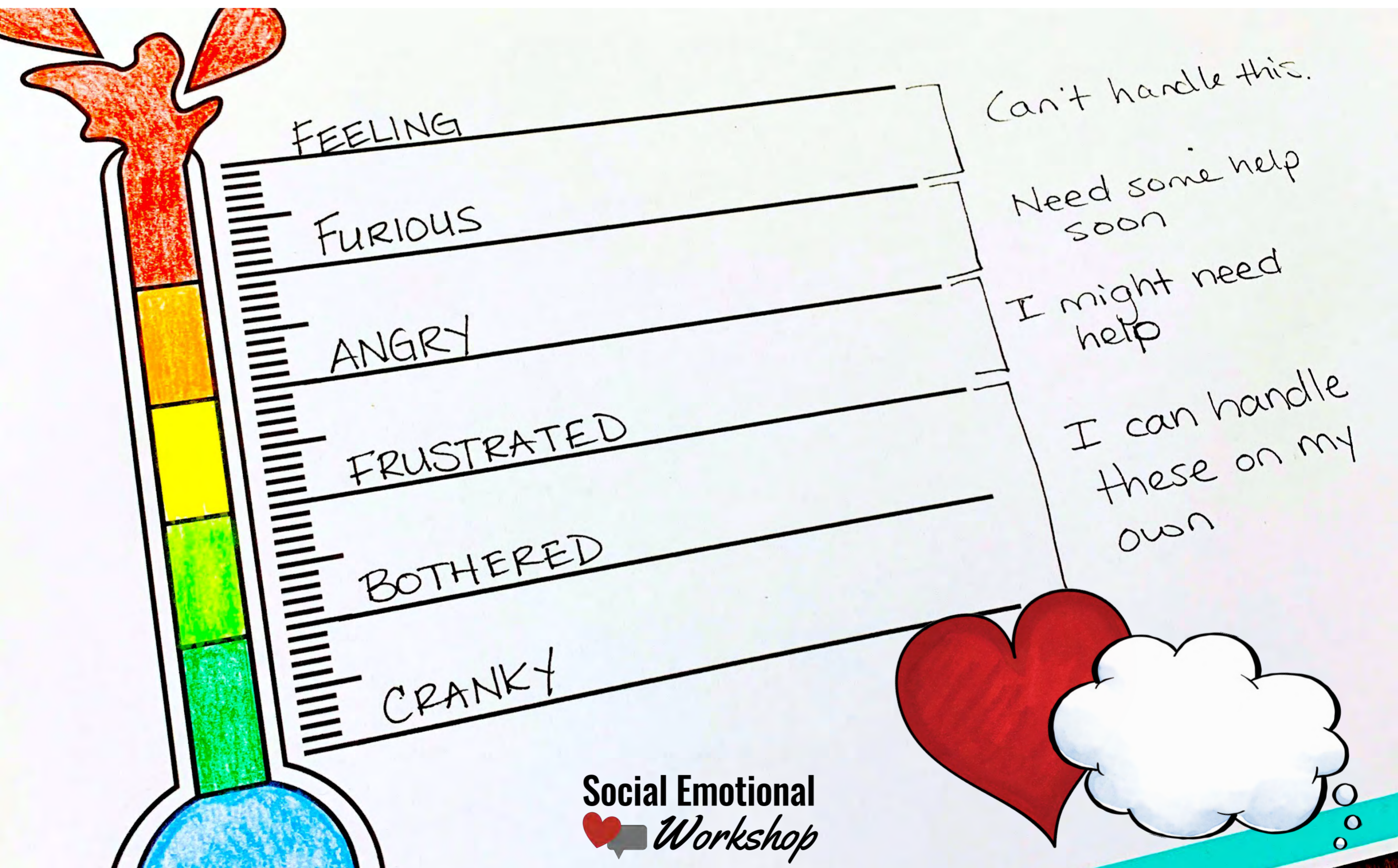


CBT WORKSHEETS

for school counseling



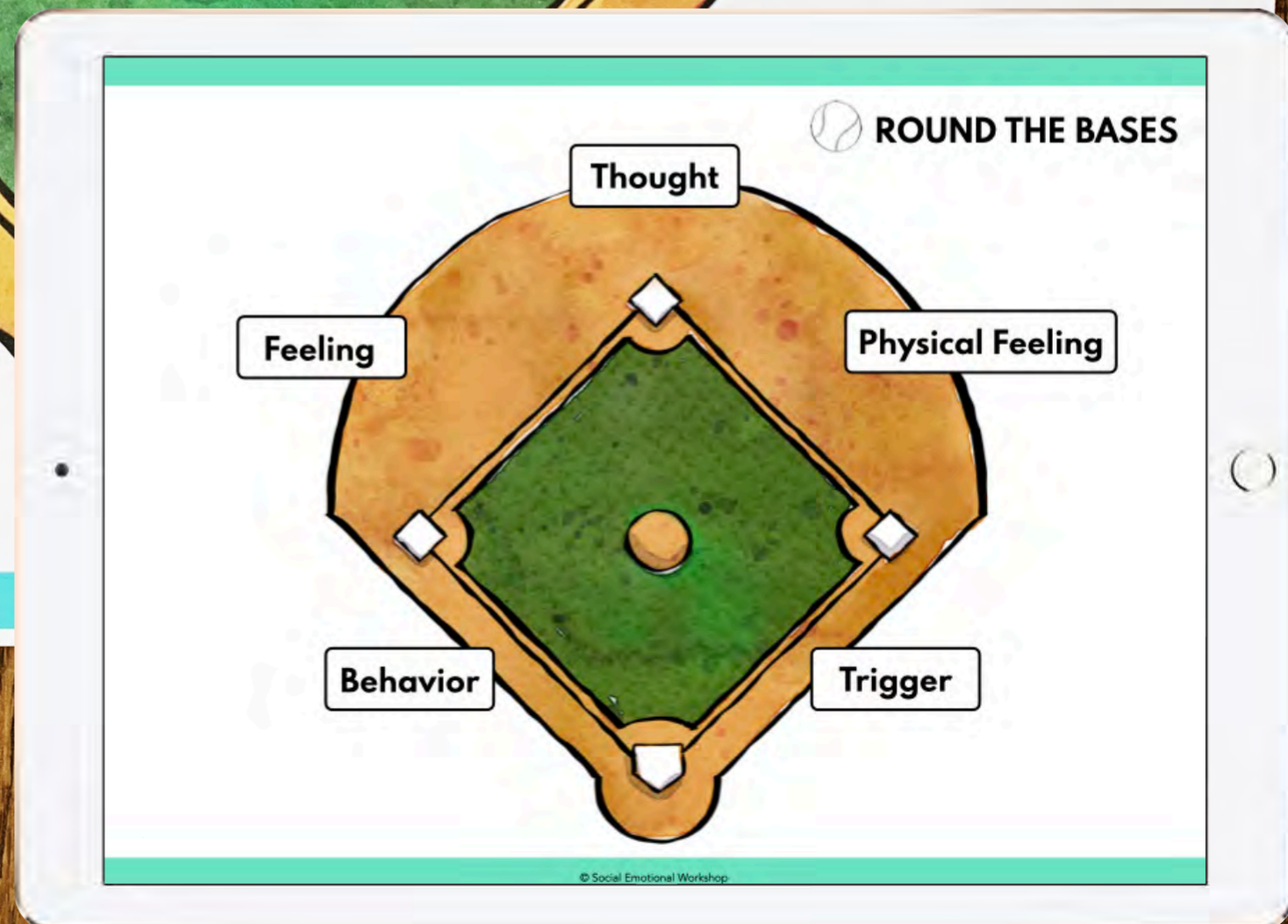
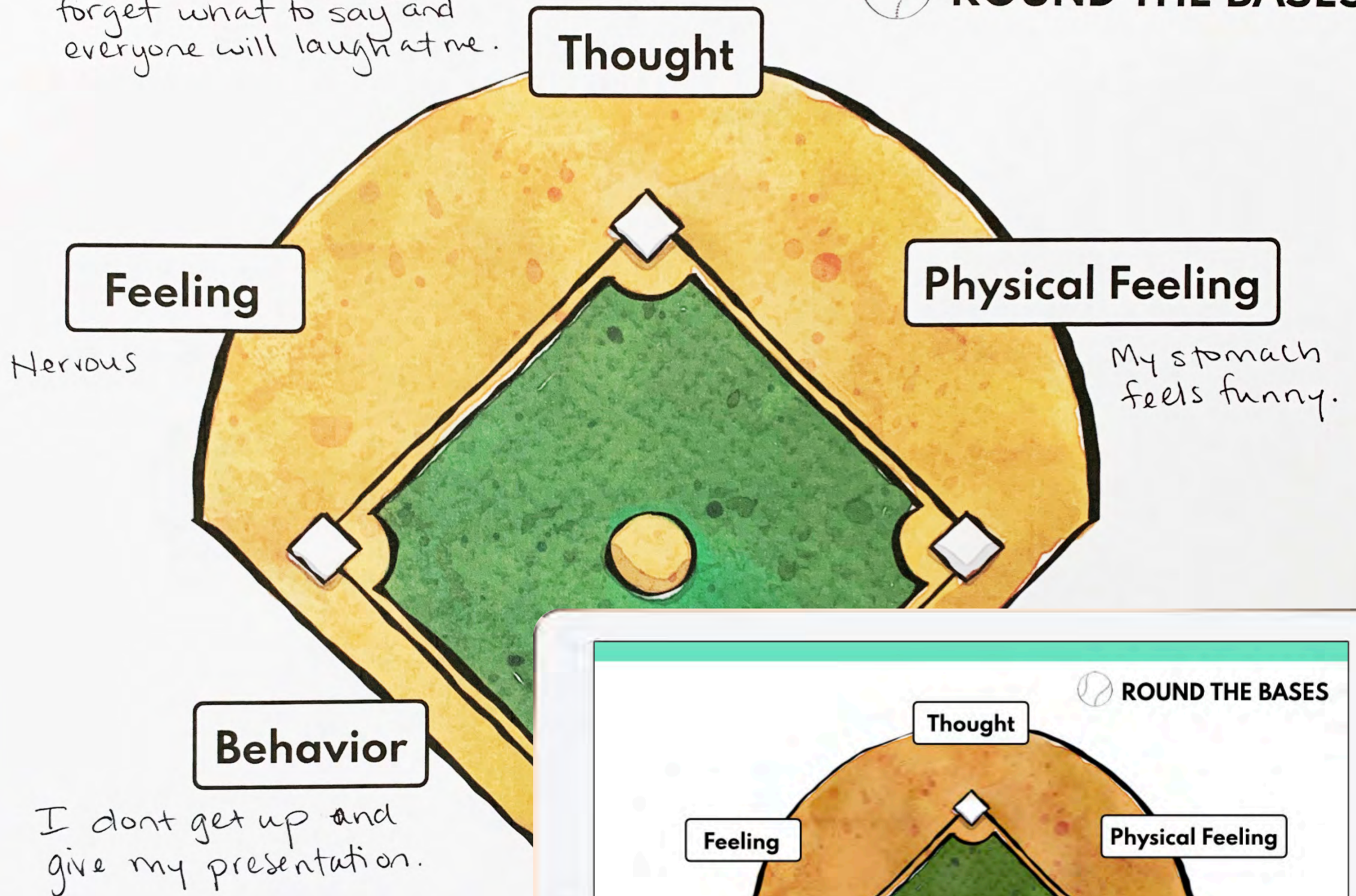
PRINTABLE & DIGITAL

DIGITAL & PRINTABLE

I'm probably going to forget what to say and everyone will laugh at me.



ROUND THE BASES



FEELINGS SCALES

Name: _____ Date: _____

Feelings Wave

Deep breaths
5 minute drawing break
Wall push-ups

Go to the break spot
Deep breaths
Ask for Help

Think happy thoughts
Use fidget
Talk to a friend

Quiet space
Deep Breaths
Scrunch/Flatten Paper

Think happy thoughts
Drink water
Talk to a friend

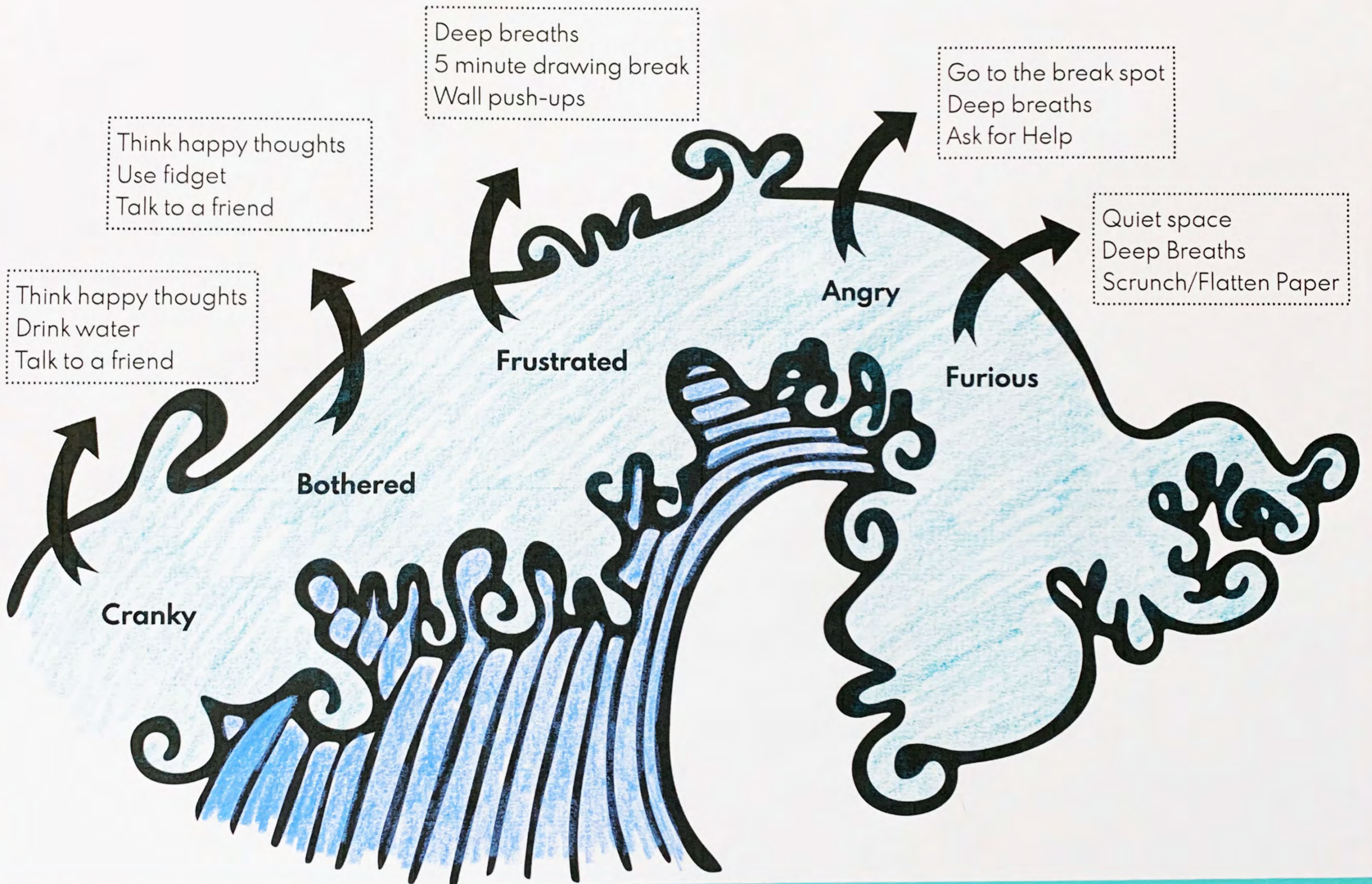
Frustrated

Angry

Furious

Bothered

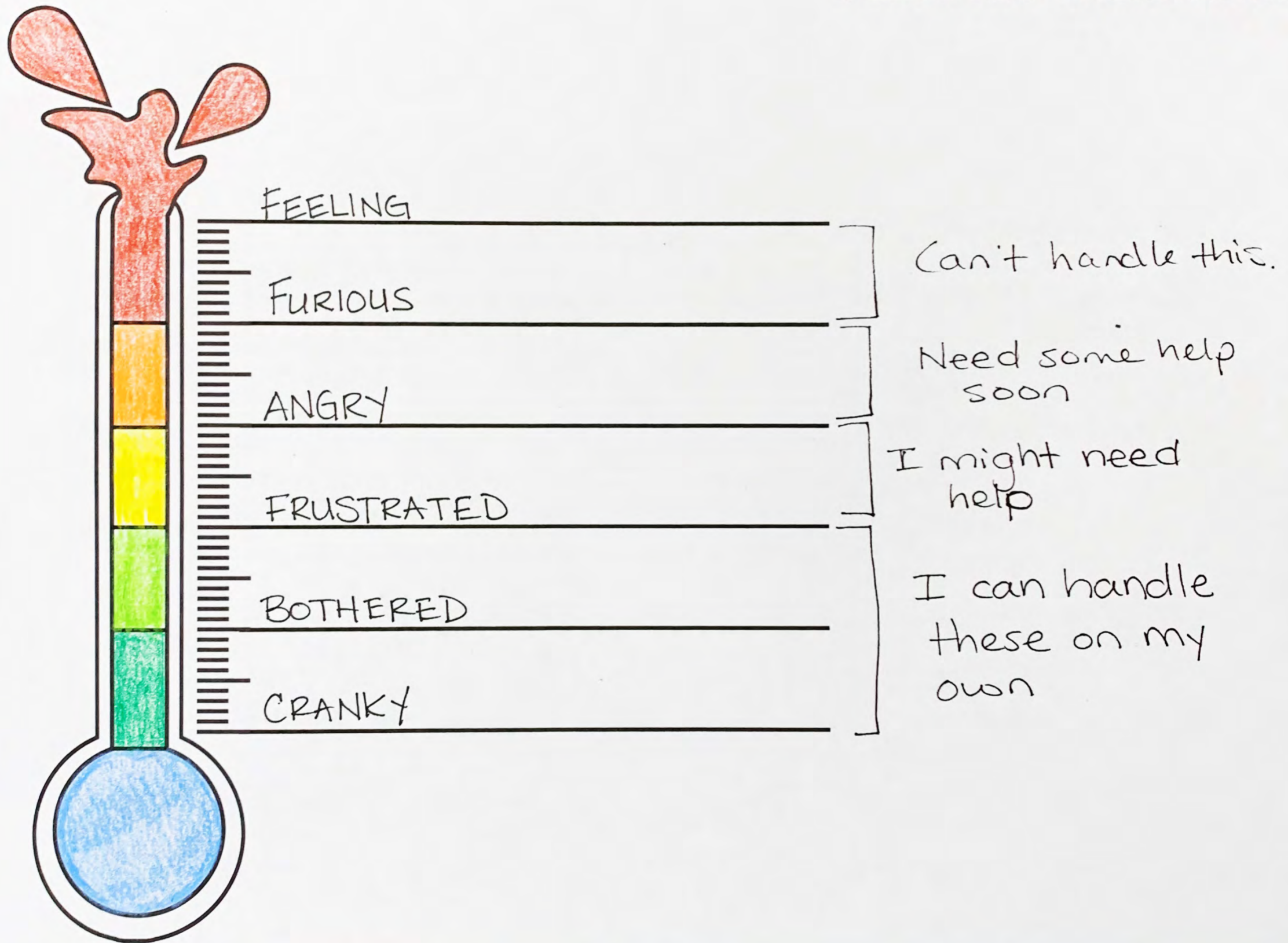
Cranky



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FEELINGS SCALES

FEELINGS THERMOMETER



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FEELINGS SCALES

This is peak escalation. Only try to calm the person.
Do not try to problem solve or discuss. This may
include hitting, swearing, kicking, crying.

Up and Down the Meltdown Mountain

The person should be
encouraged to relax rather
than make decisions.

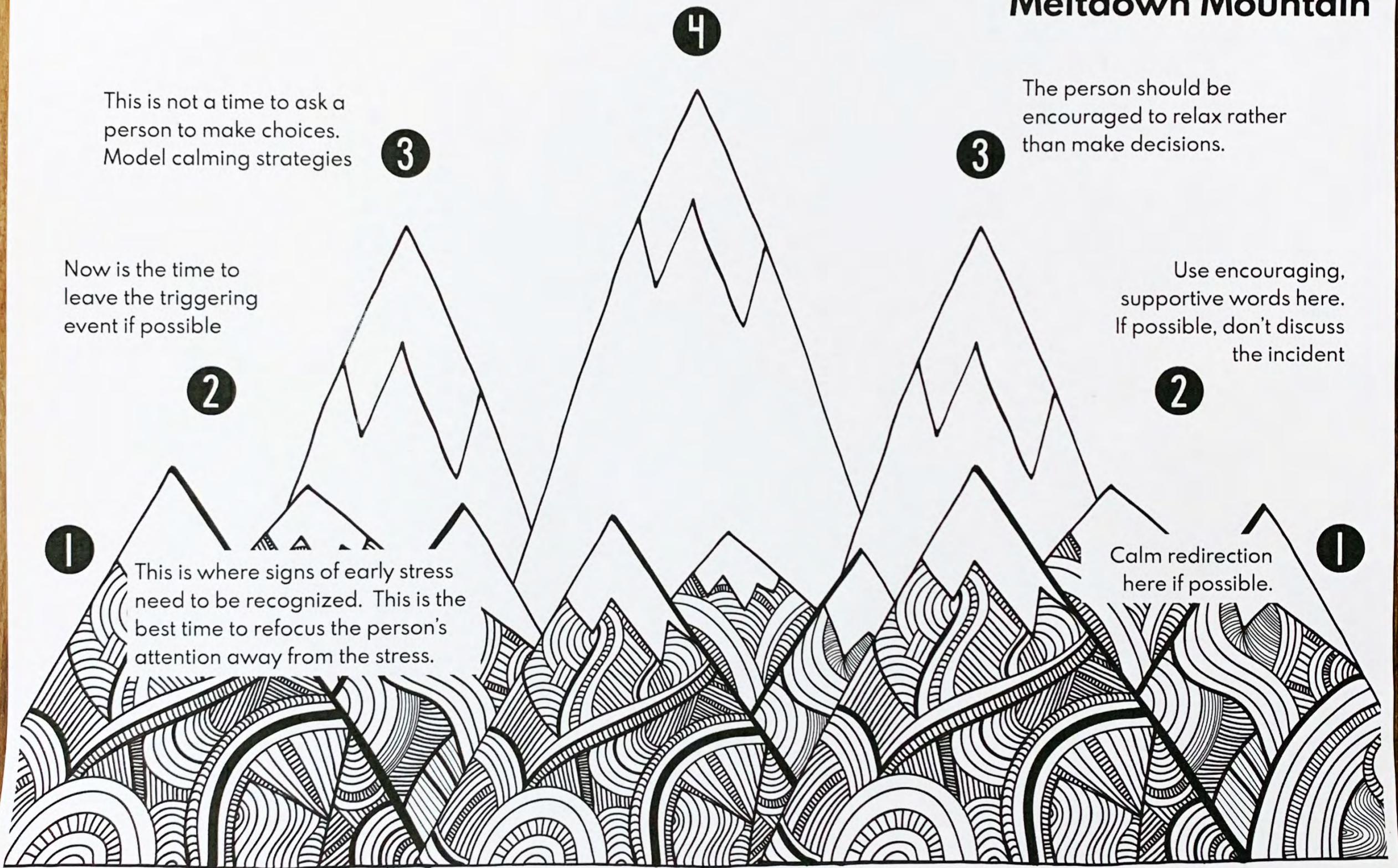
Use encouraging,
supportive words here.
If possible, don't discuss
the incident

Calm redirection
here if possible.

This is not a time to ask a
person to make choices.
Model calming strategies

Now is the time to
leave the triggering
event if possible

This is where signs of early stress
need to be recognized. This is the
best time to refocus the person's
attention away from the stress.



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FEELINGS SCALES



How Full Is Your Cup?

I feel nervous but I think I can handle it.

Sometimes our feelings can get big and overwhelming.

We can feel like we are going to overflow like a cup that gets too full.

Use the cup to the right and fill up the cup to show how big your feeling is.

If your feeling is small, you would just fill a bit of the cup. If your feeling really big, you would fill the cup to the top and have water overflowing.



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CONNECT THOUGHTS, FEELINGS & ACTIONS

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THINK FEEL ACT
TRIANGLE



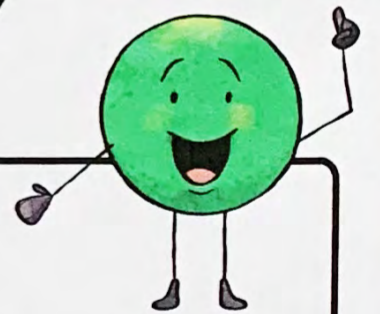
I'm never going to do well on my test. It's not even worth studying. I'm always the worst in the class.

THOUGHT



Sad
Grumpy
Unmotivated

FEELING



I'm not studying

ACTION

CONNECT THOUGHTS, FEELINGS & ACTIONS

THINK FEEL ACT

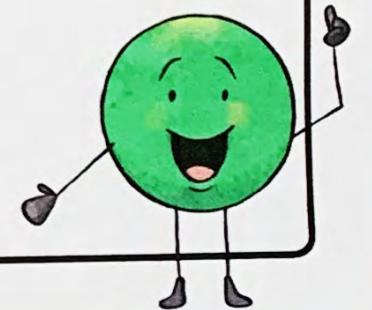
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MY PROBLEM

THOUGHT

FEELING

ACTION



CONNECT THOUGHTS, FEELINGS & ACTIONS

ROUND THE BASES

I'm probably going to forget what to say and everyone will laugh at me.

Thought

Physical Feeling

My stomach feels funny

Feeling

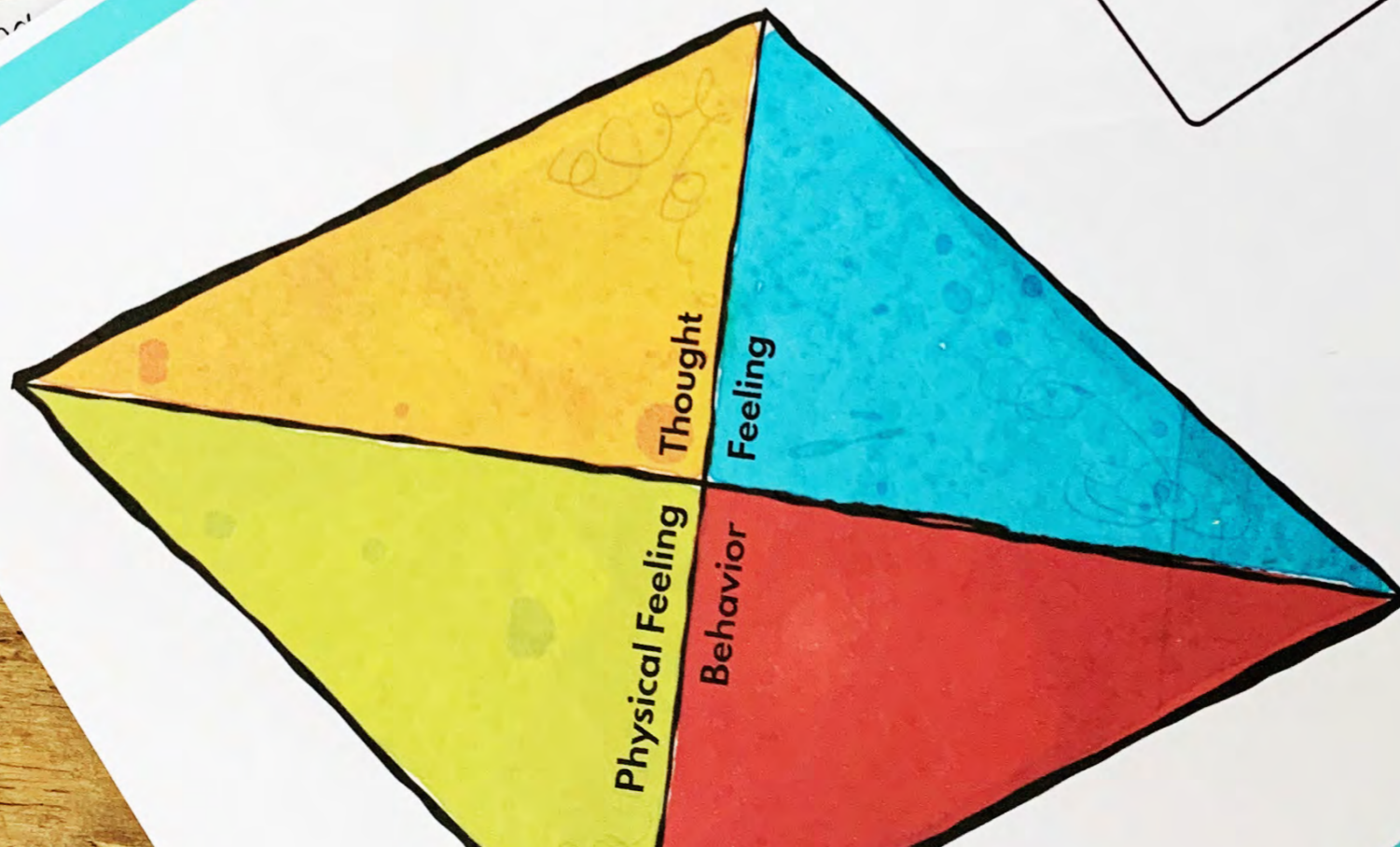
Nervous

Behavior

I don't get up and give my pres.

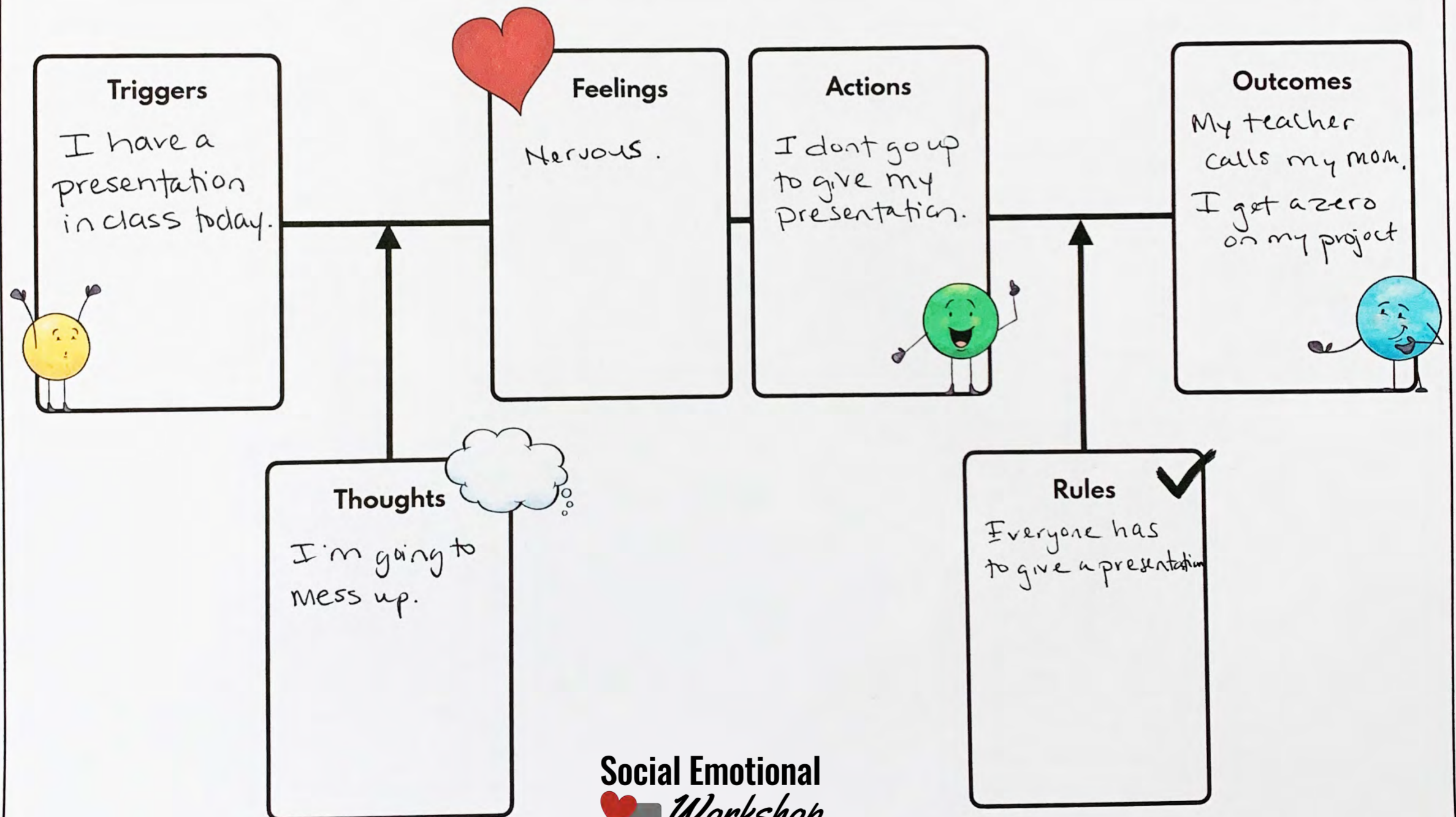
FLYING YOUR KITE

TRIGGER



CONNECT THOUGHTS, FEELINGS & ACTIONS

Think Feel Act Map



TRACKERS

Thoughts & Feelings

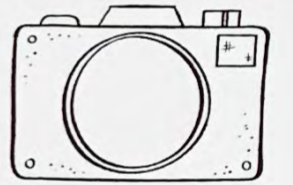
Thought Tracker

It can be helpful to understand thoughts we have when a negative event happens and see if should change. After a negative event, write down what happened, how you felt, and the first

What Happened	How I Feel	What I
The new math chapter is really hard.	Frustrated.	This is going

Feelings Tracker

Create a feeling key in the bottom left corner. Choose 5 feelings you have often. Pick a color for each feeling. Color the photo frame for each day with how you felt that day.

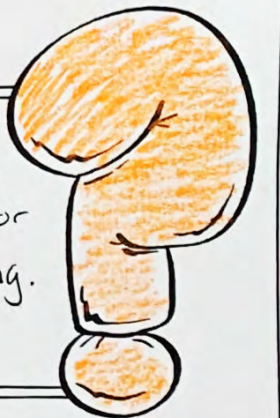


Feelings Key

Angry	Sad	Calm	Happy	Nervous

What do you notice?

I notice that most days I'm calm or happy. When I'm sad, angry, or nervous it doesn't usually last too long.



TESTING THINKING

2 Ways to Think About It

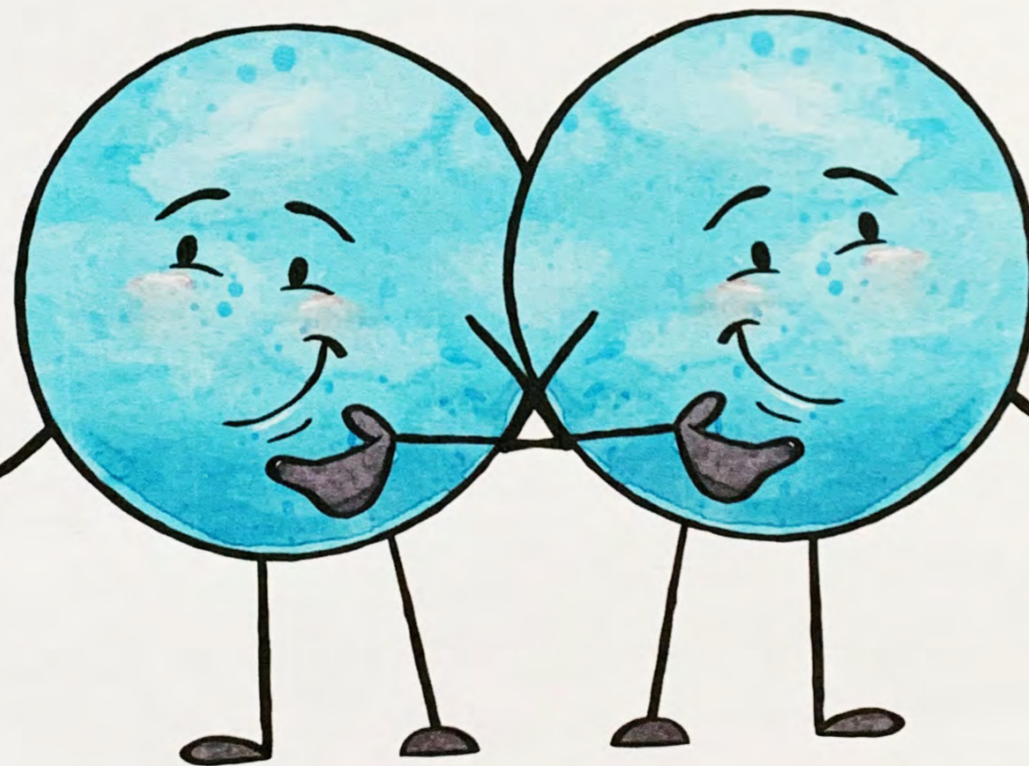
Take time to think about the other side of things before you act. Usually there is more than one way to think about something.

Event

I lost the kickball game at recess.

Everyone is going to be mad at me and not want me to play on their team.

We play every day. It is not that big of a deal to lose one day.



TESTING THINKING

3 Questions

Sometimes we have a quick or automatic thought and we don't take time to consider all the facts. Ask yourself these three questions and see what you think after.

Automatic Thought

This new math unit is too hard. I'm never going to understand it.

What are the facts?

- There is a new math unit.
- I had a hard time understanding what to do today.
- I have had a hard time with other math units.



What other facts tell you this might not be true?

- My teacher has helped me with the other units.
- I have eventually done well with the other units.



What if it does happen?

- I won't do well on the test.
- I may need to get extra help.

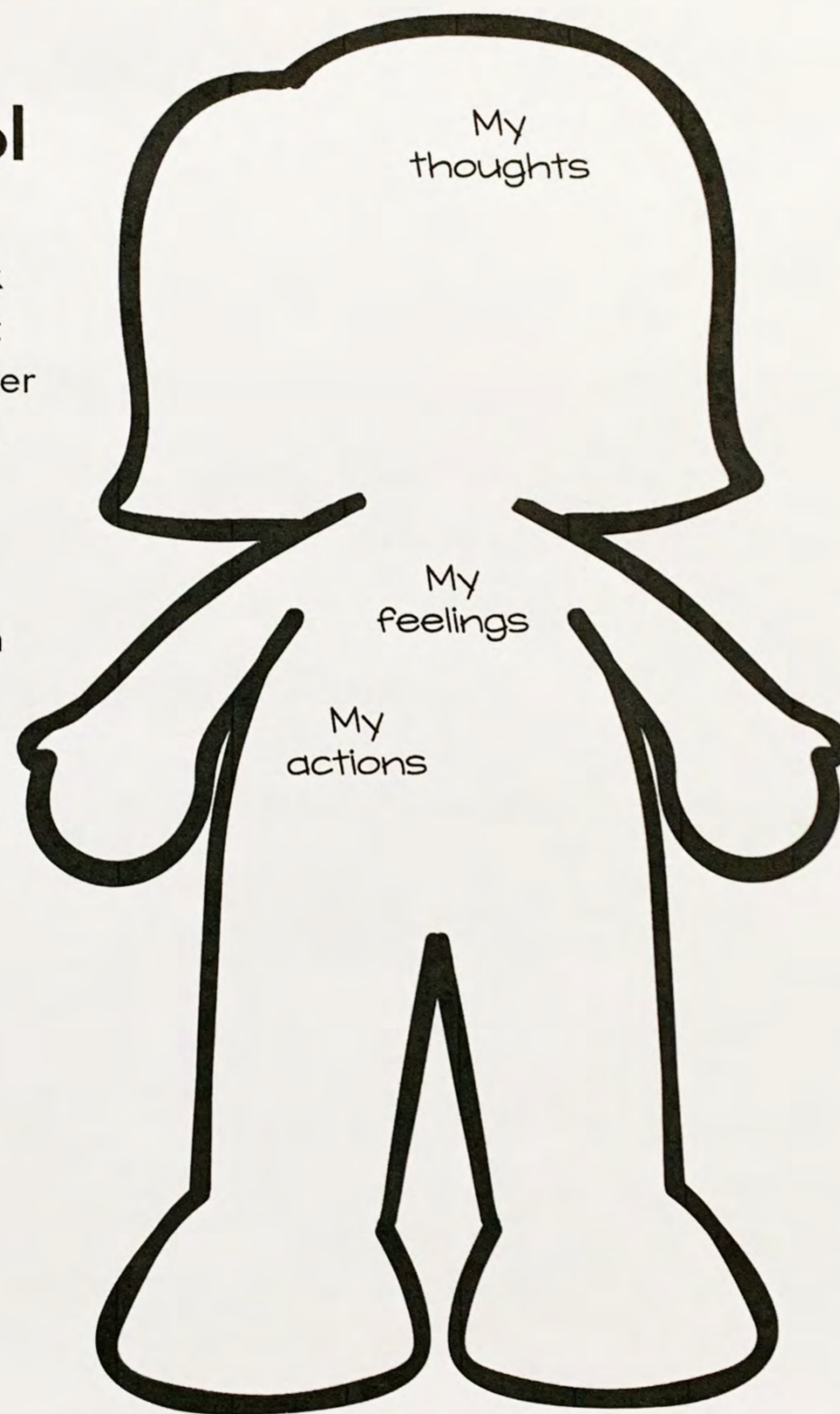


TESTING THINKING

In Our Control or Out of Our Control

There are things that are in our control like how we how feel, think and act. There are also things that are not in our control, like how other people feel, think and act, or rules we have to follow.

Write down things in your control inside the person and things not in your control outside the person.



Others' thoughts

Others' feelings

Others' actions

Rules

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PROBLEM SOLVING

Problem - Choices - Consequences - Solutions

What was the problem?

Jack and I got into a fight at lunch after he said that my lunch smelled funny.



1

Choice

Get angry and try to hurt him.

Consequence

I'll get in trouble and Jack will be mad at me or hurt.

2

Choice

Tell him that it is rude to say that.

Consequence

Jack might apologize or at least stop saying that.

3

Choice

Tell the teacher that he said that.

Consequence

Jack might get in trouble and he'll probably be mad.

What did you do?

I called him a name and threw my milk at him.

What did the other person do?

He told on me and got me in trouble.

What is the best solution for this problem?

#2. This is so... I can probably take care of myself. That doesn't always work. I can always talk to my...

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