

CBT-BASED COUNSELING ACTIVITIES

Help students understand and manage their thoughts, feelings, and actions



About This Resource

CBT-based elementary school counseling activities & tools that you will use again and again to help students understand and manage how they think, feel, and act.

Identify feelings and strategies

Understand thinking errors

Challenge unhelpful thinking

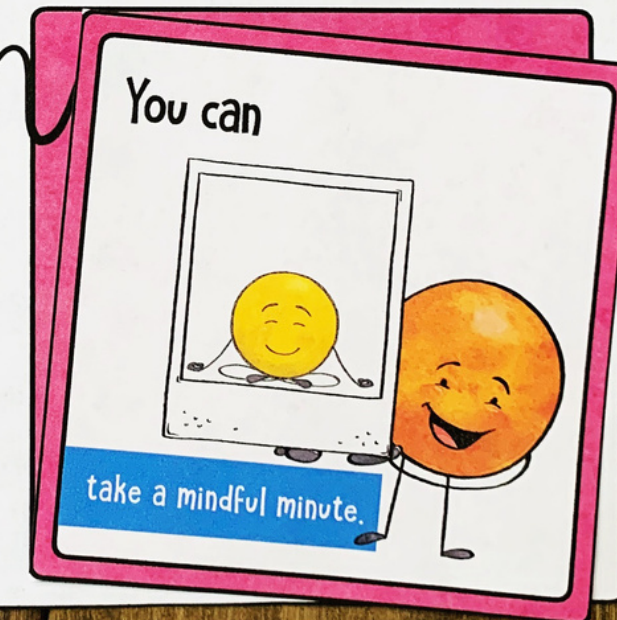
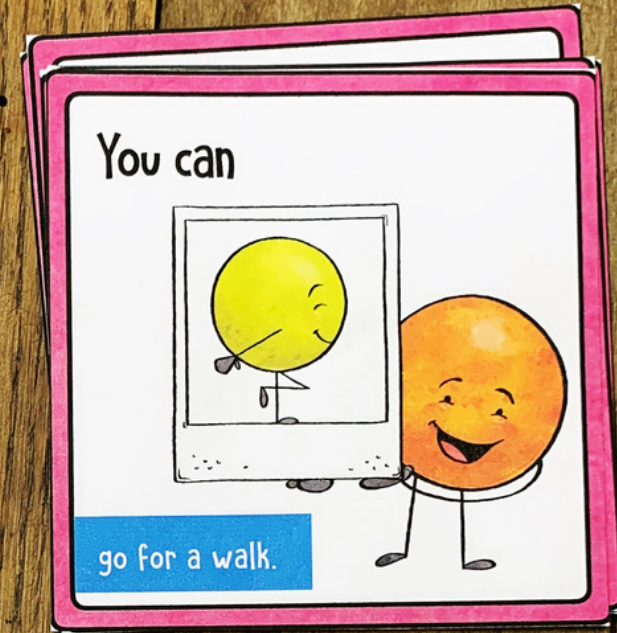
Building positive self talk

Connect thoughts, feelings, and actions

Plan to change how you think, feel, and act

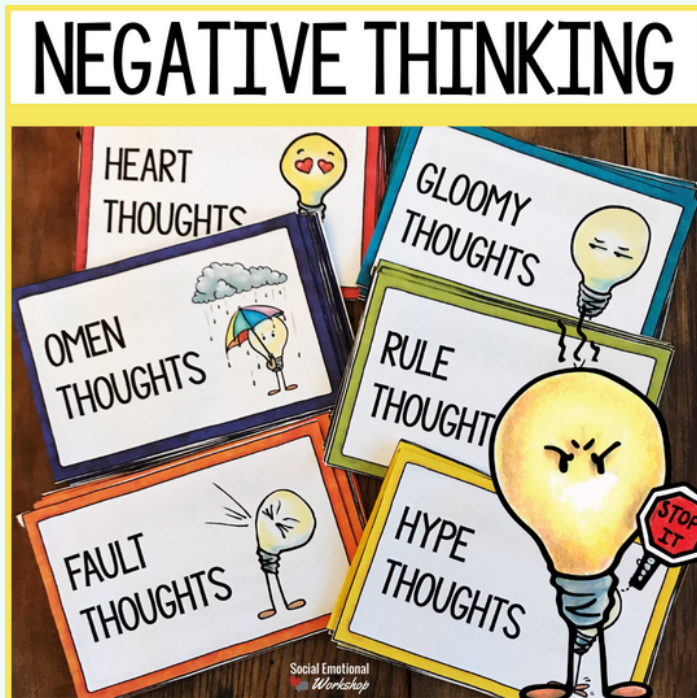
Feelings Check-Ins

Check-in activities to help students identify how they are feeling and find strategies they can use to handle big emotions.



Identifying Negative Thinking

Help students spot their thinking errors and start to use strategies to challenge them



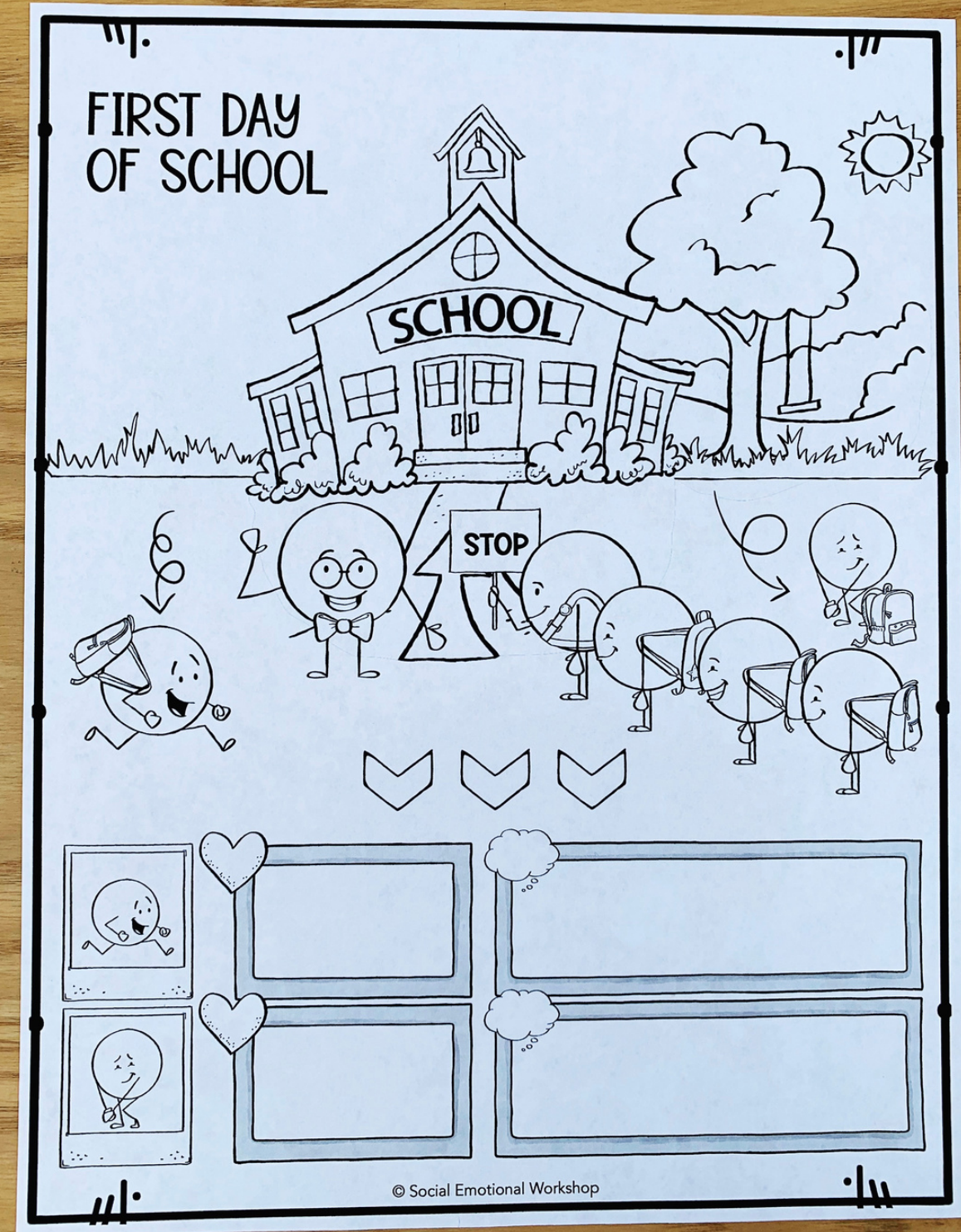
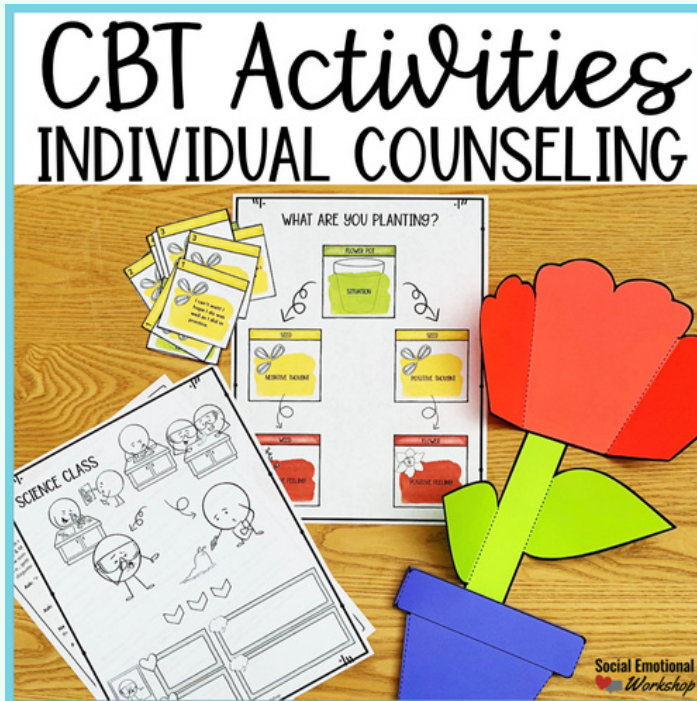
Challenging Unhelpful Thinking

Teach strategies to challenge and reframe thinking errors using kid-friendly strategies



Connecting Thoughts, Feelings, and Actions

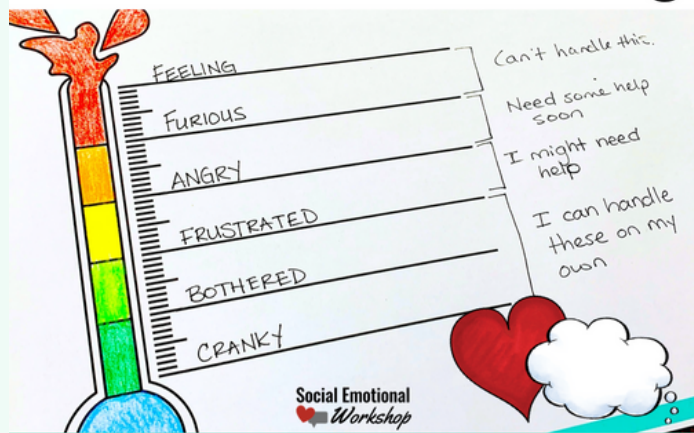
Show students how their thoughts, feelings, and actions are connected and changeable.



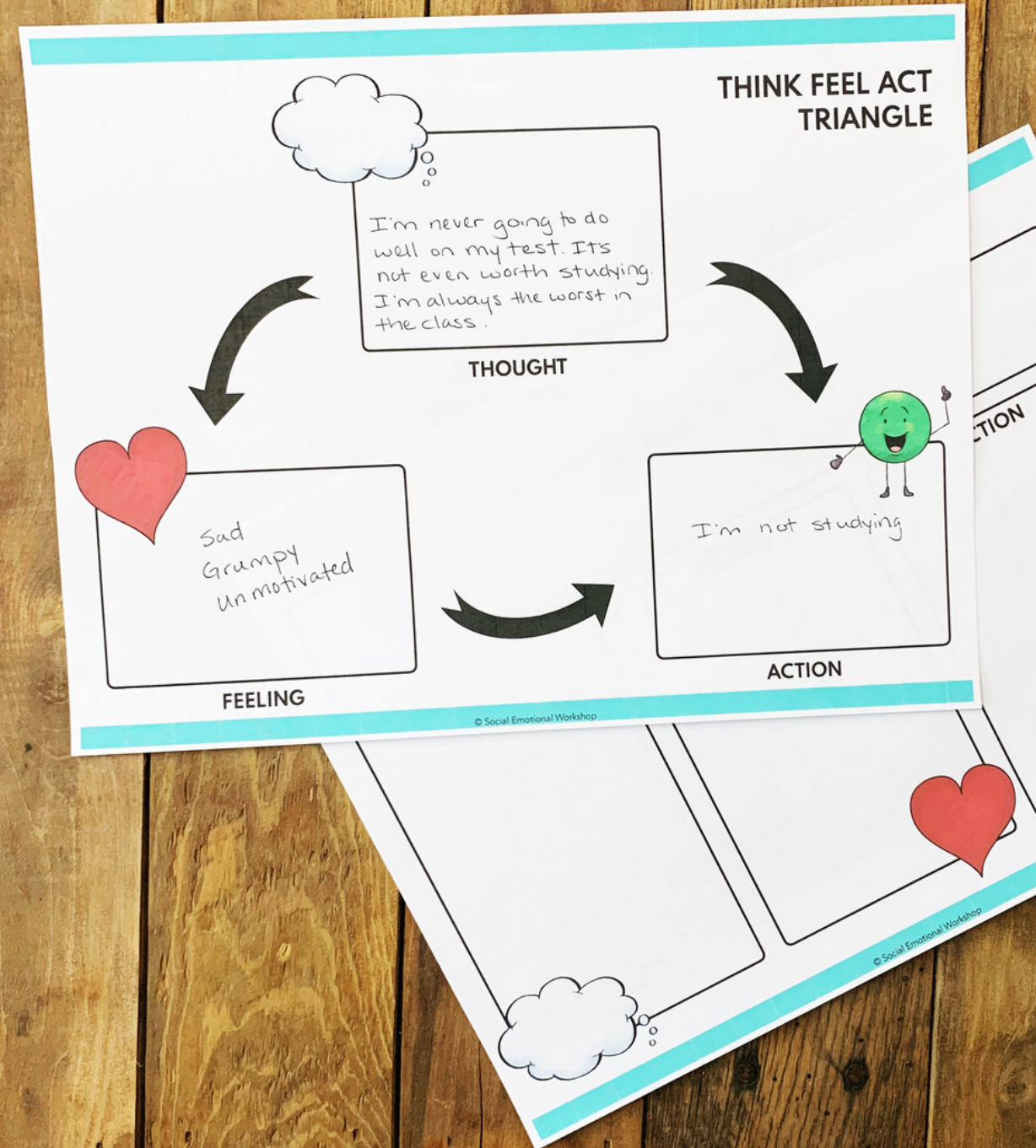
Exploring thoughts, feelings, and actions

Classic CBT exercises to help students see connections between how they think, feel, and act.

CBT WORKSHEETS for school counseling

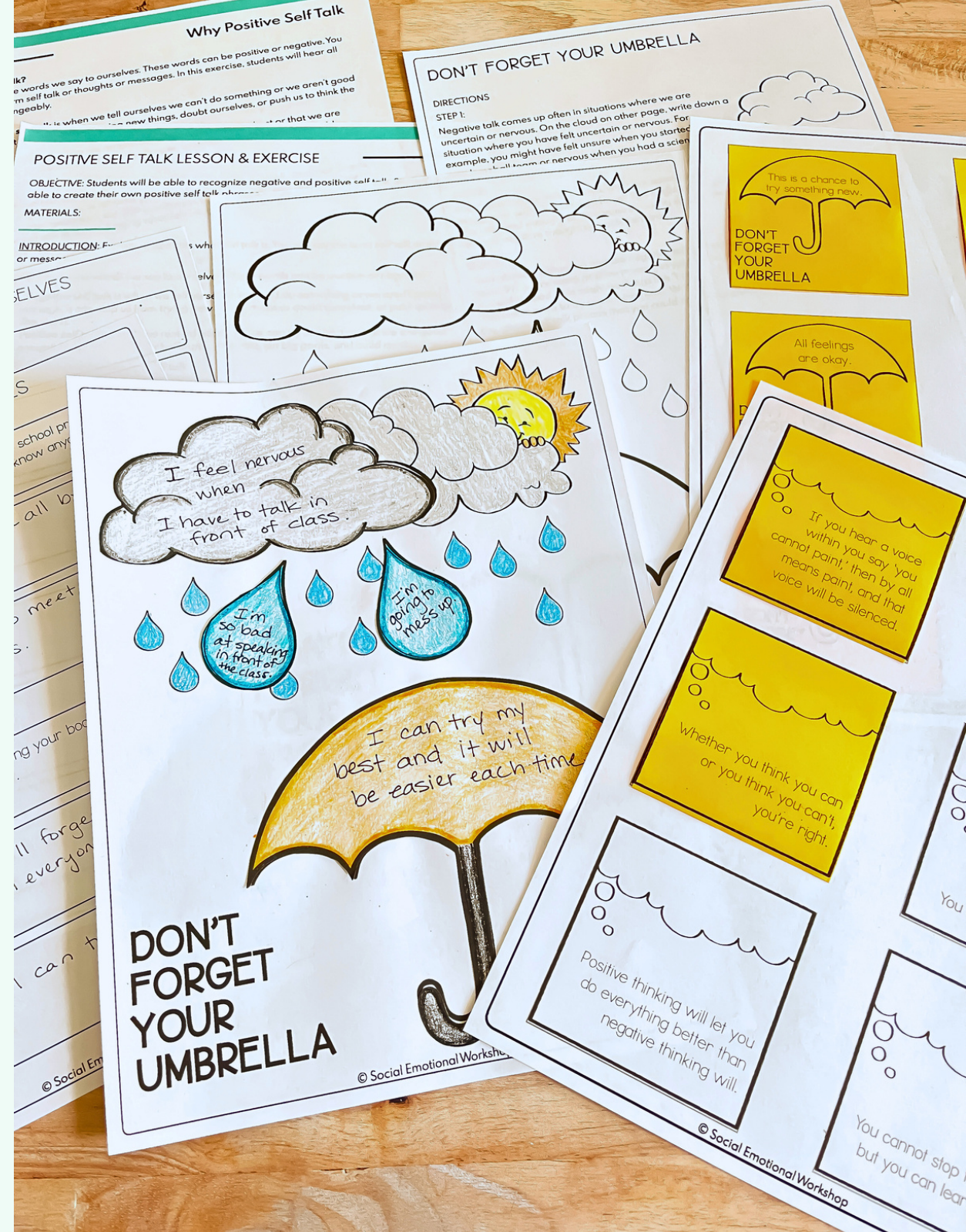
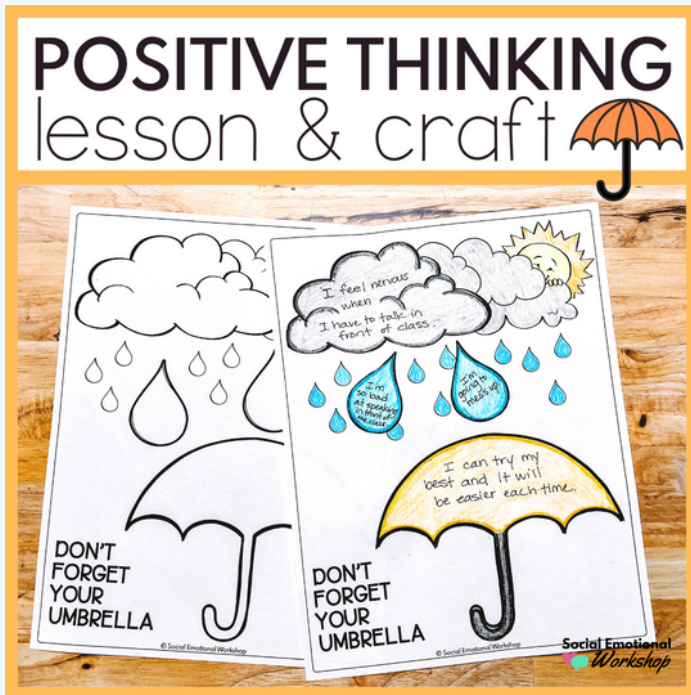


PRINTABLE & DIGITAL



Build Positive Self Talk

Teach students how to reframe negative thinking and replace them with realistic thoughts.



Finding Ways to Change

Showing students you can change your thoughts and feelings and lead to different outcomes



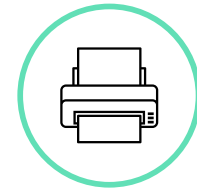
MAP 1: Positive vs Negative Paths

Trigger: I forget my homework for the second time this week.

Start with the Positive or Negative Path

1 Positive Thought	2 Positive Feeling	3 Positive Behavior	4 Positive Impact
"If I tell my teacher she may let me call my mom to bring it."	Hopeful	I accept responsibility and talk to my teacher maturely.	My teacher praises me for telling the truth. She calls my mom to think of a way I can remember at home.
1 Negative Thought	2 Negative Feeling	3 Negative Behavior	4 Negative Impact
"My teacher is going to make me stay in for recess. She's the worst."	Embarrassed and Angry	Put my head on my desk and refuse to talk to my teacher.	I get in trouble for ignoring my teacher. It wastes class time. Other kids get annoyed.

DETAILS



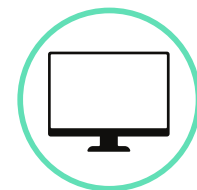
Color and blackline



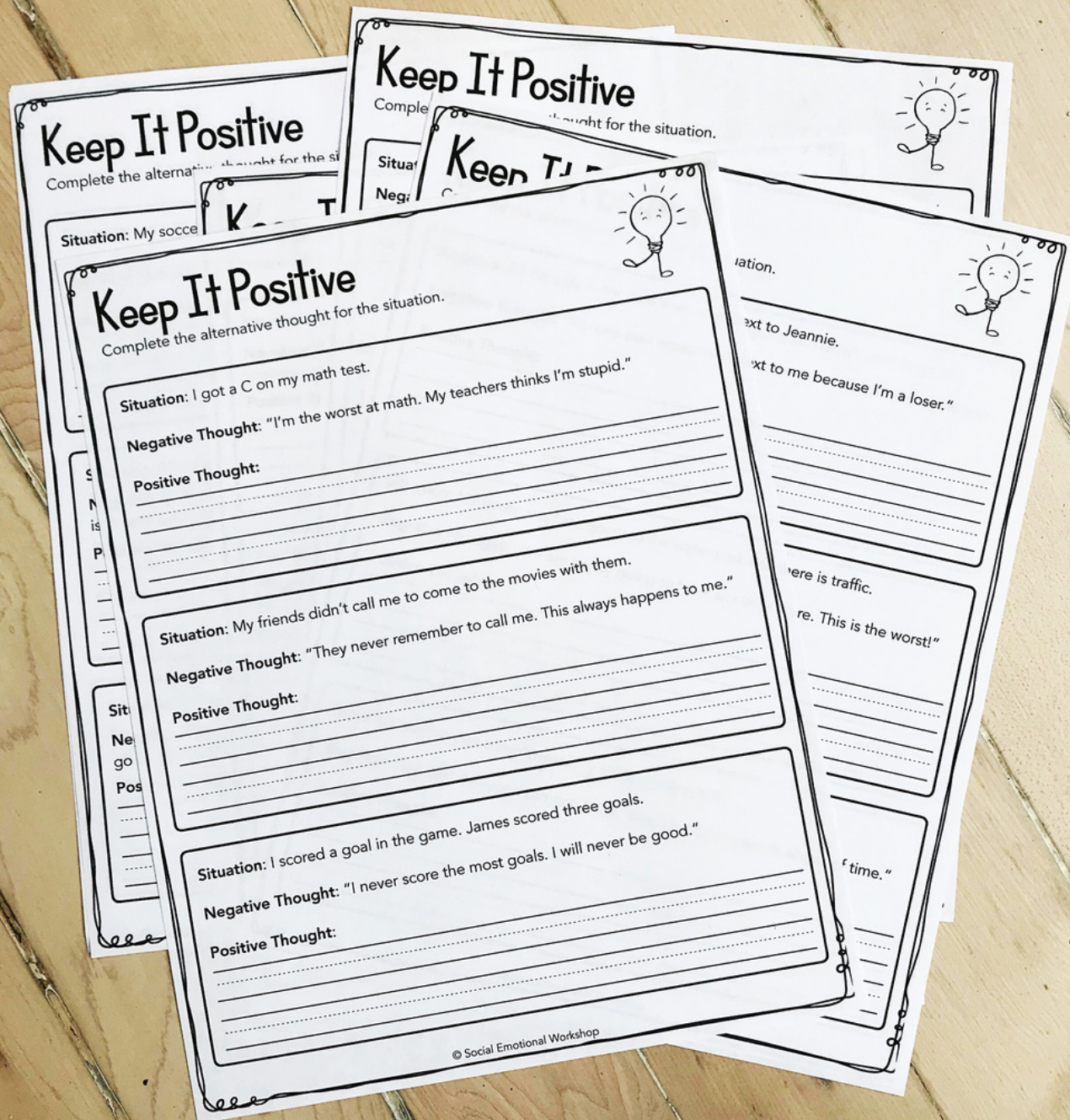
Best for 3rd to 5th grade



Use with individual students & small groups



Digital versions included for select activities



CBT activities

Skill focused

Teach strategies students can use independently.

Research based

Address multiple referrals reasons.

Structured

Give predictability and focus to sessions.

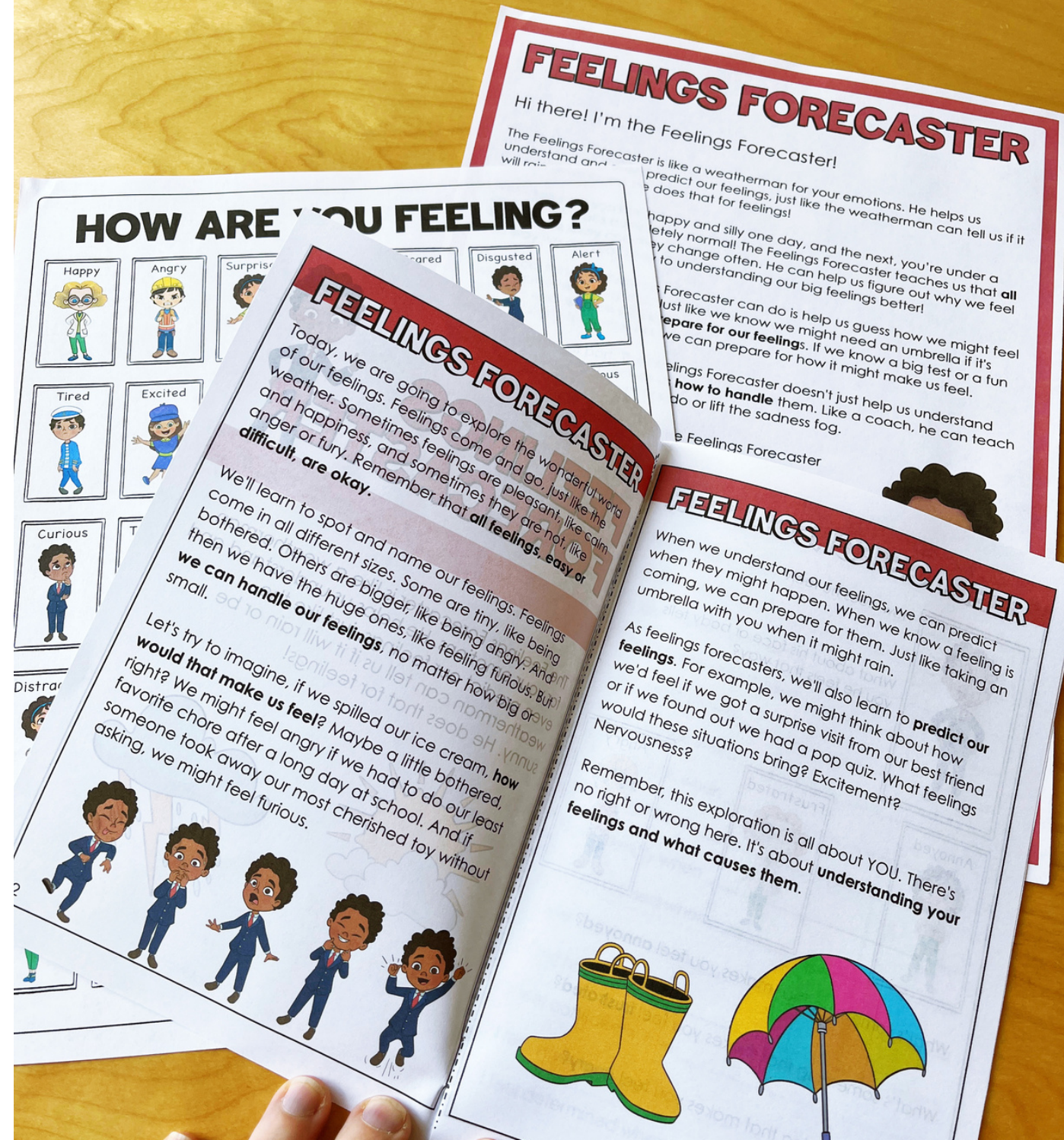
Goal Oriented

Perfect for short-term counseling.

You might like

The Helper Squad, a CBT-based series filled with activities and games for elementary school counseling

See It Here



Hi! I'm Laura

I create research-driven, uncomplicated resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

contact: support@socialemotionalworkshop.com

