

IS THAT MY RESPONSIBILITY?

Sometimes we worry about things that are outside of our control. It happens to everyone sometimes! When we worry about things that are adult responsibilities, it can feel like we are carrying around a lot of extra baggage – baggage that isn't even ours! It's like walking through the airport with a whole stack of bags that aren't our own.

It can help to remember what things are our responsibilities and what things are adult responsibilities.

Read the list below and discuss which responsibilities are for adults and which are within your own control.

- Paying the bills
- Filling up the car with gas
- Getting to work on time
- Following rules at school
- Getting groceries and food
- Finding a babysitter
- Doing homework
- Taking care of kids
- Putting your homework in your backpack
- Solving problems between parents
- Being a responsible student
- Keeping the family healthy

What are other responsibilities you have at home and at school?