



Homeroom Virtual Learning

7th Grade Homeroom

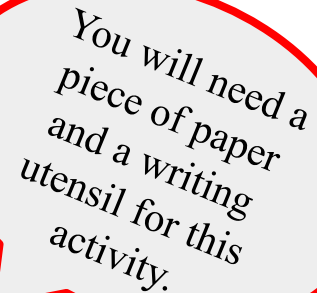
Things You Can Control

May 1, 2020

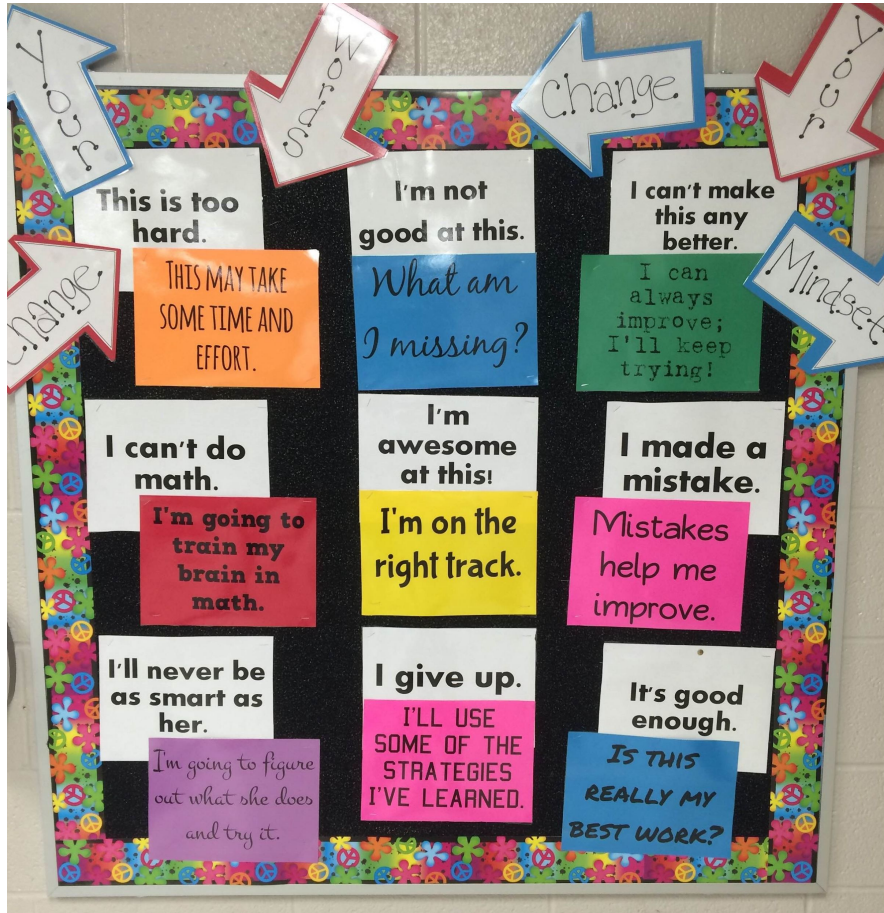
7th Grade Homeroom Lesson: May 1, 2020

Objective/Learning Target:

I can recognize five things I can control in my life.



You will need a
piece of paper
and a writing
utensil for this
activity.



Change Your Words Change your Mindset

Do you agree with
this statement?

Questions/Main Ideas:	Notes:
	3 Things that you can currently control:

In the right column, write three things that you feel like you can control in your life right now.

Questions/Main Ideas:	Notes:
	3 Things that you can control:
	Video Notes -

Now watch the video:
Five Things You Can Control

As you watch, list the five things the video says you can control.

Questions/Main Ideas:	Notes:
	3 Things that you can currently control:
	Video Notes -
	Video- 3 Important Points:

What are three important points you take away from the video, Five Things You Can Control?



Questions/Main Ideas:	Notes:
My	Three Emotions:
Questions:	
	Video Notes -
	Video- 3 Important Points:

In the left column, write down questions you still have about things you can control.

Are some things harder for you to control than others?

Do you agree with the video?



In the summary/reflection area, write a summary or reflection on what you feel are the most important things that you can control.

Summary/Reflection:



Additional Resources:

There are a lot of things we cannot control. Try to focus on what you can control.

For more about learning what you can control in your life, click this [link](#).



Lamoureux, Connie. [mypictures018.jpg](#). Summer 2007. Pics4Learning. 17 Apr 2020

Happy May Day!

Wishing you an
incredible day and
month where you find
beauty all around you.