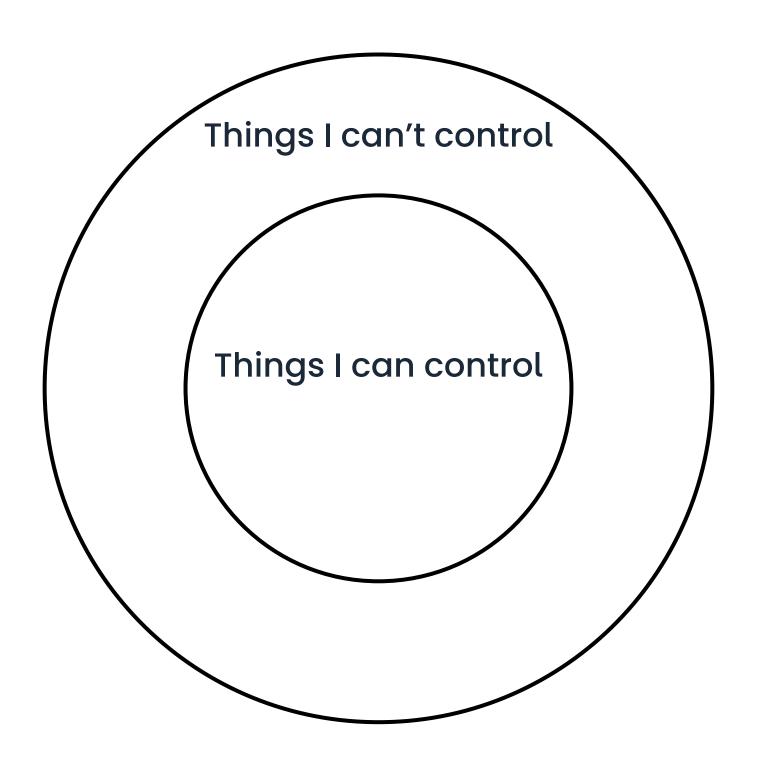




The Circle Of Control



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