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We are excited to share this content with you. If you are interested in finding more resources made especially for Parents, then check out these links to different areas of the Twinkl Parents hub.



@twinklparents







Ith & Wellbe

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What is this resource and how do I use it?

Remind yourself that the things you are probably worrying about are out of your control with this handy sheet designed for parents. This resource can separate the parts of our lives we might have control over and help you feel more relaxed about the 'what ifs' of life. There's also an extra page for you to add your own personal thoughts.

What skills does this practise?

Managing Negative Thinking

Boosting Self-Esteem

Building Resilience

Self-Care

Further Activity Ideas and Suggestions

If your children need some help with worrying, why not try out our My Circle of Control Poster, which aims to help children stop worrying about things out of their control. Whether it's you or your child who needs a helping hand, head to our Wellbeing Hub for more support and ideas.

Parents Blog



Parenting Wiki



Parenting Podcast







1 cannot control

Others not running on time

Who my parents are

1 can control

The way I

situations

Mistakes from the past

Traffic

How to spend my time

Making responsible choices Being around positive people Being ill

What I spend my money on

Reaching out for advice when I need it Screen time

Outcomes

The weather

food and exercise

Self-care practices

How much effort I put in

The words I use with ny children

If people like me

How others react to me

Other people's behaviour and decisions

How other people respond to situations

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You and your students should not rely on the material included within this resource and we do not accept any responsibility if you or your students do. As mental health is complex, you should undertake proper and relevant training before teaching on mental health. These resources are intended to support you once you have received such training. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health and it is up to you to advise your students to contact a suitably qualified health professional if they are concerned about their mental health. When using this resource you are responsible for the safety of those involved with using this resource including staff and students. It is up to you to follow your school or organisation's safeguarding policies and procedures should your use of this resource raise anything covered by the policies or procedures.



Use this blank circle of control to add your own personal thoughts and worries. Which ones do you have control over and which ones are outside of your control?



