

# Whitstable Junior School

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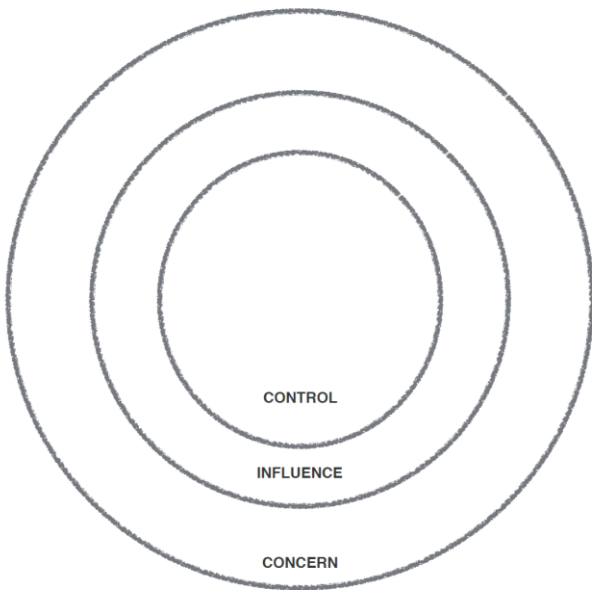
Friday 5<sup>th</sup> February

Dear Parents and Carers,

Hello and welcome to this week's **Feel Good Friday** letter.

With all of the uncertainty of the past year, and little we can do ourselves to change our wider circumstances at the moment, it is easy to let our time and energy be exhausted through worrying about the things outside of our control. We thought it might be helpful this week to take time to think about the things we can and cannot change in our worlds.

Some of you may have heard of the Circles of Control. This is a tool we can use to focus on what we can change and accept what we cannot. Completing this activity might help you to feel more in control, and by concentrating on those things you can change, you can be proactive, celebrate what you achieve everyday, and start to reduce feelings of overwhelm and frustration.



Encompassed within the Circle of Control are things you have direct control over, like your own actions and behaviour. This could be how much news you choose to watch. The Circle of Influence involves things we have some level of indirect control over – for example, your child's choice over how much home learning they complete in a day. You can give them all the support and encouragement they need, but if they are particularly reluctant, it can be difficult to ensure the work is fully done! Finally, there is the Circle of Concern, which includes those things that we have no control over but that we often are concerned or worried about, for example government policy decisions, others not following the guidelines, or even just the weather!

Have a think about your own Circles of Control, Influence and Concern. You could draw the diagram and fill it in, or just give yourself time to consider some of the things you are worried about. Begin to direct your time and energy to what you can control and influence. Anxiety and the bodily experiences it causes are a call to action, and through responding by doing something, we can ease our negative feelings and focus on being proactive.

Have a lovely weekend everyone.

Best wishes,

Shannon, Leanne and Ms Collin  
The Well-Being Team

