

CIRCLE OF CONTROL

Fake news



The weather



The past

What other people think



WHAT I CAN'T CONTROL

WHAT I CAN CONTROL

Your words



Being a good listener



Wash my hands with soap and water



Letting mum and dad know how I am feeling



Helping others



Finding fun things to do at home



Being caring and kind



Helping to clean up



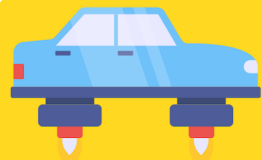
My family



Disabilities



The future



What other people say



kids helpline

Kids helpline is open to answer your call, email or WebChat:
www.kidshelpline.com.au | 1800 55 1800

