



FLOURISH · FALL

YEAR 6

What can I control?

Sort your worries into control, influence, and let go.

#control

#steady

#calm

#resilience





Which worries are yours to carry, and which are not?

You can always pass, write your answer privately, or use a made-up example.



Philippians 4:6

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Philippians 4:6, New International Version (NIV)

CHRISTIAN CONNECTION

Scripture never asks us to fake calm. Paul names worry plainly, then hands the uncontrollable part to God.



CONNECT



EXPLORE



PRACTISE



REFLECT



Which of these can you control, influence, or let go?

In groups, read all six cards and sort them.

For each let-go card, write one thing you can still do.

1

How early I go to bed the night before the carnival.

2

The weather on the day.

3

Whether my friend keeps turning up to training.

4

Which team is in our heat.

5

The way I speak to my teammates when we are nervous.

6

How much I practise my strokes each week.

Some cards sit between control and influence – explain your reasoning.



CONNECT



EXPLORE



PRACTISE



REFLECT



“One thing I can control this week is ...and one thing I will let go is ...”

Write this one privately — you don't have to share it.

TAKEAWAY

Steady people spend their energy where it can make a real difference.



CONNECT



EXPLORE



PRACTISE



REFLECT