has recently started smoking. You have asked them to stop, but they continue to smoke.
11. You've dated a few players of the football team, and other girls are now calling you hurtful names and starting rumors about you.
12. Your sister recently went through a bad breakup and is now drinking a lot.
13. A group of your classmates are planning on egging your teacher's house.
14. You finally get up the nerve to ask someone you like on a date, and they say no.
15. You are the shortest player on the basketball team.
16. Your friends are having a New Year's Eve party, but a blizzard happens that day and you can't go.
17. The main character in the musical gets sick and loses her voice right before opening night.

# Control Circle Scenarios

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18. Your older brother and his wife were expecting a baby, but they had a miscarriage.
  19. Your little sister borrowed your new tablet without asking and accidentally dropped it.
  20. Your dad left your family when you were little, and he never contacts you.
  21. You want to go to the football game tonight, but your parents give you a list of chores that need to be done first.
  22. You have a big tournament this weekend, and your teacher decides to give you a history exam on Monday.
  23. You are the only person in your friend group who doesn't live in the same neighborhood, and you feel left out.
  24. Your parents decided to host an exchange student for the year, but you don't get along well.
  25. In English class today, everyone had to read part of the story aloud. When you start stuttering, tears begin forming in your eyes, and you think you're going to start crying.
  26. You don't understand any of the math problems in class today, and you keep having thoughts like, "I'm an idiot".
  27. During a football game, an opposing teammate grabs your helmet. You are understandably furious.
  28. Last week you were offered a cigarette and tried it. Even though you know smoking is bad for you, you smoked with your friends the rest of the week after school. Now it's the weekend, and you are feeling shaky and feel like you need to smoke.
  29. You are late to school almost everyday, and your homeroom teacher has stopped letting you into class when you are late.
  30. Your family loves sports and expects you to be in one every season, but you would rather be in the play instead.



Be Kind to Yourself!



To Do List.

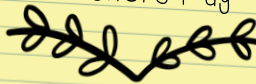
1. Enjoy New Product
2. [Leave Feedback](#)
3. [Earn TPT Credit](#)
4. Rinse & Repeat



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-Chelsie



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