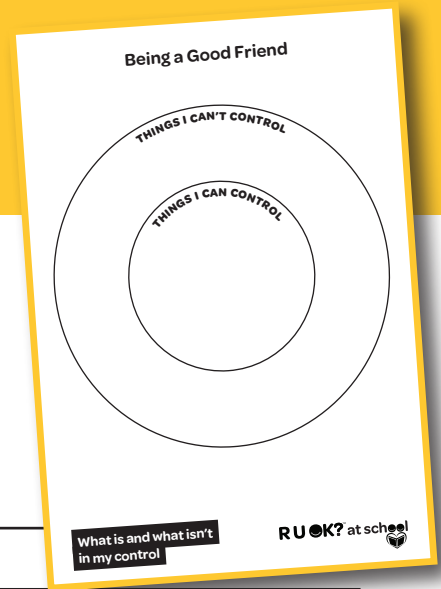


Classroom activity

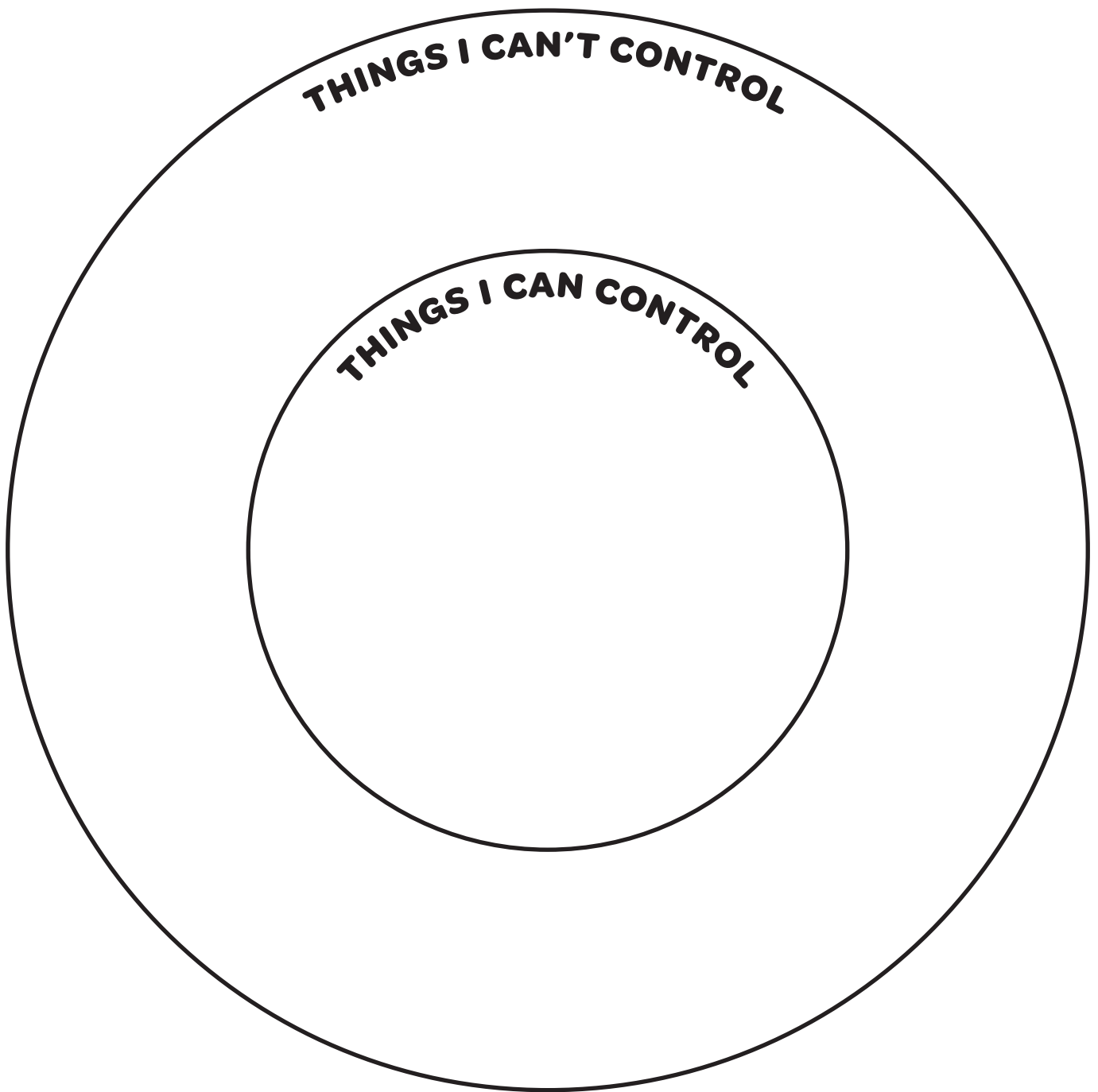
'I Can Statements – I can control, I can't control'

Year level **6**



Duration	30 minutes
Learning intention	Students learn to identify the things they can and can't control.
Activity focus	This activity focuses on what is and what isn't in our control when it comes to being a good friend.
Resources required	<ul style="list-style-type: none">1 x What is and what isn't in my control – template
Curriculum and wellbeing themes	<ul style="list-style-type: none">Personal and social skillsHelp-giving
Success criteria	I can: <ul style="list-style-type: none">Identify what I can control when it comes to being a good friendIdentify what I can't control when it comes to being a good friend
Activity description	<ol style="list-style-type: none">Brainstorm as a class things you can control when it comes to being a good friend. For example: I can listen to my friends, I can help my friends achieve their goals, I can suggest trusted adults to talk to, I can be an upstander, I can be honest, I can be trustworthy, I can respond respectfully, I can be kind, I can not give up, I can talk to a trusted adult.Brainstorm as a class things you can't control when it comes to being a good friend. For example: I can't solve big problems on my own, I can't make a decision for someone else, I can't control who likes me, I can't control how others treat me.Provide students with their own circle of control. Independently record things that the individual can control and things that the individual can't control.
Differentiation	<ul style="list-style-type: none">Supporting Strategies: Brainstorm ideas and concepts as a class. Students sort the brainstorm into 'things I can control' and 'things I can't control'.Extension Strategies: Brainstorm ideas and concepts as a class. Students sort the brainstorm into 'things I can control' and 'things I can't control'.
Reflection question	Who can you turn to and ask for help if you are faced with something you can't control?

Being a Good Friend



**What is and what isn't
in my control**