

HELP YOUR CHILD UNDERSTAND WHAT THEY CAN AND CAN'T CONTROL

✓ **Their attitude**

✓ **How they treat people**

✓ **The effort they put into things**

✓ **Their objectives**

✓ **Asking for help**



✗ **What has already happened**

✗ **Feeling sick**

✗ **What other people think or say**

✗ **How other people act**

✗ **Time or weather**

