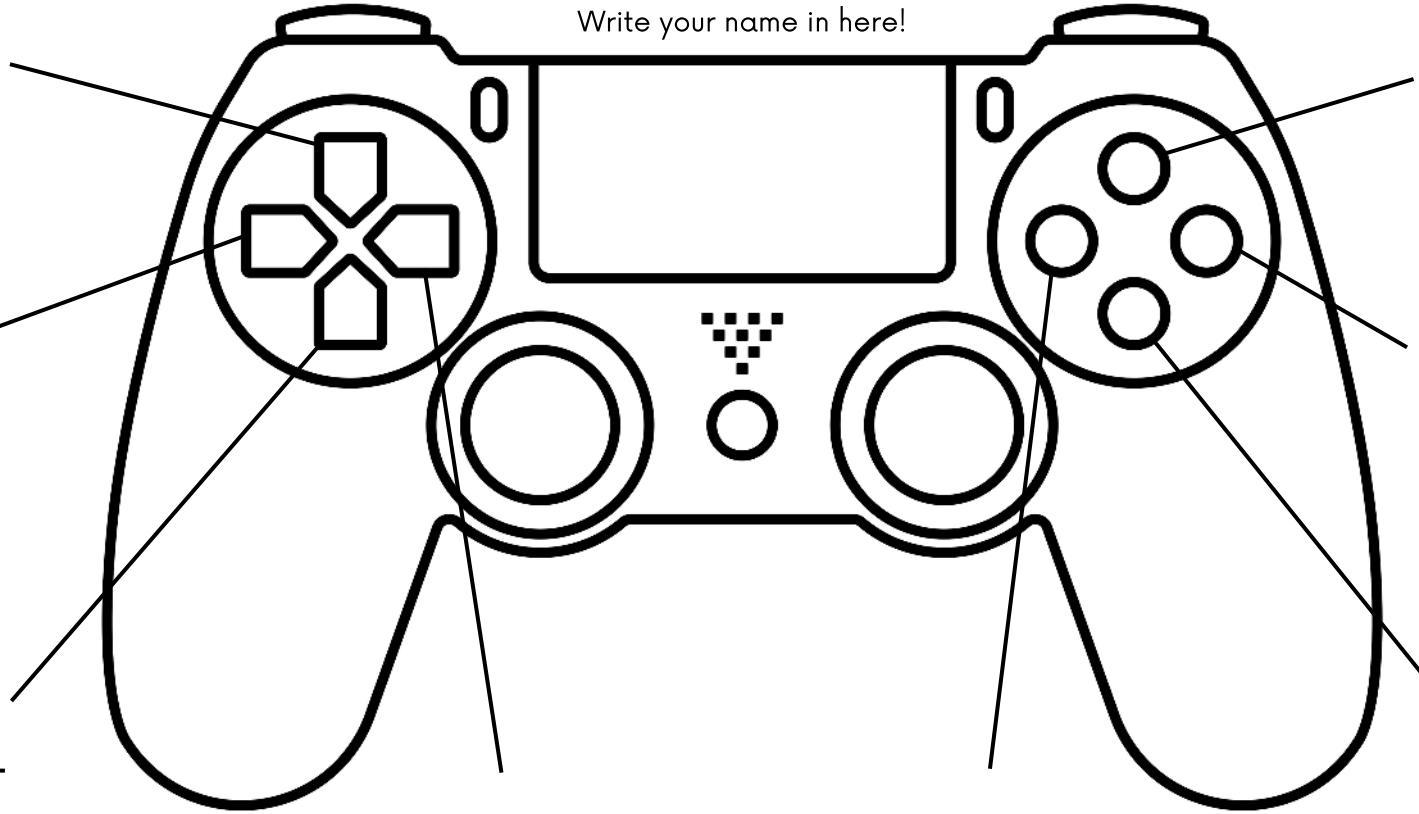
# I am in control

Sometimes it can feel like we don't control much around us and this can make us feel anxious or scared. So let's take back some control and think about all the things that we can control in a normal day. Can you think of 8 things you can control today and match them to the buttons on our controller below? Colour in for extra feel good vibes!

Write your name in here!



© Be Happy Resources 2022