Thinking About Thoughts

CBT THOUGHT CARD ACTIVITIES

the RESPONSIVE counselor

Do you need this in a digital format?

This resource includes ninety thought cards (forty-five pairs). Thirty of the thoughts (fifteen pairs) are now also available to use digitally. A PowerPoint file as well as a Google Slides ™ link are included.

You can do this "live" with students – projected on a screen or video chatting with them and screen sharing. Or, you can "assign" it to them to work on independently or with their parent. It is to be used in PRESENT mode.

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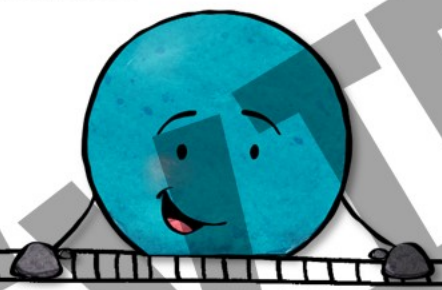
Thought Cards Key

A – anger
W – worry
GM – growth mindset
L – learning/school
B – behavior/choices
F – flexible thinking
NA – negative attitude
S – sadness
SE – self-esteem



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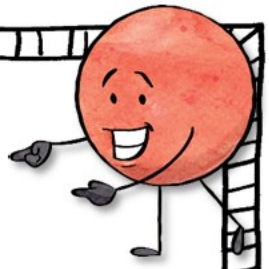
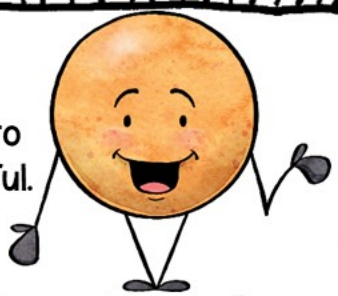
How to Use



- Class Lessons
- Group Counseling
- Individual Counseling
- Matching
- Sorting
- Scoot/Scatter
- Memory Match
- With Board Games
- For Intake/Treatment Planning
- Affirmations

Activity Directions



- **For any activity, select which cards are most applicable to your student(s)/client(s). Use the key to sort by topic if helpful.

- Sorting: Sort cards into helpful vs. unhelpful.
  - For class lessons: Print multiple sets and have students sort in small groups. Another option is to give a student a card, ask the class to identify helpful vs. unhelpful, then another student gets a card, class identifies, etc. You can incorporate movement by having the whole class do an action depending on type of thought (eg. jump if helpful, crouch if unhelpful) or have each student walk/skip/hop to a designated location once the class has sorted their card.

- Matching: Match unhelpful to helpful thoughts, describe what situation they would occur in.
  - For class lessons: Give each student a card and ask them to find their matches– then shuffle and pass out again to do another round(s). Have pairs share their cards while students identify who had the helpful thoughts.

- Scoot/Scatter: Write a # on each of the cards you want to use (can use dry erase on laminated cards). Place 1 card on each student desk/workspace OR spread them out around the rug (this option works if you have more cards than students). Give each student the scoot sheet (pg. 71). Students rotate around to each card (or take cards one at a time to read and respond to before returning). For each card, students can answer if the thought is helpful or unhelpful, or yes or no (whether or not they have the thought sometimes).

- Memory Match: Select 10-15 sets. Put cards upside down, play 'memory' looking for helpful/unhelpful matches

- With board games: Before each turn (or at every specific color or number), read a thought card and describe the emotion, action, and consequence that would follow.

- For assessment/treatment planning: Lay out the cards. Student/client identifies which unhelpful thoughts they have most often.

- Affirmation cards: Counselor and student select helpful thoughts student wants to have/needs to have more often. Students can keep these, or write them onto a set of the blank cards.

PREVIEW

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Always True

Help You!

Comfortable Feelings

Good Choices

Helpful Thoughts

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PREVIEW

Might Be Untrue

Hurt You!

Uncomfortable Feelings

Not-So-Good Choices

Unhelpful Thoughts

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PREVIEW

A, F

We all have different opinions and that's ok.

A, F

I must be right and they must be wrong.

A, B

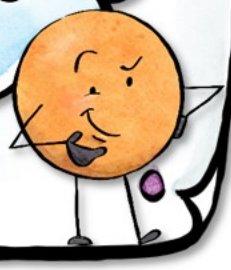
They should be punished for doing something that made me upset.

A, B

Getting back at people only makes the problem worse.

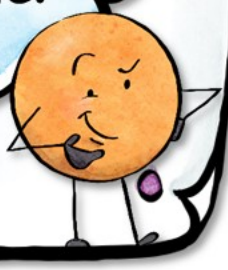
B

I know it's wrong, but everyone else is doing it.



B

No matter what other people do, I'm going to do what is right for me.



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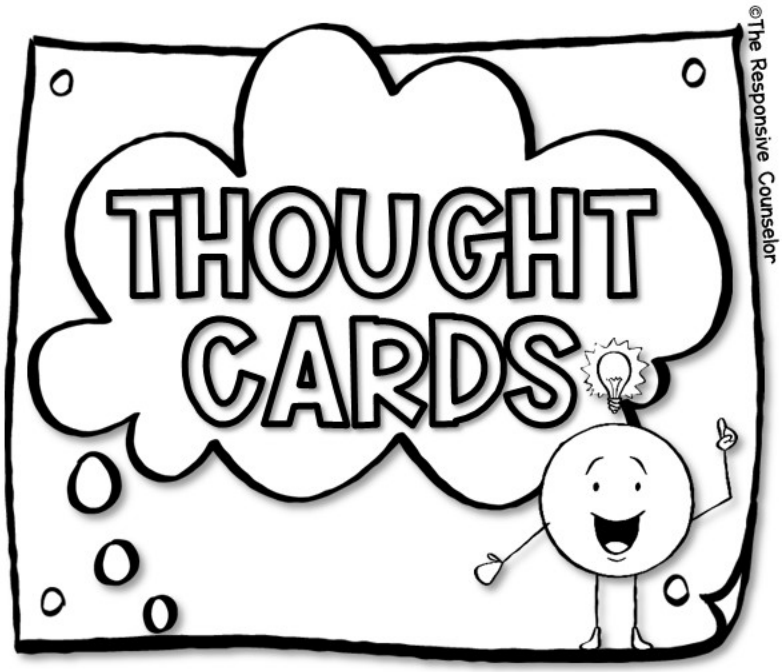
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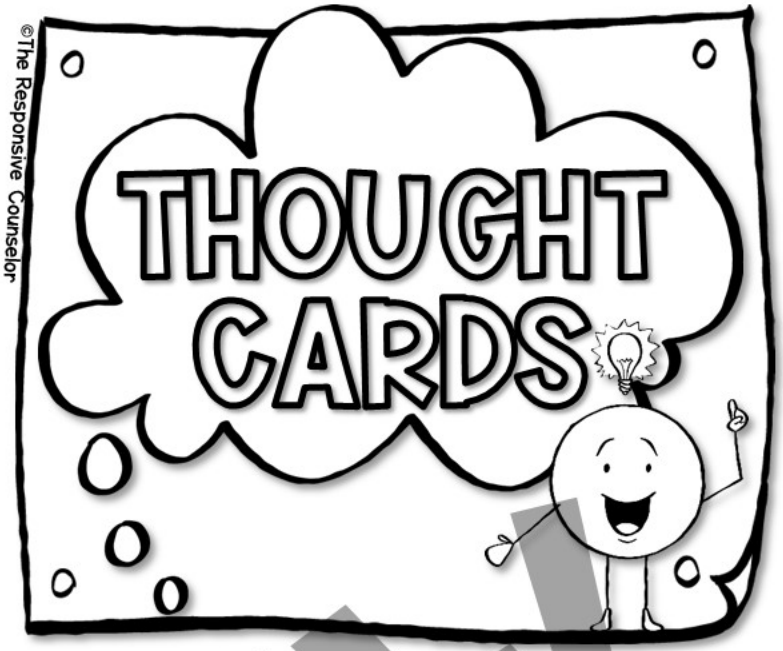
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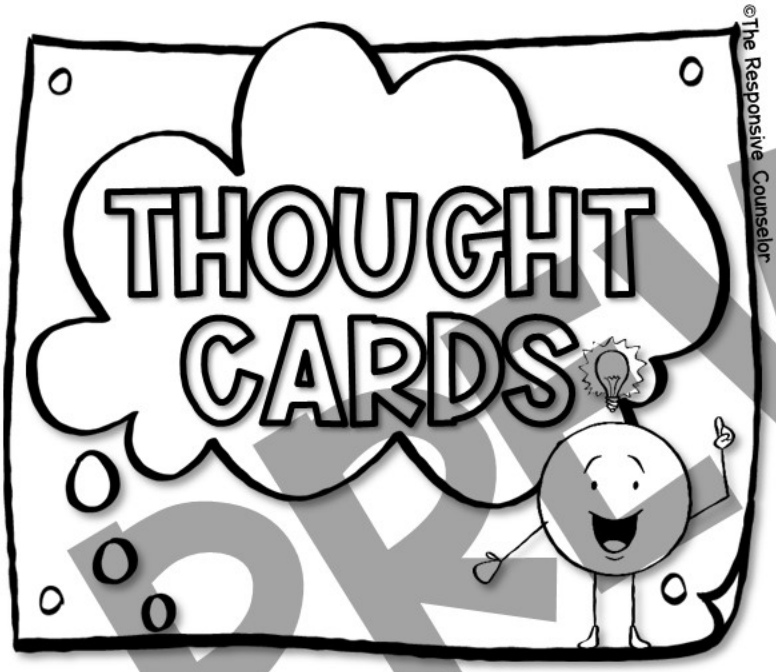
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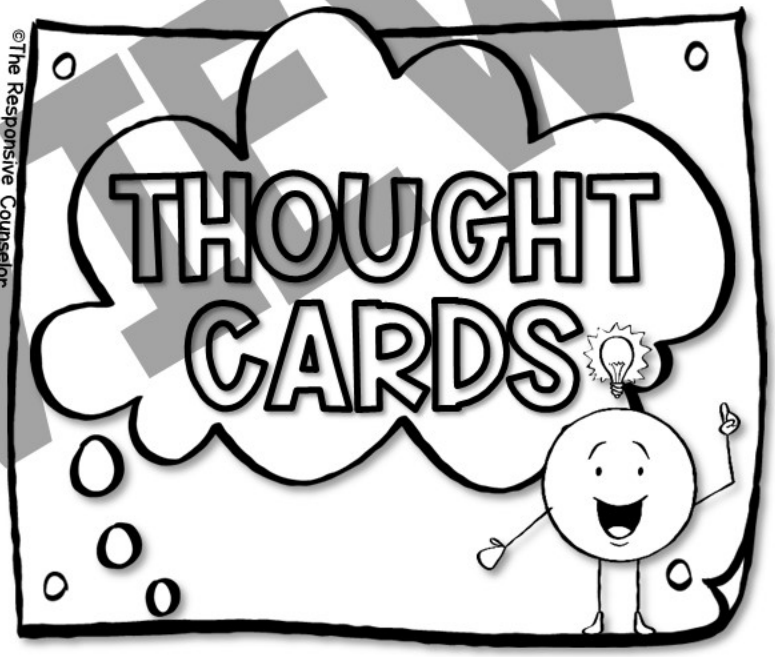
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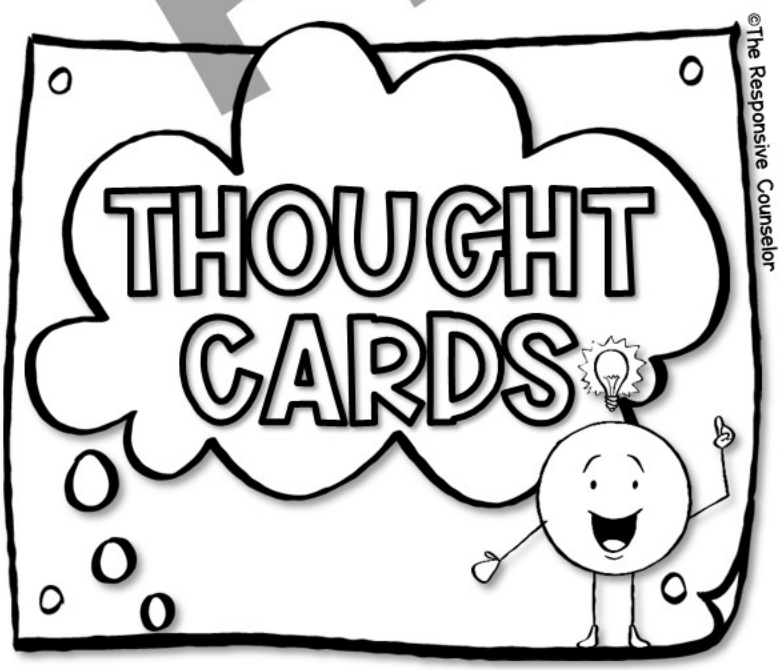
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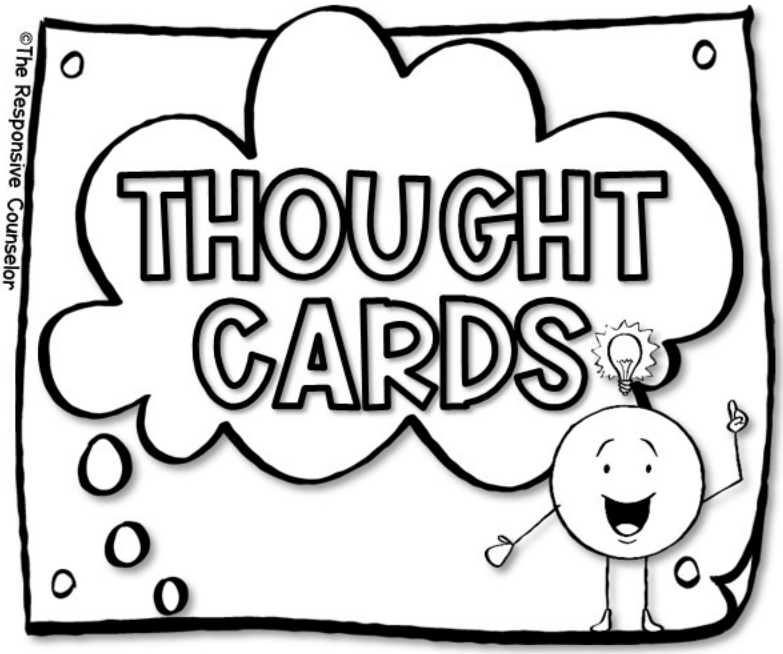
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PREVIEW

A, NA, F

Sometimes my teacher calls on me, sometimes they don't. It's ok.

A, NA, F

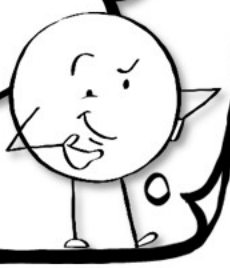
My teacher never calls me on, it's not fair!

A, NA, F

It's not fair that my brother got something I didn't!

A, NA, F

My parents don't do the exact same things for my brother and I, but they love us both the same.



A, NA, F

It's ok to lose games sometimes. It's more important to have fun and be a good sport.

A, NA, F

I lost! I hate this game, it's not fair!

PREVIEW

Thinking About Thoughts

Helpful or unhelpful? Which ones do you have?

Name: _____

1.	2.	3.	4.	5.	6.
7.	8.	9.	10.	11.	12.
13.	14.	15.	16.	17.	18.
19.	20.	21.	22.	23.	24.
25.	26.	27.	28.	29.	30.

PREVIEW

the RESPONSIVE counselor

Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling: School Counseling and Clinical Mental Health

Experience

I'm a school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I also share my ideas and resources to reach students and help educators across the world!

Let's Connect: