

WHAT I CAN CONTROL

ACTIVITY: CHECK MARK THE PICTURES YOU CAN CONTROL.



THE
WEATHER

☐

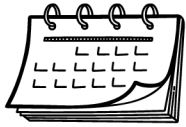
MY ACTIONS

☐

MY WORDS

☐

OTHER PEOPLE'S
BEHAVIOR

☐

CHANGES IN
PLANS

☐

MY BREATHING

☐

MY EFFORT

☐

OTHER PEOPLE'S
FEELINGS

☐

WAITING
TIMES


☐

MY CHOICES

☐

DRAW OR WRITE ONE THING YOU CAN
CONTROL TODAY.



 **PARENT TIP:**
MODEL NOTICING
WHAT YOU CAN
CONTROL TOO.



Thank you so much for downloading!



♥ Thank You!

Thank you for downloading your Free New Year Printables for Kids!

We hope these pages bring calm, confidence, and joyful moments to your family or classroom.

Print what you need.

Use at your own pace.

Enjoy the process — there's no perfect way, just gentle growth 🌱

If you love these, check out the full **[New Year Growth Mindset Activities for Kids bundle](#)** on Etsy for even more meaningful pages.

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