
THE ROCK & THE PLAY-DOH

COVID-19: What can you control?

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, place the Play-Doh in your hand. Squeeze it as hard as you can. Bend it. Roll it between your hands. Are you able to change the Play-Doh?

The COVID-19 pandemic may leave you feeling worried, anxious or scared. In these moments, think of the rock and the Play-Doh.

The rock is hard and can't be changed. You can't control the shape it takes.

The Play-doh, however, can be changed. You can control the shape it takes.

What are the "Play-Dohs" in your life right now? What can *you* control?

Believe it or not, you, my middle school friend, have some control over what is happening in the world right now.

So, what are the "Rocks" and the "Play-dohs" of COVID-19?

THE "ROCKS"

I cannot control:

- What other people do
- What other people say
- School cancellations
- The news
- Sickness
- Work assigned to me
- Doctor recommendations
- Restaurant and store closings
- How long this will last

THE "PLAY-DOHS"

I can control:

- What I say
- What I do
- The way I treat others
- My positive attitude
- Hand-washing and hygiene
- How well I do my work
- What I watch online or on TV
- Getting fresh air
- Social distancing: staying home
- Finding fun things to do at home

Despite everything happening, *you do have some control.*

Take a deep breath and focus on the the "Play-Dohs."

Let go of the "Rocks."

We are all in this together. It will get better.