

WITHIN MY CONTROL, OR OUT OF MY HANDS?



PURPOSE:

Why?

While there are things in our lives that are within our control (like how we react, and steps we take to take care of ourselves) there are other things that we can't control (like the way others react and think). It's important to acknowledge the things we can control, and focus on those to ensure our mental health takes top priority. When it comes to identity, people might not always give us the response that we hope for, but making sure we take care of our mental health and focus on the things we can control is crucial to overall well-being!

HOW TO:

Materials & Budget

- Paper
- Pens or markers (whatever is more easily available)
- Colored pencils

Instructions

- Trace both of your hands on a piece of paper.
- On the inside of your hands, write and draw things that you can control and that make you happy!
- On the outside of your hands, write or draw things that you want to let go of, or things that are out of your hands.
- This can be an individual activity, or you can give students the option to share their creations if they are comfortable and interested at the end!

Timeline

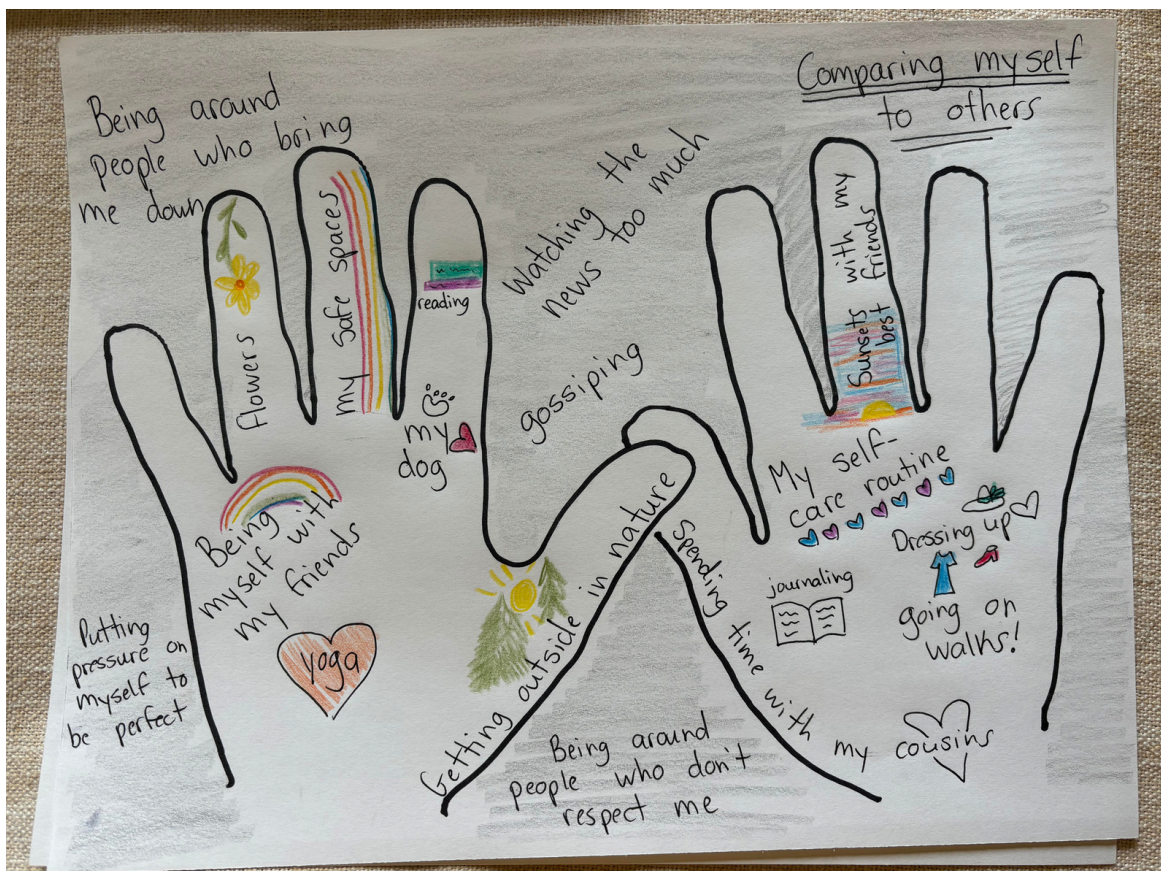
This activity can be done during a club meeting! It likely will take 15-30 minutes to complete, depending on how much detail you put into your drawing. Collecting supplies should be relatively easy. Borrowing these supplies from the art teacher would work well! If using grant funds to purchase supplies, allow for that extra time it may take.

Impact

This activity is great for club meetings as it's relatively quick & easy to do individually. This activity can help students feel more in control of what is going on in their lives, especially as it relates to other people's thoughts and opinions.

Example(s)

Examples of things that might be within our control (and what we want more of!), and things that are out of our hands (that we want to let go of):



Post photos from this activity to your club
Instagram and tag @bc2mhighschool

