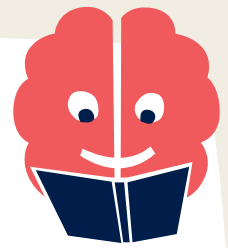


# Gotcha Circle of Control 3-6



**Year:** 3-6

**Curriculum:** AUS V9

This resource integrates elements of Personal and Social Capability and skills from the Health and Physical Education Curriculum.

**Resource Background:** The Gotcha Circle of Control tool serves as a valuable framework for promoting emotional adaptability among primary school students. Based on psychological principles, the tool introduces students to the concept of identifying and understanding the factors within their control, termed “What I can control,” and those outside their control, termed “What I can’t control.” By teaching students to differentiate between these two circles, educators empower them to focus their energy and efforts on aspects of their lives where they can make a difference. This not only fosters a sense of agency and self-efficacy but also equips students with valuable coping skills to navigate challenges effectively.

Moreover, by guiding students to recognise and accept the limitations of their control, the Circle of Control tool equips them with valuable coping skills to navigate setbacks and uncertainties with greater ease. Through regular use and application of this tool, students develop the emotional adaptability and self confidence needed to thrive in both academic and personal spheres.

## Resource Description:

a) **Introduction:** Begin by introducing the concept of a Circle of Control to your students using age-appropriate language. Explain that the tool helps them understand what they can and cannot control in various situations.

Discuss the concept of control with the students. Ask questions like:

*“What does it mean to be in control?”*

*“Can we control everything in our lives?”*

*“Are there things that happen in our lives that we cannot control?”*

*“Can we control other people?”*

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- b) **Visual Aid:** Display a visual representation of the Circle of Control, such as the poster provided, to help students visualise the concept, and become more familiar with the things they have control over, and the things outside of their control. Discuss and/or brainstorm examples of things that are within and outside of their control.
- c) **Worksheet Activity:** Distribute a worksheet to each student. Encourage them to brainstorm and list examples of factors within each circle based on their personal experiences.
- d) **Group Discussion:** Facilitate a group discussion where students share their responses and reflect on the importance of focusing on what they can control. Encourage them to discuss strategies for managing situations that fall within their control and accepting those that do not. Discuss what it feels like when we can control something, and when we can't.

Ask students to consider how their understanding of the Gotcha Circle of Control can help them navigate challenges and build their mental fitness and emotional muscles. Encourage them to share any insights or strategies they have gained from the activity.

*“How does understanding our circle of control help us?”*

*“Why is it important to focus on things we can control?”*

*“How can knowing what’s outside our control help us cope with hard times, worries or challenges?”*

*“How can we apply circle of control in our daily lives, when facing challenges or difficult situations?”*

- e) **Application:** Encourage students to apply the Gotcha Circle of Control concept in their daily lives, both inside and outside the classroom. Remind them that while they may not be able to control external events or others' actions, they have the power to control how they respond and behave.

**Resource Objective:** Mental Fitness Focus.

**Most suitable time to integrate this resource:** To help students concentrate following sport, as a transition or at the end of the day.

**Gotcha4Life Protective Factor link :** Emotional Adaptability ('Build your emotional muscles') and Help Seeking Behaviour ('Don't worry alone')

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## Things I can control

My actions and behaviour

How I respond to challenges

How I react to my emotions

My effort at school

The words I use to communicate

My choices

Being kind to others

How I spend my time

Taking care of myself

Who I choose to spend time with

Asking for help when I need it

My attitude

How I treat my friends and family members

The activities I participate in

## Things I cannot control

My family situation

My friends

Other people's feelings and reactions

Global events and news

How other people behave

Past mistakes or decisions

Predicting the future

How other people see me

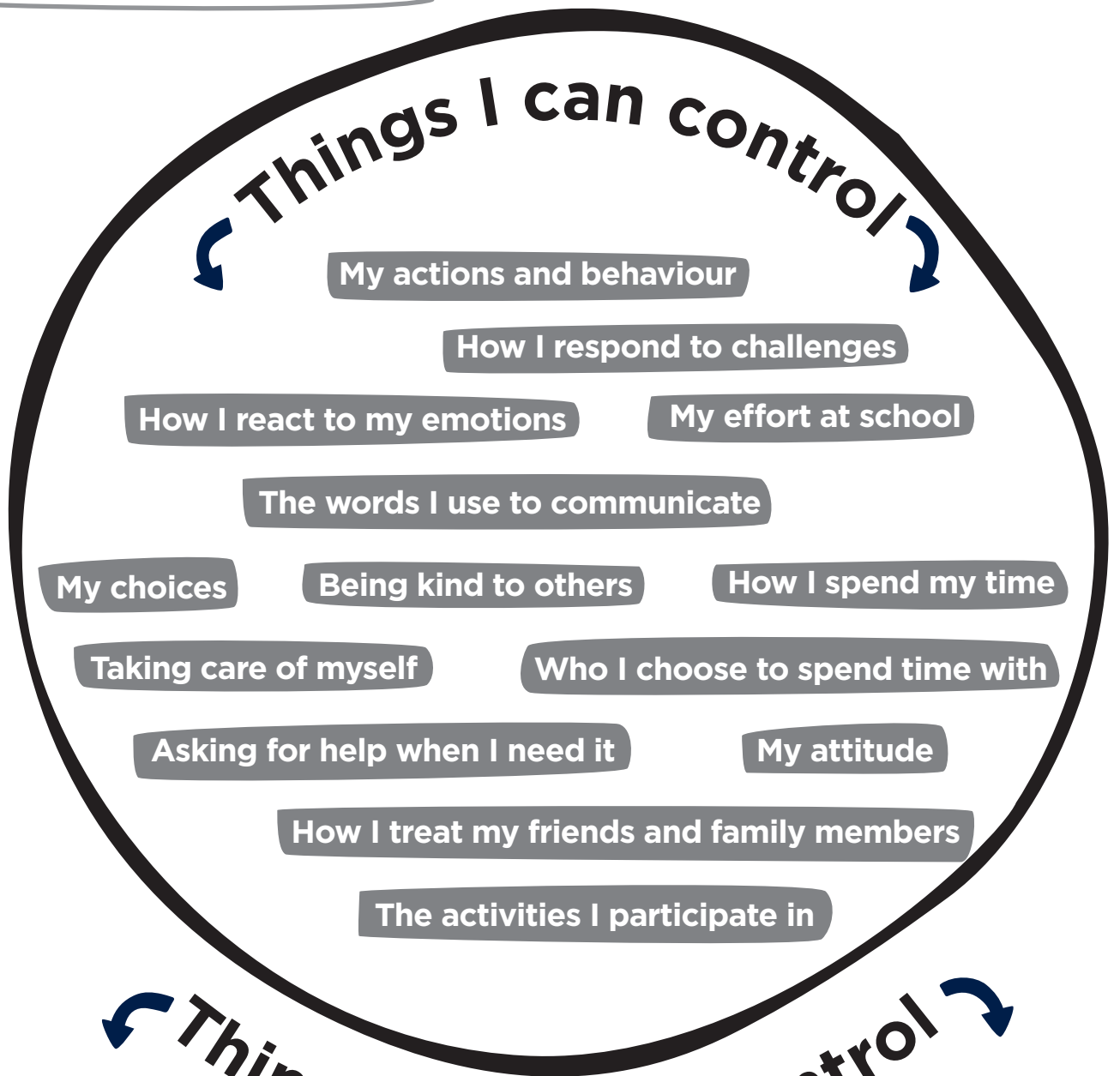
The weather

Changes in routines, schedules or rules

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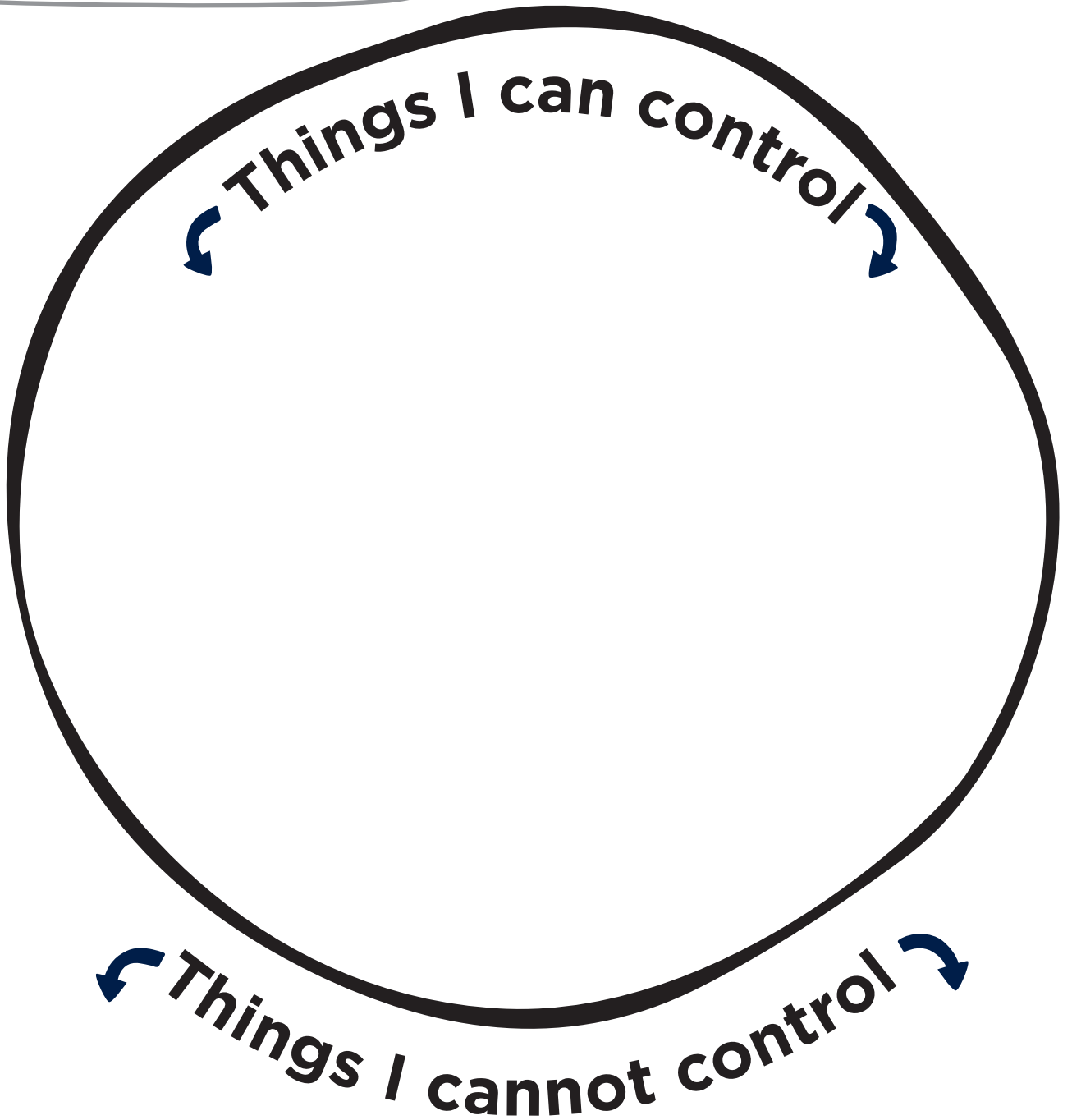
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# Gotcha Circle of Control

3-6 Student Worksheet



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# Gotcha Circle of Control

3-6 Poster

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