

Connecting Thoughts, Feelings, & Actions

Help students understand how thoughts impact feelings and drive actions

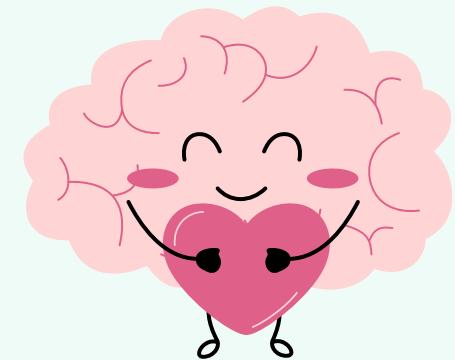


Teaching CBT Basics

Elementary students need to understand how thoughts, feelings, and actions connect before they can challenge negative thinking.

Everything you need to introduce foundational CBT concepts:

- ★ Scripted stories to introduce the concepts.
- ★ Hands-on activities to make everything visible.
- ★ Interactive practice that keeps students engaged.
- ★ Flexible implementation that adapts to your needs.



What's Included

3-Step Session Plan

3 Scripted CBT Stories

What Are You Planting Sorting Activity

Positive Thoughts Flower Craft or Worksheet

PDF | Color & BW options included

CBT Stories introduce concepts with confidence

3 scenes with guiding scripts

Shows how 2 different characters experience the same situation.

CBT Story Guide - Rainy Day

Start with the included drawing of two characters in the rain.

Ask: "How does Grace (annoyed) feel?"

Ask: "How does Chase (excited) feel?"

Ask: "What are they thinking or saying to each other?"

Ask: "What could be making them feel so different?"

Let the student(s) guess and guide the conversation toward the thoughts about being in the rain.

Ask: "What do you think Grace thinks while getting rained on? What does Chase think?"

Write down the thoughts in the boxes at the bottom. You want the students to understand that one character has negative thoughts and the other has positive thoughts.

Next, you want them to make the connection that the rain isn't really bad. If they were to jump in the rain, they'd feel the same thing, but their thoughts would be different. Emotions are influenced by thoughts, not situations.

Rainy Day



Grace

Chase

same situation, different thoughts

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annoyed

excited

Rain is the worst! The day is ruined.

How fun! Let's jump in the puddles!!

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Hands On Sorting

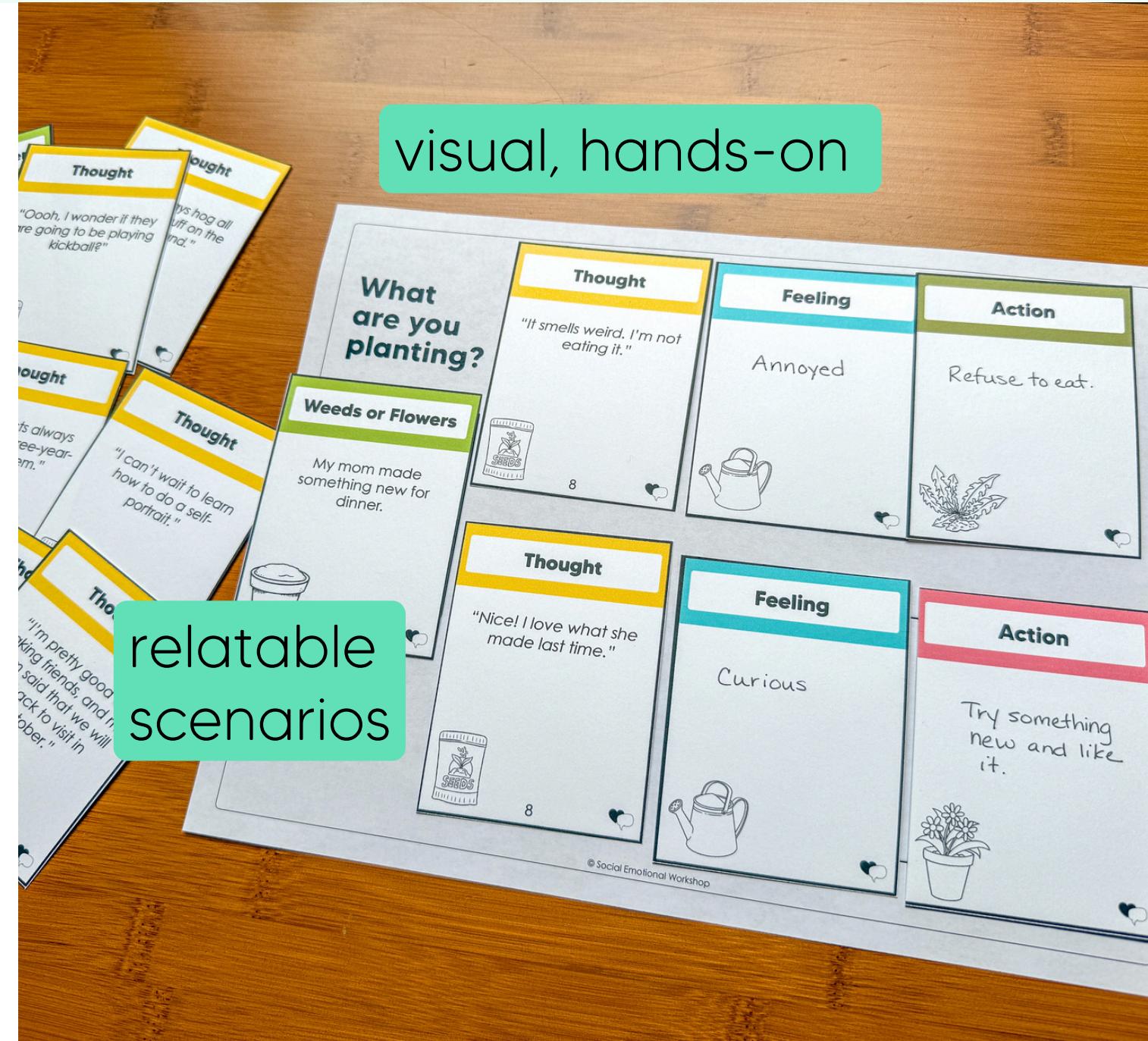
Students sort thoughts as seeds

- positive thought seeds grow into flowers
- negative thought seeds grow into weeds

How it works:

1. Pick a situation card and its two thought cards.
2. Sort the thoughts.
3. Predict the feelings and actions that would follow.

guided practice



Independent Practice - 2 options

Students create positive thinking flowers to practice connecting positive thoughts, feelings, and actions.

Both guide students to:

- Identify a situation
- Choose a positive thought
- Name a positive feeling that follows
- Describe positive actions they'd take.





I Do, We Do, You Do Structure

- 1. I Do** – Use scripted CBT stories to show how different thoughts lead to different feelings and actions.
- 2. We Do** – Guide students through the sorting activity, identifying positive/negative thoughts, and predicting outcomes.
- 3. You Do** – Students map the thought-feeling-action connection using the craft or worksheet.

or use activities individually!



What Counselors Are Saying

“Saved me so much time trying to make my own one! Really helpful for supporting understanding of how thoughts and feelings connect.”

– Dale F.

“Very helpful and easy introduction to CBT skills for a wide range of grades!” – Josie B.

“Loved the interactive nature of helping students understand CBT concepts.” – Judi D.

Perfect if you ...

-  work with elementary students who need to work on challenging negative thinking, **but** haven't internalized the connections between thoughts, feelings, and actions.
-  need **flexible materials** to use as a complete session OR pull individual pieces based on time.
-  are looking for simple, but **engaging counseling activities** to practice positive thinking.

The Details



Grade Level

2nd to 5th



Made For

individual or small group



File Format

PDF



Time

30-40 min. session

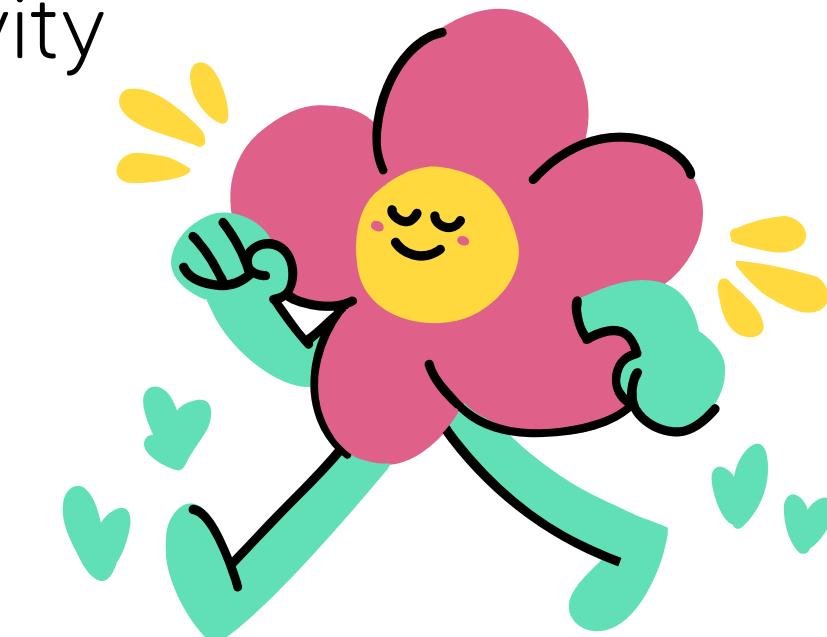
5-15 min/activity

quick prep



Printing

Color & BW

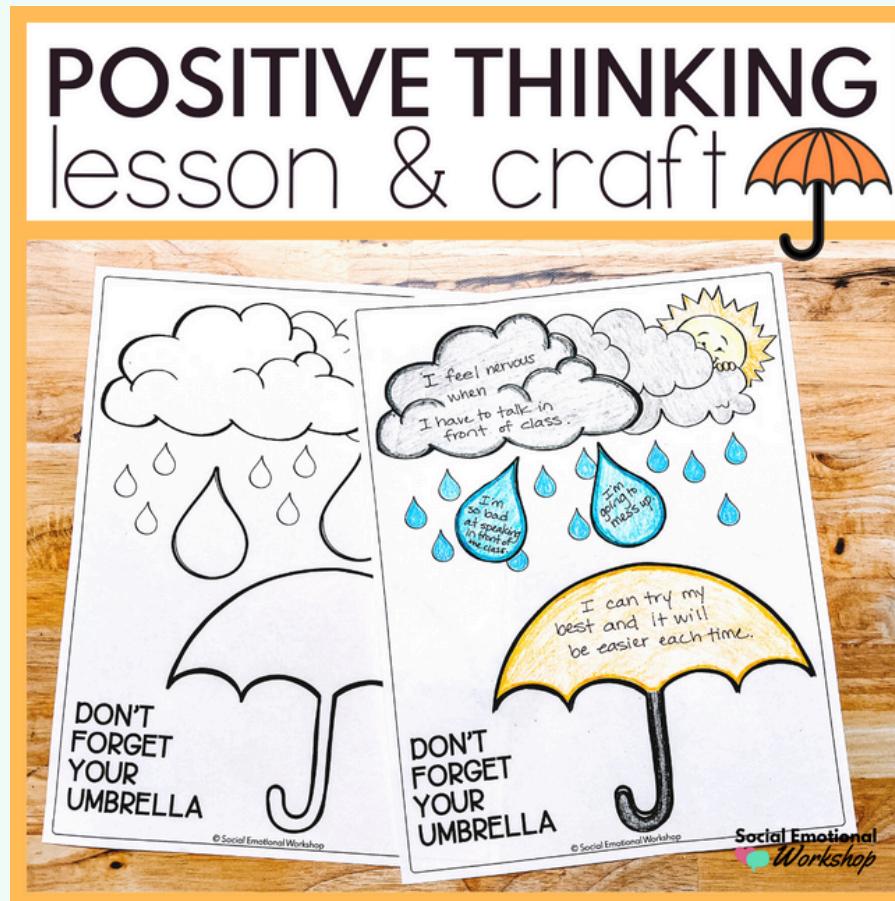


BUILD YOUR COUNSELING TOOLKIT

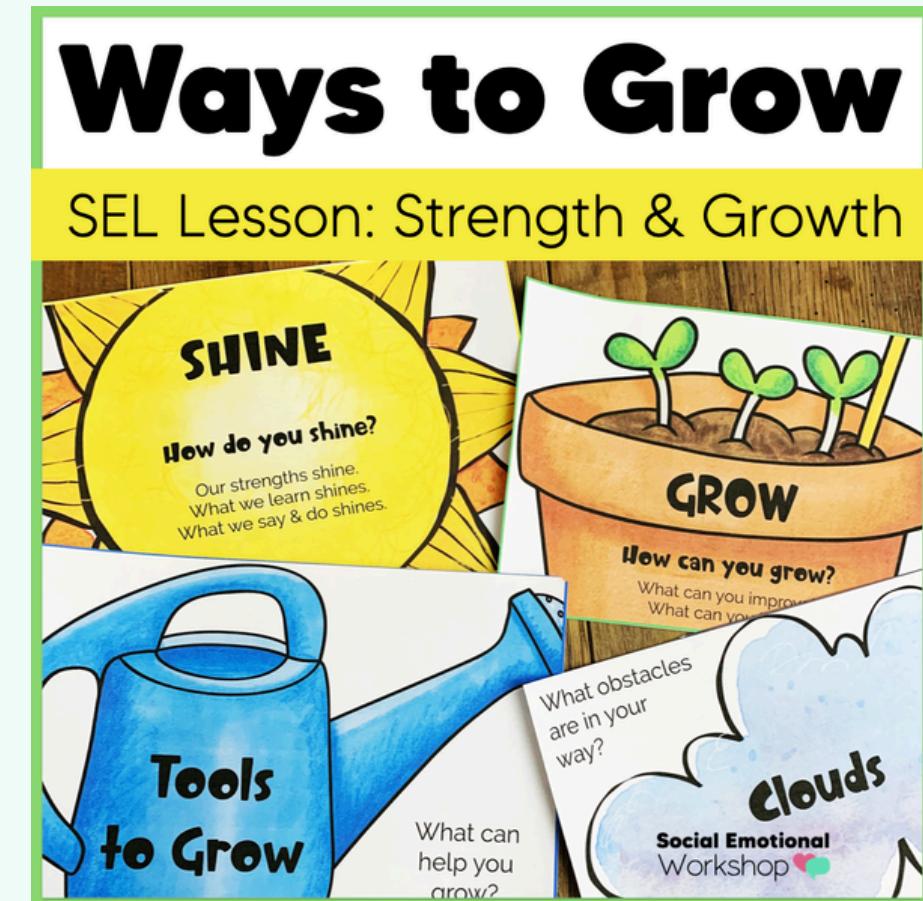
Positive Thinking
Activity & Craft



Ways to Grow
SEL Lesson



Social Emotional
Workshop 



Hi! I'm Laura

I create research-driven, uncomplicated tools and 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!

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