

A large, stylized maze graphic in the background, composed of concentric, swirling lines in shades of red, orange, and yellow, creating a sense of depth and complexity.

STEER
SHAPE
SURRENDER
SHIFT

student activity packet

guiding the NXT generation
to **steer** what's theirs
to **shape** what they can
to **surrender** to the uncontrollables
& **shift** back to what they can steer

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NXT Generation's Neurodiverse Resource Universe!

You just made a difference. Every download, every review, every classroom moment matters—and I'm so grateful you chose this resource.

💭 If it made your teaching life a little easier...

🐾 If your student smiled while learning...

📢 If this fit just right for your neurodivergent learners...

Please consider leaving a quick review—it helps other educators know what works and allows me to keep creating from the heart
💛.

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With love, creativity, and purpose,
Miss Coach Dani ✨

educator's overview

Purpose

This activity helps students build self-awareness, regulation, and resilience by identifying what is within their power, what they can influence, and what they need to release. Using interactive templates, sorting tasks, mood boards, and scenarios, students learn to focus their energy on what they can do, while letting go of things outside their control.

Learning Objectives

By the end of these activities, students will be able to:

- Distinguish between direct choices (Steer), influence areas (Shape), and uncontrollable circumstances (Surrender & Shift).
- Practice decision-making and problem-solving when faced with everyday scenarios.
- Strengthen social-emotional learning (SEL) skills, including self-regulation and responsible decision-making.
- Build resilience by redirecting focus from frustration to empowered action.

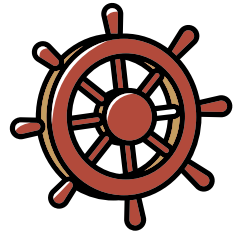
Materials Needed

- Printable worksheets (Steer, Shape, Surrender)
- Sorting list of sample items (master list)
- Circle of Control diagram
- Scenario cards
- Magazines, scissors, glue, and markers (for Mood Board extension)
- Tech for Kahoot option

Extensions & Differentiation

- **Art Connections:** Create posters, mood boards, or symbol drawings for each category
- **Writing Prompts:** “Write about a time you had to surrender and shift” or “When did you steer your own choices?”
- **Role-Play:** Act out scenarios or play a game allowing pause to identify which category applies
- **SEL Check-Ins:** Use the three-part framework in daily morning meetings

[Digital Template Link](#)



things in my power

(my direct choices and actions)

☐ _____

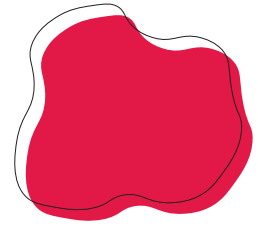
☐ _____

☐ _____

☐ _____

☐ _____

SHAPE



things I can impact or contribute to

(areas where I don't have full control, but I can make a difference)

SURRENDER

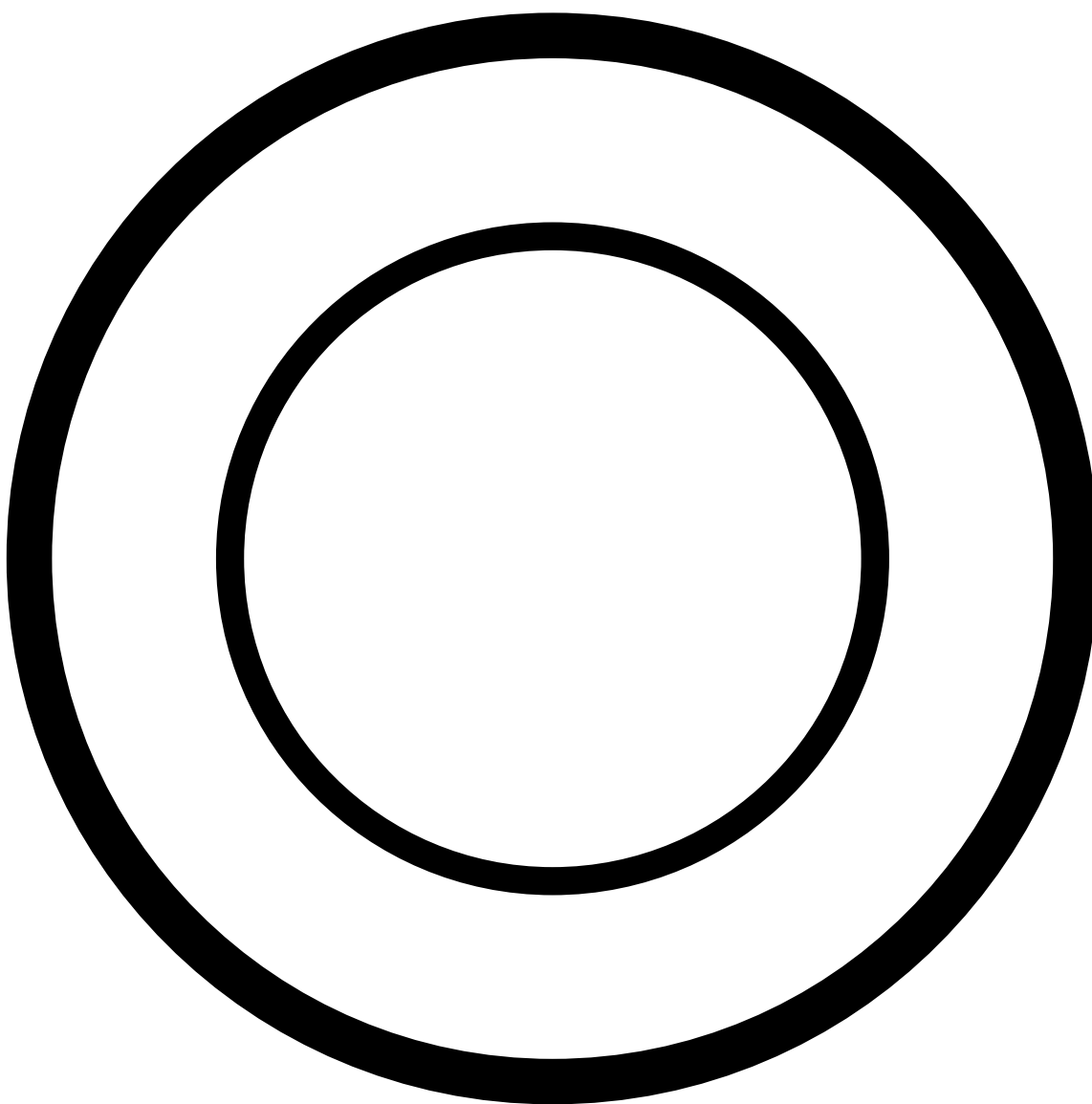


things not in my power

(circumstances I can't change so my focus shifts to how I respond)

[illegible]

**CIRCLE OF
CONTROL**





Working with my group on a project

Cheering for my team

Sharing ideas in class

Being a good friend and role model

Taking care of shared spaces (classroom, playground, community)

The weather

Wifi outage

Someone else's boundaries

Other people's feelings or actions

Rules and decisions made by adults

What's on the lunch menu

Unexpected changes

How I treat others

How much effort I put in

The words I choose to say

How I care for my body and mind

Asking for help when I need it

SCENARIOS

1) Your soccer team loses the game.

Steer: _____

Shape: _____

Surrender/Shift: _____

2) Your friend doesn't want to play the game you chose.

Steer: _____

Shape: _____

Surrender/Shift: _____

3) It's raining on the day of an outdoor learning expedition.

Steer: _____

Shape: _____

Surrender/Shift: _____

SCENARIOS

4) Your family makes plan you don't like.

Steer: _____

Shape: _____

Surrender/Shift: _____

5) The internet goes out in the middle of a fun activity.

Steer: _____

Shape: _____

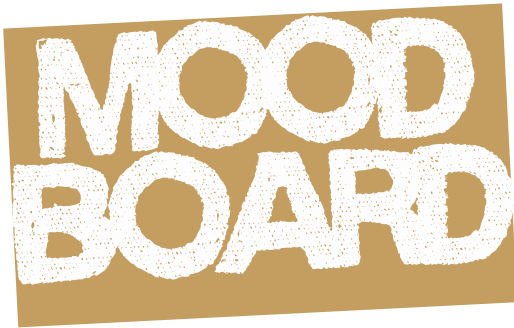
Surrender/Shift: _____

6) A peer is having a difficult time while you're trying to read.

Steer: _____

Shape: _____

Surrender/Shift: _____



Title Your Board → At the top, write “What I Steer, What I Shape, What I Surrender & Shift” or your own creative title.

Divide the Page → Draw two vertical lines to create three even columns. Label each one:

Steer (things I guide and control)

Shape (things I can influence or contribute to)

Surrender & Shift (things I let go of and move forward from)

Cut & Collect → Look through magazines, newspapers, or printouts. Cut out pictures or words that fit each column.

Place & Paste → Glue them into the column where they belong. Overlap, layer, and create a collage style.

Add Your Voice → Around your pictures, add doodles, symbols, or color coding for each category (like steering wheels for Steer, arrows for Shape, clouds or open hands for Surrender & Shift).



Click [here](#) to play the game “Steer Shape Surrender”