

MANAGING SELF & RELATING TO OTHERS



We are in control of the way we think and can deal with situations, even when things happen to us that are out of our control.

There are things in life we can't control like the weather or other people's behaviour.

Name some things that are out of our control.

We cannot control everything that happens to us (or to others) but we can control how we react to it or deal with it. Imagine that someone tells us that we are not good at something: "You are useless at basketball."

This would make us feel bad but we do have control over how we choose to react.

1. First we need to breathe:
Take a deep slow breath in through your nose, hold this breath for 5 seconds, then slowly exhale (breathe out) through your mouth. Make your exhale last as long as you can. Repeat this at least 5 times. This will help slow your heart and breathing rate, making it easier for you to think.
2. Check in with how you are feeling now. Are you calm? Feeling less angry? Ready to talk without yelling?
3. Now you are ready to think about what you want to do.

Will you...

Walk away?

Ignore them?

Talk to someone
you trust?

Make an I
statement? "I'm
really hurt by
that comment."

Change the
subject and talk
about something
else?

Can you think of a time that something happened to you that was beyond your control?

- Describe what happened.
- How did you choose to react?
- If it happened again, would you choose to react the same way? Why? Why not?

My future

1. Use your future thinking to plan the life you want. What ideas do you have?

What will I be like when I'm an adult?

What will my friends be like?

What is my biggest wish for the future?



Where will I be living?

How will I act towards others?

- Which of these things are you able to have control over?
- How can you make them happen?

2. Choose one aspect of your future plans. Draw what you see in your mind.

A. Write it down as a 'SMART' goal.

Is it specific? Is it measurable? Is it achievable?

Is it realistic? Is it time-based?

Example: I will make supportive friends now and stay in touch with them during high school.

B. What do I need to learn/do to make this happen?

Example: I need to speak kindly, joke with people but not make fun of them. Smile and be friendly, help others when I can, keep in touch, and include everyone in my games. Supportive friends will respect me and my thoughts and will encourage me to make good decisions.

C. How will I know that I have achieved my goal?

Example: I will feel supported, happy and will have friends who respect me for who I am.

This resource has been kindly reviewed by:

AnxietyNZ
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Healthy Minds



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