

WHAT CAN YOU CONTROL



Today, we're going to be talking about control. God is in control of everything, but sometimes we want to control things too. When we can't, we might feel anxious, overwhelmed and upset. That's the perfect time to talk to God about how you're feeling (pray), ask for His help and try this activity.

SUPPLIES:

- Paper
- Something to write with (pencil, pen, marker)

DIRECTIONS:

1. Begin by tracing your hand onto the paper.
2. On the inside of the hand outline, write, "In my control."
3. On the outside of the hand outline, write, "Out of my control."
4. Now, write or draw the things that are in your control on the inside of the hand. This might be things like: my breathing, my behavior, my thoughts, the words I choose to say, the words I keep to myself, the way I react to others, etc.
5. On the outside of the hand, write things that are not in your control (i.e. my parent's ____, my teacher's ____; school ____, the weather, my friend's ____, etc.
6. Discuss the things you can / can't control that were written down.
7. Even though we can't control some things, we can control how we respond to these things/situations. We also know that God is in control of everything! So let's pray and ask God to help us with the things we can't control.

Philippians 4:6-7 says, "Don't worry about anything; instead pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand."



contact

Becci Terrill

Children's Ministry Director

(262) 367-1212 | becci@oakwoodnow.org

FOR PARENTS:

The hand is an important visual reminder of control. Explain to your child that if something is in their hands, they are in control of it. For a concrete example, if they are holding a wadded up candy wrapper in their hand, they are in control of the wrapper. They can choose to hold the wrapper, roll it in their hands, toss it in the trash can, throw it at someone (hopefully not!), etc. If something is not in their hand, they're not in control of it. If the candy wrapper is on a table across the room, they cannot control what happens with the candy wrapper. They can control their actions in response to the situation.

Let kids know that trying to hold on to something tightly in their hands that is truly outside of their control can leave them feeling overwhelmed and exhausted. It's hard to hold on to something that we have no control over! Help kids visualize themselves opening their hand and releasing whatever that thing is that they're trying to control and giving it to God. This can be a powerful way to relinquish that tension and focus on the things that are truly within their control.

For more information, here is a link to the site where we found this activity: <https://www.counselorkeri.com/2017/10/06/what-can-i-control-a-simple-visual-activity-for-school-counseling/>