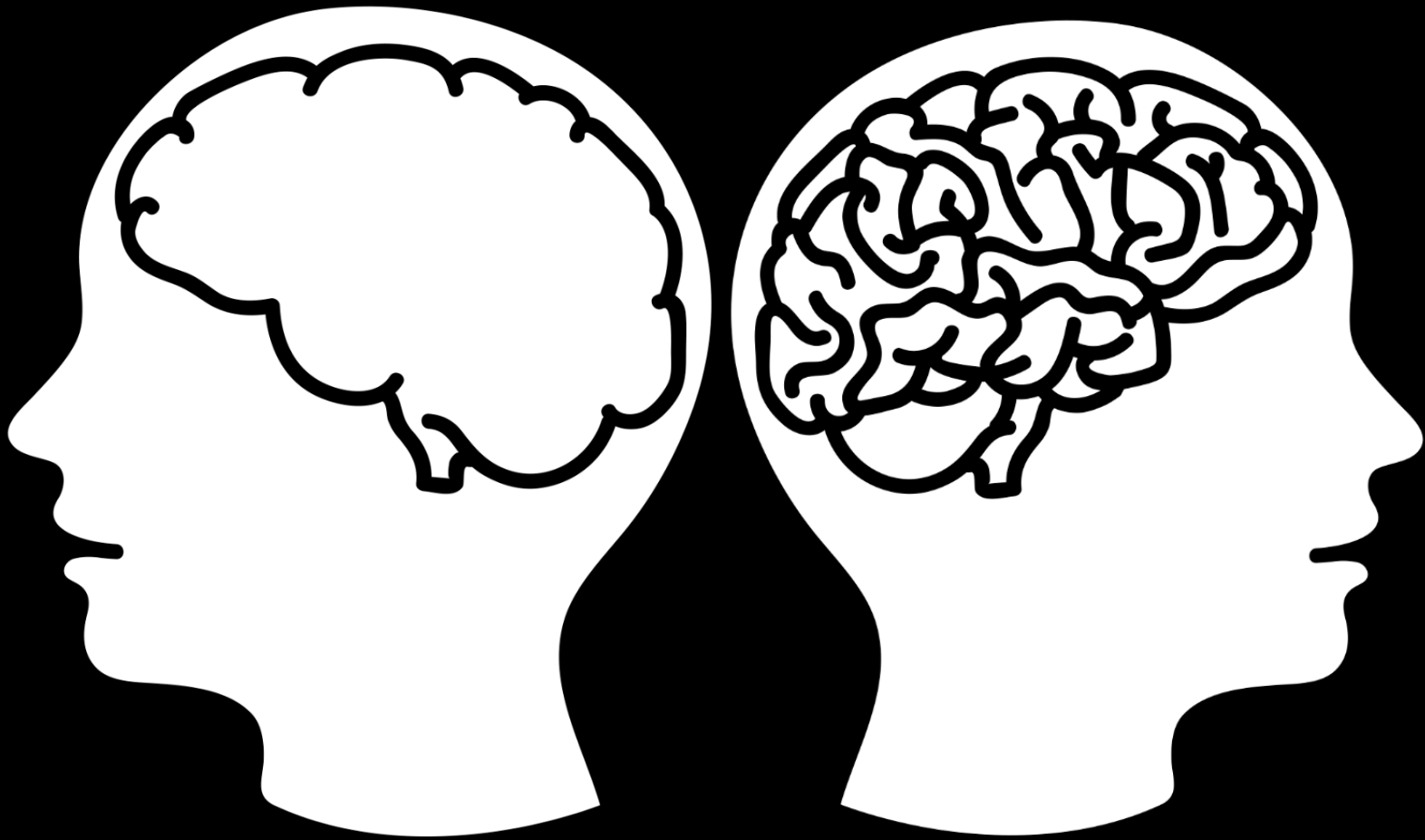


Brain Space

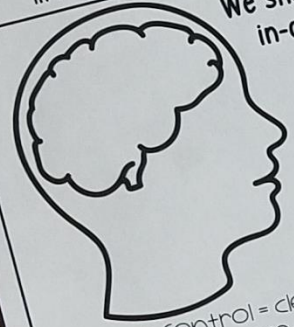
In my control vs. out of my control



Is this something you should give up brain space for?

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Amount of open space our brains have to hold information.
Brain Space
 Since our brain space is limited, we have to save it for issues that are in-our-control and we are able to change or make better.

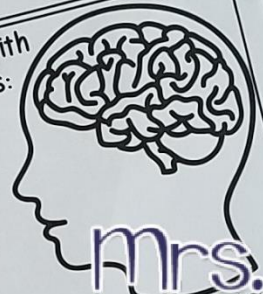


In Our Control = clear some brain space for

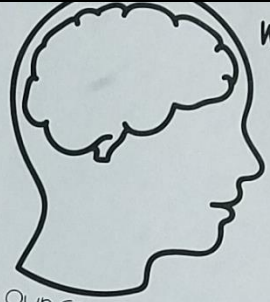
- We should fill our brain space with in-our-control things such as:
- our attitude
 - our actions
 - our behavior
 - our emotions
 - the words we use
 - how we treat others
 - your responses to others
 - how honest you are

We should not fill our brain space with out-of-our control things such as:

- parent problems
- adult issues
- money concerns
- how others act or feel
 - the past
 - where you live
 - the weather
 - laws and rules
 - health concerns



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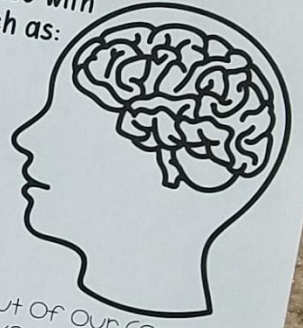


In Our Control = clear some brain space for

- We should fill our brain space with in-our-control things such as:
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- how others act or feel
 - the past
 - where you live
 - the weather
 - laws and rules
 - health concerns



Out Of Our Control = save your brain space

In my Control

- our attitude
- our actions
- our behavior
- our emotions
- the words we use
- how we treat others

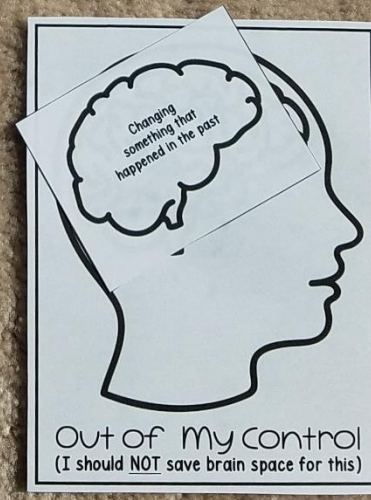
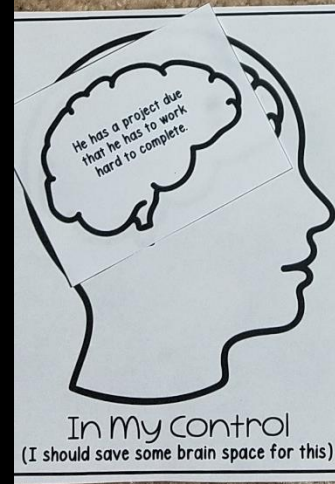
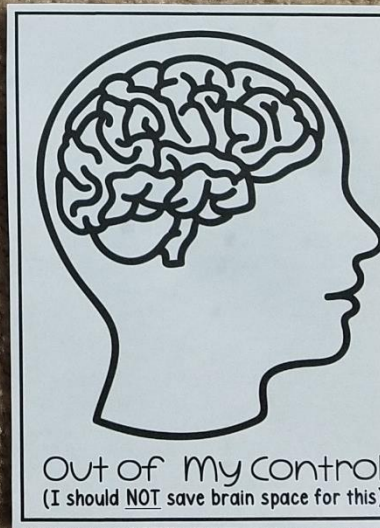
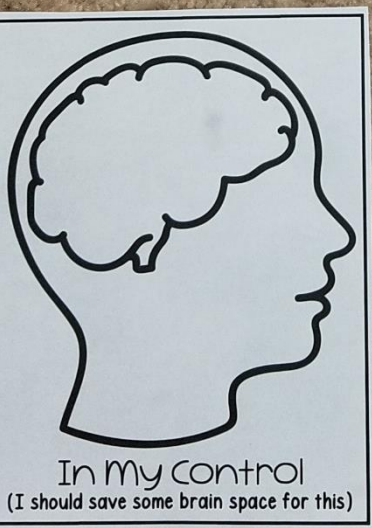
Out of my Control

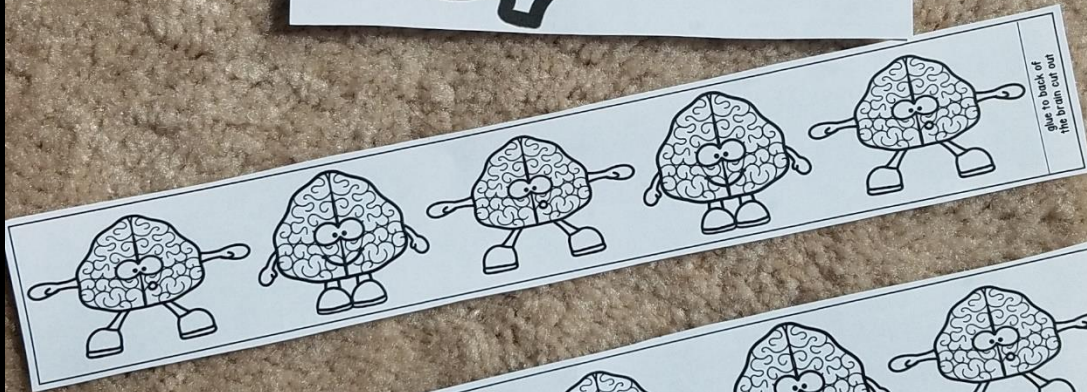
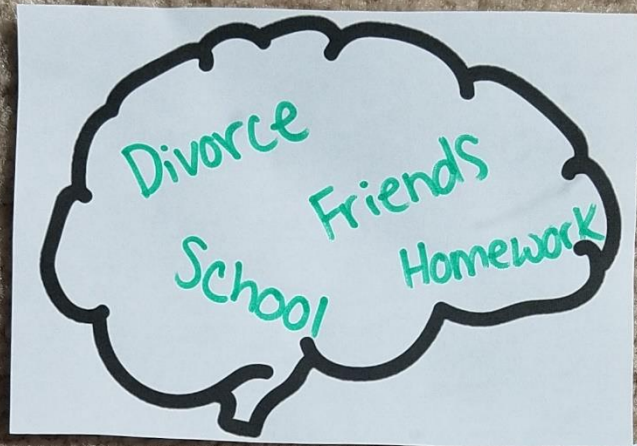
- parent problems
 - adult issues
 - money concerns
- how others act or feel
 - the past
 - where you live

Three Posters

Situation Sorts

In-Your-Control or Out-of-Your-Control?





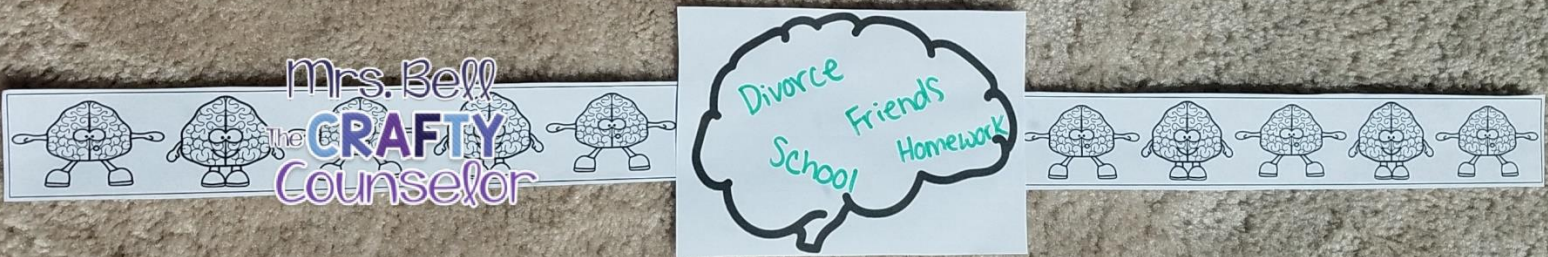
glue to back of
the brain cut out



glue to back of
the brain cut out

Mrs. Bell
The **CRAFTY**
Counselor


Worry Headband



Mrs. Bell
The **CRAFTY**
Counselor

Worksheets

Name: _____



Storing worries and concerns that are out of our control takes up valuable brain space. Our brain space is better used for things we can control. Think of the worries and concerns you wrote in the brain above. Are these worries and concerns in your control or out of your control? Sort them below.

In My Control	Out of My Control

Some people, get very overwhelmed when thinking about their worries and concerns. What is your plan to keep yourself calm? Below are some suggestions of calm down strategies. Circle strategies that may work for you, cross out strategies that will not.

Breathe Deep Write it Down Listen To Music Calm Self

Chomp On Gum Jumping Jacks Count to Ten Get a Drink

Go for a Walk Play a Game Relax

Go Somewhere That Calms You

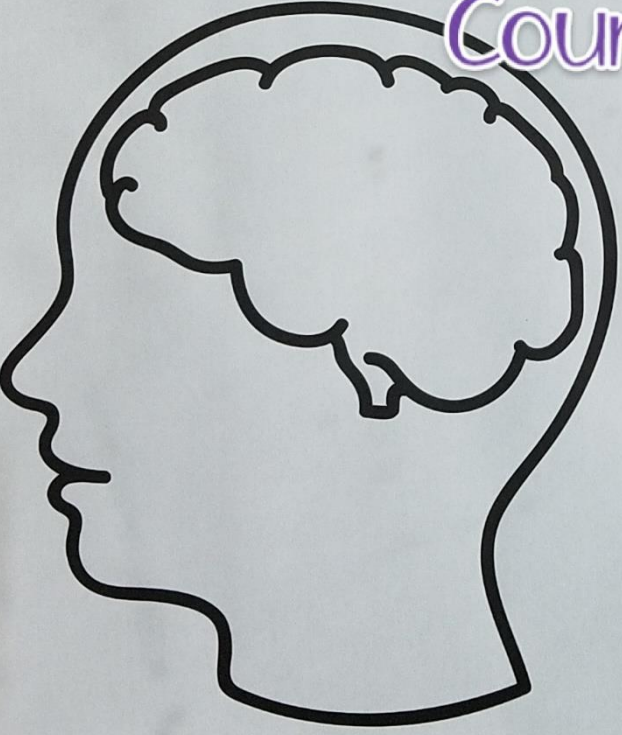

We only have so much space in our brain to store information. Take a moment to write the worries and concerns that are taking up space in your brain.

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Name: _____

The CRAFTY Counselor

Write all the concerns and worries that are taking over your brain space. Decide if they are in your control or out of your control. Write the worries and concerns that are taking up space in your brain.

Storing worries and concerns that are out of our control takes up valuable brain space. Our brain space is better used for things we can control. Think of the worries and concerns you wrote in the brain above. Are these worries and concerns in your control or out of your control? Sort them below.

In My Control	Out of My Control

What do you plan to do about the worries you can control?

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