

# Link to Learn

## Behavior Therapy

### Is it in my control?

Cut out the cards on the following pages

Turn the cards upside down on the table and shuffle them

Take turns choosing a card with your child and placing it in the correct category (IN MY CONTROL or NOT)

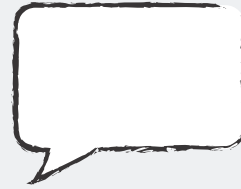
Discuss if the event or activity is something that is IN your control or NOT in your control and WHY

Also discuss productive ways to respond to the situations that you cannot control

## My Attitude



## My Words



## Who I Play With



## What I Do When I Have Free Time



## My Actions



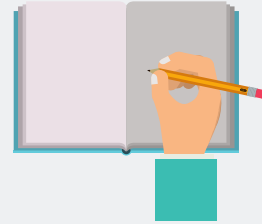
## How Hard I Try



What Other  
People Say



Things I Have  
To Do



What Others Think



The Weather



Who Other People  
Choose As Friends



What Work  
We Do At School

