**Controllables**

**M2M Classroom Discussion Guide**

**Objective:** Identify what we can and cannot control with ourselves and with others. Discuss strategies for coping with change and focusing on what we can control.

**Essential Question:** How can I let go and accept things that I cannot control and focus on the things I can control?

**Staff reminder:**

* Prepare your class for monthly lesson and discuss expected behavior
* Be prepared to show the classroom video lesson
* Share personal examples helping facilitate the classroom discussion
* Please encourage your mentors to lead the discussion and share personal examples

 **Discussion Guide**

**Discussion 1: Additional Questions**

What are some of the things that you can’t control that you thought you could?

Were you able to come up with some things that you realized you can influence? What were they?

What were some of those things that you can’t control either in yourself or others?

Which is easier, not controlling some things about you or others?

**Discussion 2: Additional Questions**

When you let go of what you cannot control, what happens to your stress level?

How does this relate to your role as a student this year?

What are some strategies that you can use to not control things that are out of your control?

*THANK YOU FOR ALL YOU DO!*