

THIS GAME FOR GOOGLE SLIDES INCLUDES 30 QUESTIONS TO HELP STUDENTS UNDERSTAND WHAT IS IN THEIR CONTROL AND WHAT IS NOT.




Are the words you use in your control or out of your control?

IN MY CONTROL Click on your answer. OUT OF MY CONTROL

QUESTION 16

This slide features a red background with a white question box at the top. To the left of the question is a blue speech bubble icon. Below the question are two white circular buttons: 'IN MY CONTROL' on the left and 'OUT OF MY CONTROL' on the right. In the center, between the buttons, is the text 'Click on your answer.' At the bottom, there is a white bar with the text 'QUESTION 16'.



Are the questions on your test in your control or out of your control?


IN MY CONTROL Click on your answer. OUT OF MY CONTROL

QUESTION 25


This slide features a red background with a white question box at the top. To the right of the question is a black question mark icon. Below the question are two white circular buttons: 'IN MY CONTROL' on the left and 'OUT OF MY CONTROL' on the right. In the center, between the buttons, is the text 'Click on your answer.' At the bottom, there is a white bar with the text 'QUESTION 25'.

This activity is great to help students with emotional regulation skills and self control.

STUDENTS WILL DECIDE WHETHER THEY THINK EACH SITUATION IS IN THEIR CONTROL OR OUT OF THEIR CONTROL.




WHOOOPS!



The past is just that - the past. Unfortunately, there isn't anything we can do to change what happened in the past. Instead, try to think about the present, or what you can do to make good choices in the future.

CLICK HERE TO GO BACK CLICK HERE TO GO TO THE NEXT QUESTION



THAT'S IT!

You cannot control what other people say or how they say it. Instead, try focusing on making sure that you are showing kindness to everyone around you!



CLICK HERE TO GO BACK CLICK HERE TO GO TO THE NEXT QUESTION

When they click on their answer, they will find out whether or not they chose correctly. Then, the correct answer will be revealed with an explanation.

THIS GAME IS PERFECT FOR....

- Working with students on emotional regulation or coping skills
- Supporting students with anxiety
- Small group lessons
- Classroom lessons
- Counselors doing distance learning
- Adding fun to your in-person lessons with no contact

**THE TEXT ON THE QUESTION AND ANSWER SLIDES
ARE EDITABLE TO SUIT YOUR SPECIFIC NEEDS.**