

The Rock and The Play-Doh

What Can I Control?

(originally published by Krystal Detarding)

FIRST! Find a rock and a ball of Play-Doh.

Hold the rock in your hand. Squeeze it as hard as you can. Try to bend it. Roll it between your hands. Are you able to change the rock?

Now, hold the Play-Doh in your hand. Squeeze it as hard as you can. Try to bend it. Roll it between your hands. Are you able to change the Play-Doh?

The rock is hard and can't be changed but the Play-Doh is soft, and you have control over what form it takes.

During this quarantine what do you have control over? What do you not have control over? Here are some ideas....

I don't have control over.....	I have control over.....
What other people do or say	What I do and say
Sickness	Washing my hands
How long this will last	Finding fun things to do at home