

Things I Can't Change

So I won't spend all day thinking about them.

If my friends and their parents are following the rules to stay healthy

If my parents need to work instead of play with me

What other people do

How long this will last

Things I Can Control

I'll do what I can to make every day better.

Learning to play by myself

Following the rules to stay healthy

Being careful about what I say

What other people say

Being nice & kind

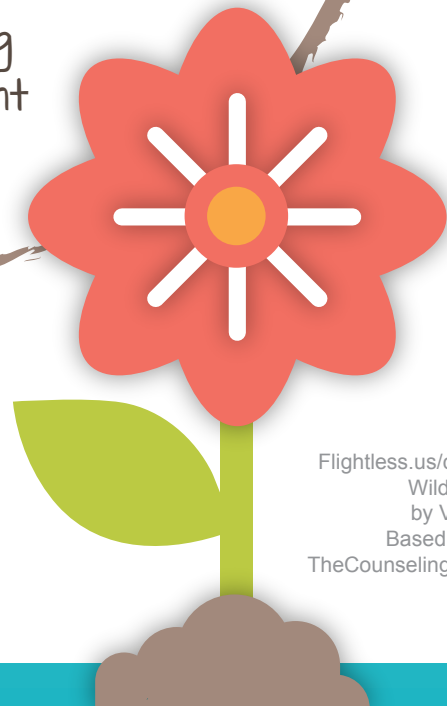
Being patient

How much school I have

Helping with chores

If others are being nice & kind

Whether I can play outside today



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