

CONTROL

Control=YOU

1. Copy this week's CAN word here:



2. Copy our definition from above. (Yes, we know it is a strange definition!)
Do that here:

Next, WATCH this week's CAN video & answer questions 3 & 4 on the next page.
(A good trick is to read the questions before watching the video so you know what to do!)

In this week's CANspirational
video, JJ & Riya talk about the
importance of having control in
our lives.



3. Riya & JJ begin the video by explaining that “Citizens of Can know _____ they can control. Citizens of Can know _____ they can control.”



4. Riya & JJ add: “We can’t control what other people say or think or write or post or do. We can only control how we _____ to what other people say or think or write or post or do.”



READ the CAN story and answer questions 5-7.
(A good trick is to read the question first, so you know what you’re looking for!)

5. Near the end of the story, only two names remain on the board. Whose two names remain?

6. At the end, only one name remains. Whose name is it?

7. What is the message of the story?

Next, DO your week & complete the questions.
(Definitely review the rest of the questions first, so you know what to do!)



One part of living in the Land of Can is realizing that the only person you can control in your life is YOU. You can’t control others. But you can control how YOU RESPOND to others. So as you head out on your Balance scavenger hunt this week, let’s be looking at ways to add control to your life.

8. We want you to practice the word, to flex your Control muscle! Did you have a chance to practice having control this week?

Circle one: YES or NO

If “Yes,” explain.

9. We can learn so much by talking to others. Talk to an adult. Tell them what control means. Ask them to tell you about a time when they demonstrated control in their life.

a. Who did you talk to? _____

b. What story did they tell you? _____

We’re almost done! Think about control and your life.

10. Knowing how to respond when someone says or does something mean to you is an important skill to learn. What’s a situation where someone might say or do something mean to you? How could you respond?

11. Sometimes, an adult or older friend can help us find the best way to respond to someone. We can even practice in advance. Who could you ask that would help you practice ways you can respond when in a tough situation?

12. In their video, Riya & JJ give a list of people they can’t control. At they end, they say, “I can only control what I do. I can only control how I respond. I can only control me.” Why is this important for young people to learn?

One last activity on the next page!



13. After thinking about everything this week, use this space (and the next page, if needed) to **CREATE** a picture, poem, song, rap, story, or anything that has to do with control.

(If you create something awesome, have an adult take a picture and send it to us. We just might feature it on our site!)