



Disabled children
say we can



The Circle Of Control

Things I can't control

Things I can control

Reframing Challenges

Challenge I cannot control	What I can do about it
Example - Certain environments or situations (like crowded places, loud noises, or bright lights).	Create Sensory Breaks: Identify quiet, calming spaces at home or school where they can retreat to when feeling overwhelmed.
Managing emotions, particularly when feeling overwhelmed, anxious, or upset.	Create a Safe Space: Designate a space at home where they can go to cool down when feeling overwhelmed.

My Personal Action Plan

Things I can control in my life

Letting Go

Write 1 thing you will work on letting go of because it is outside your control:

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My Next Steps

Set 1–3 small goals for the next month. Make them specific and achievable:
