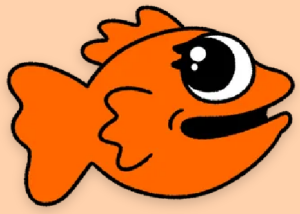
SEL · PROBLEM SOLVING AND DECISIONS · GRADES 2–5

Is It in My Control?

Sort twelve things into what I can control, like my effort and my words, and what I cannot, like the weather.



Name: _____ **Date:** _____

When a problem worries you, look for the part **you can control** and put your energy there. Let the rest go.

Word bank

my effort · the weather · my words · what others think · how I treat others · other people's choices · my choices · the lunch menu · asking for help · if the bus is late · my attitude · what happened yesterday

Write each one in the right box.

I can control	I cannot control

Something I worry about, and the part I can control:

_____

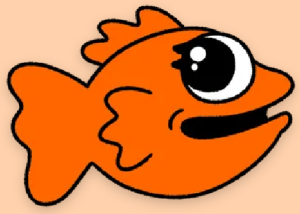
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ANSWER KEY · PROBLEM SOLVING AND DECISIONS · GRADES 2–5

Answer Key: Is It in My Control?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



When a problem worries you, look for the part **you can control** and put your energy there. Let the rest go.

Word bank

my effort · the weather · my words · what others think · how I treat others · other people's choices · my choices · the lunch menu · asking for help · if the bus is late · my attitude · what happened yesterday

Write each one in the right box.

I can control	I cannot control
my effort	the weather
my words	what others think
how I treat others	other people's choices
my choices	the lunch menu
asking for help	if the bus is late
my attitude	what happened yesterday

Something I worry about, and the part I can control:

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