


Distance Guidance Lessons



Topic: 5 Things you can Control Everyday

4th Grade



Think:

Are there things in your life that you cannot control?

Are there things in your life that you can control?

Does it help you when you try to change those things that you cannot control? (No)

Focus on making the most of those things that you can control!

Activity:

Monday: Make an outline of your hand. Write down things that you can control inside of the hand.

Wednesday: Draw a picture of you focusing and improving something that you can control and another picture of you letting go of angry feelings about something that bothers you that you cannot control.

Mrs. Miedtke

