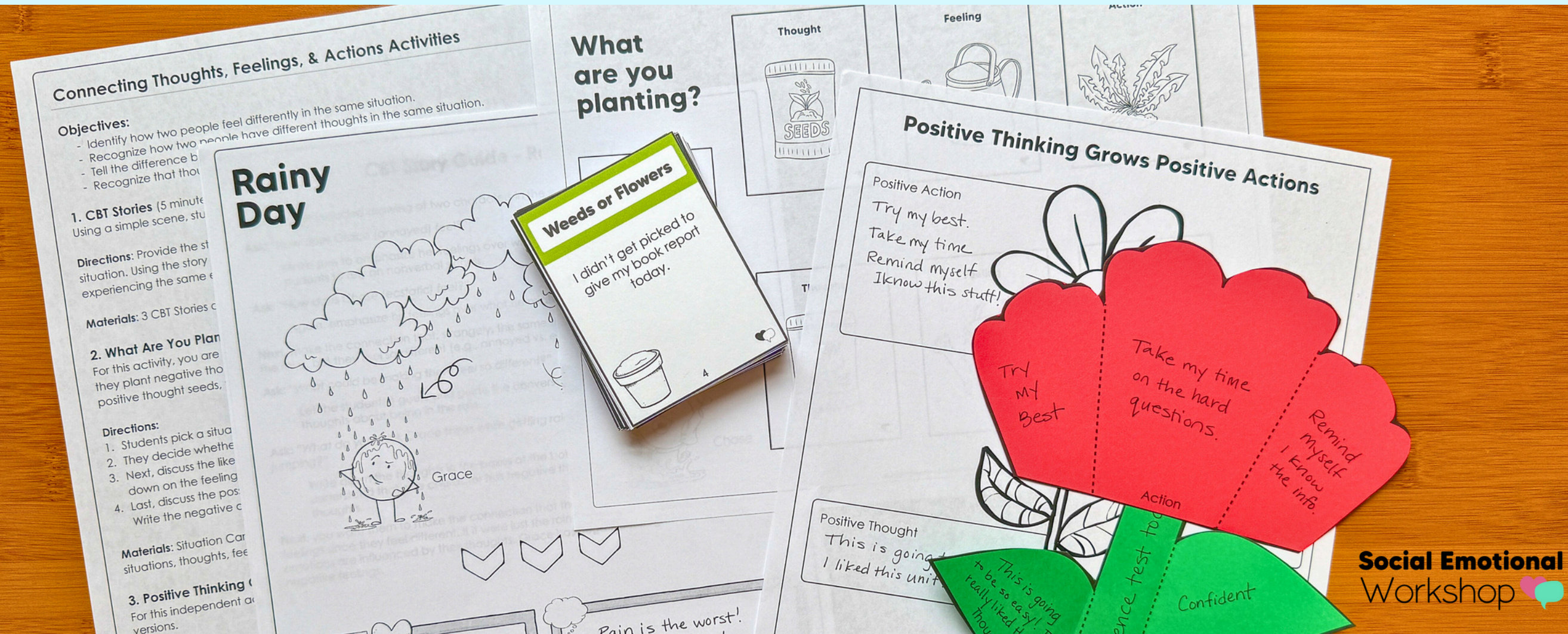


# Connecting Thoughts, Feelings, & Actions

Help students understand how thoughts impact feelings and drive actions



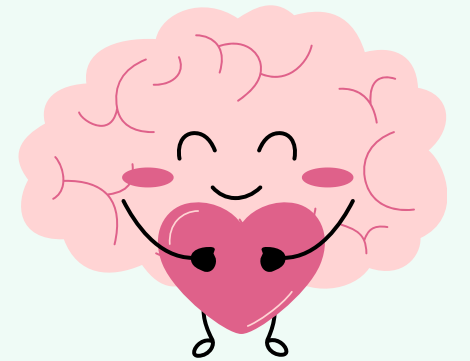


# Teaching CBT Basics

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**

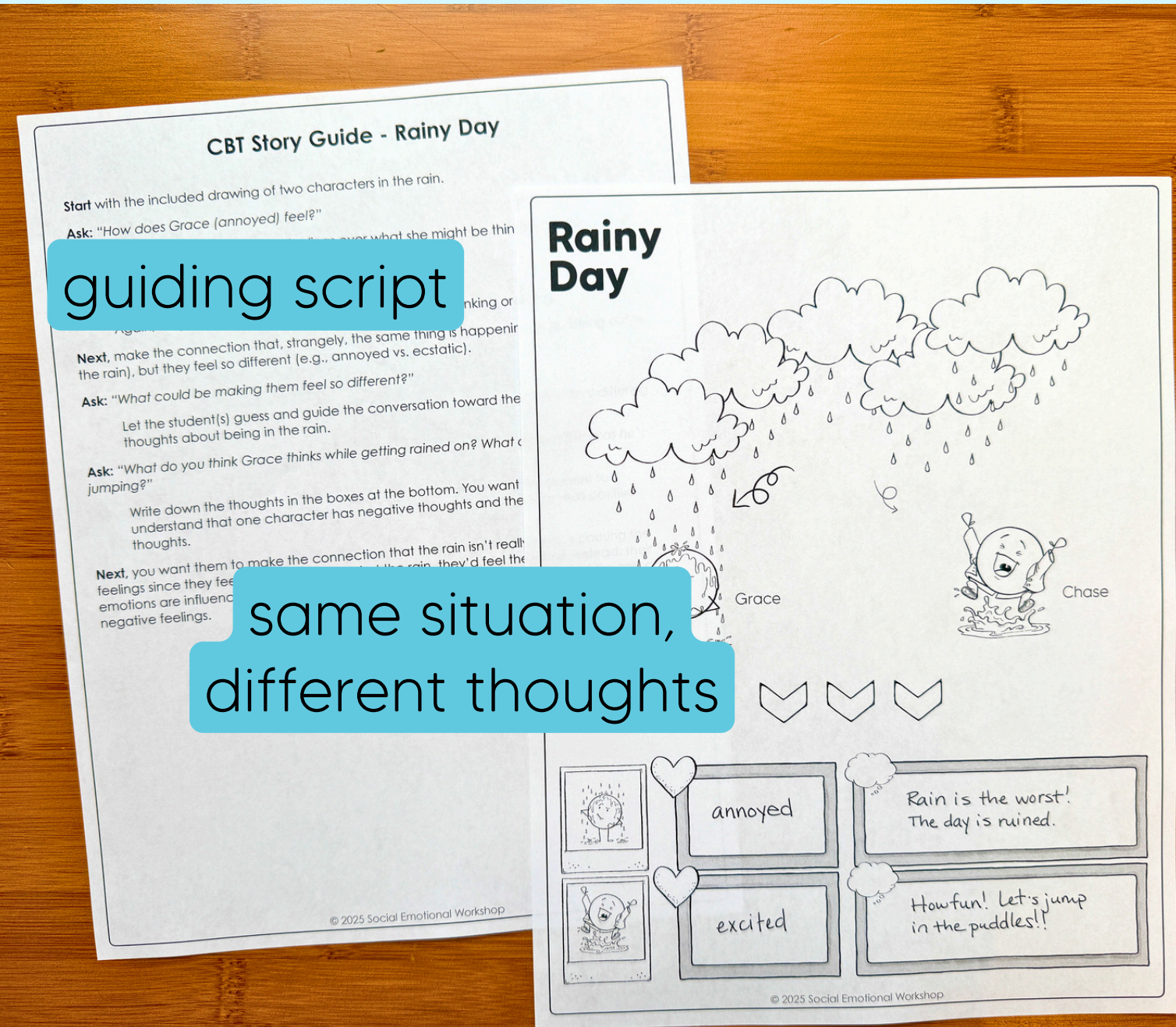
**PDF | Color & BW options included**



# CBT Stories introduce concepts with confidence

## 3 scenes with guiding scripts

Shows how 2 different characters experience the same situation.





# Hands On Sorting

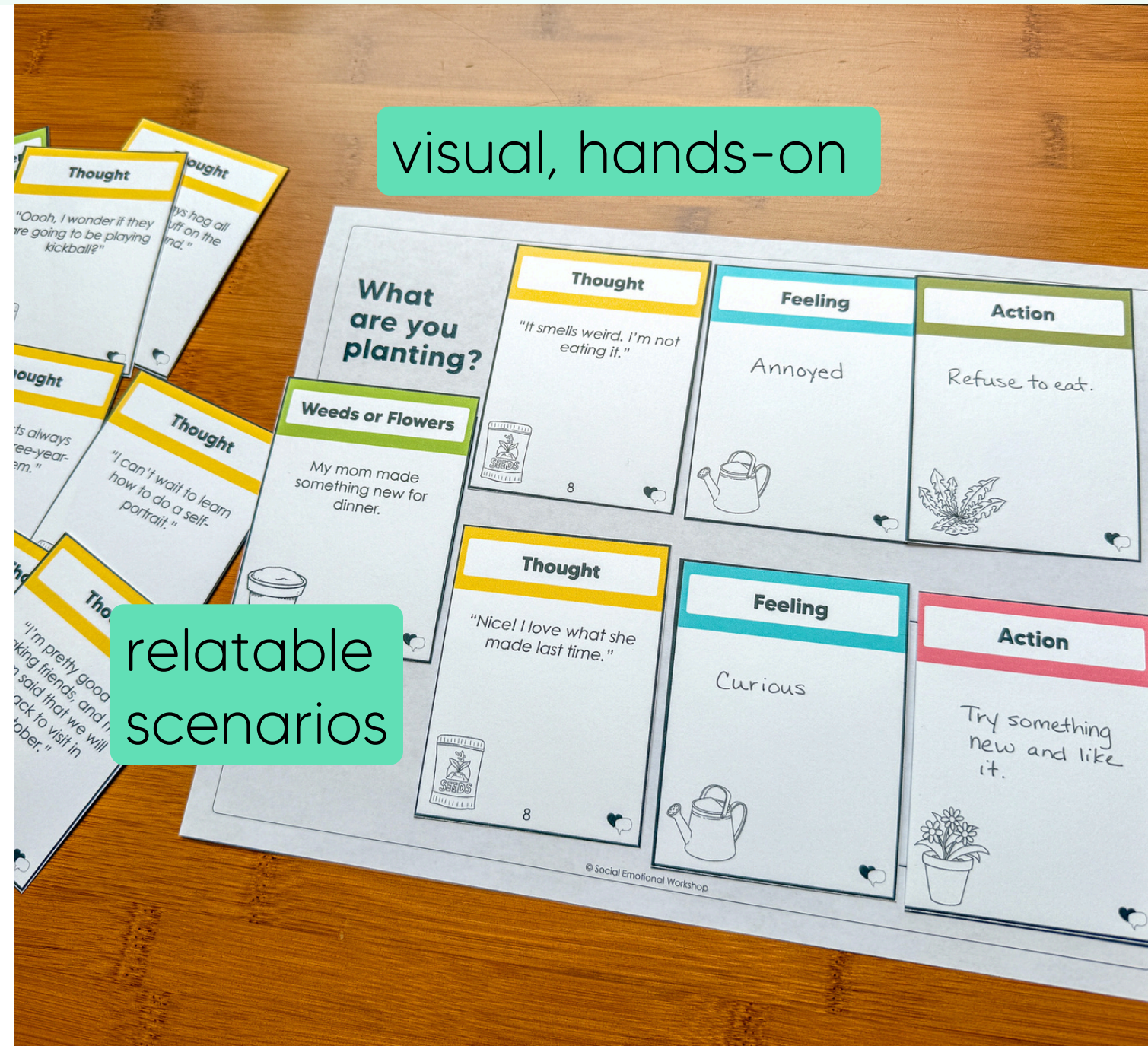
guided practice

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 it's two thought cards.
2. Sort the thoughts.
3. Predict the feelings and actions that would follow.



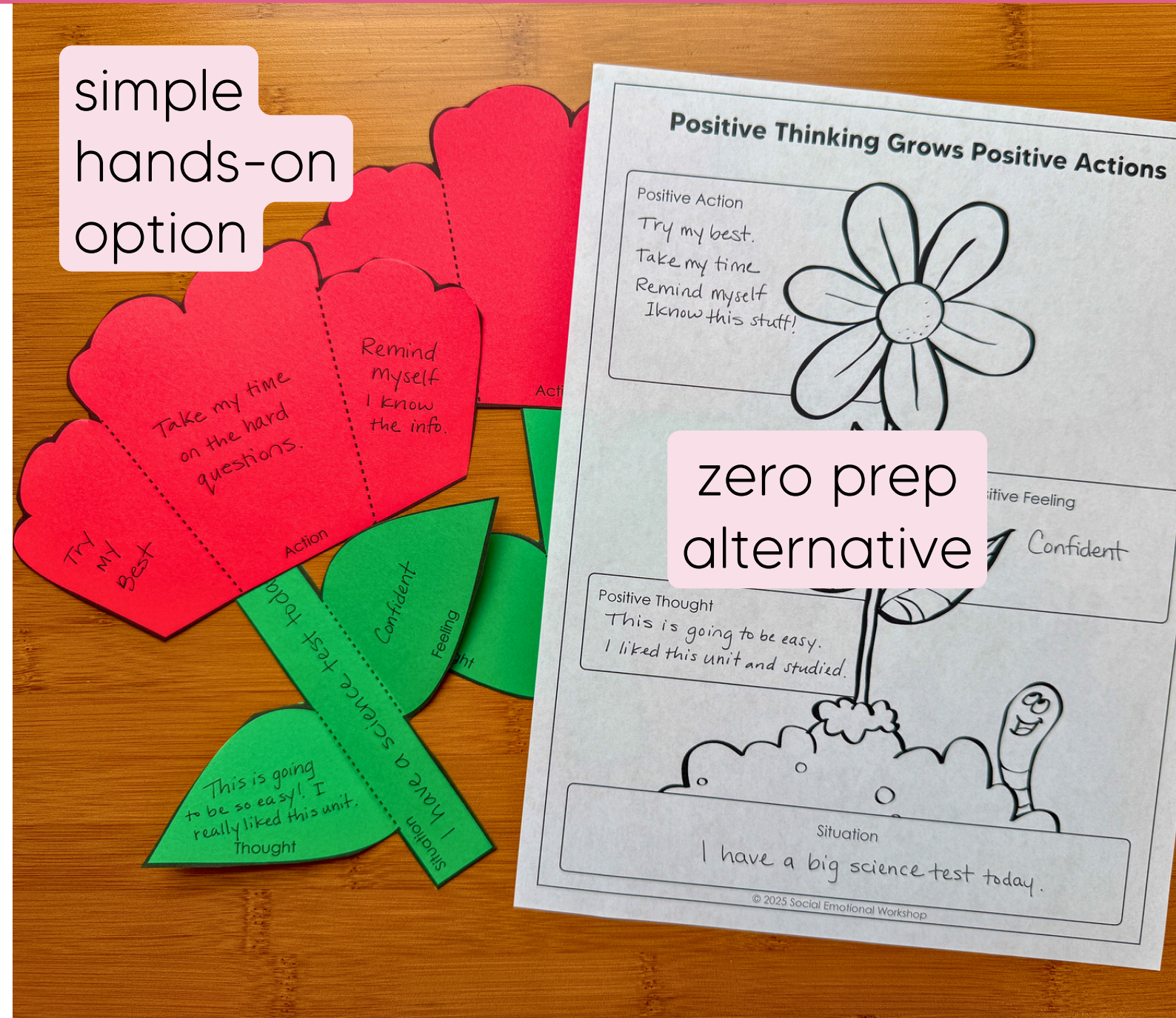


# Independent Practice - 2 options

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



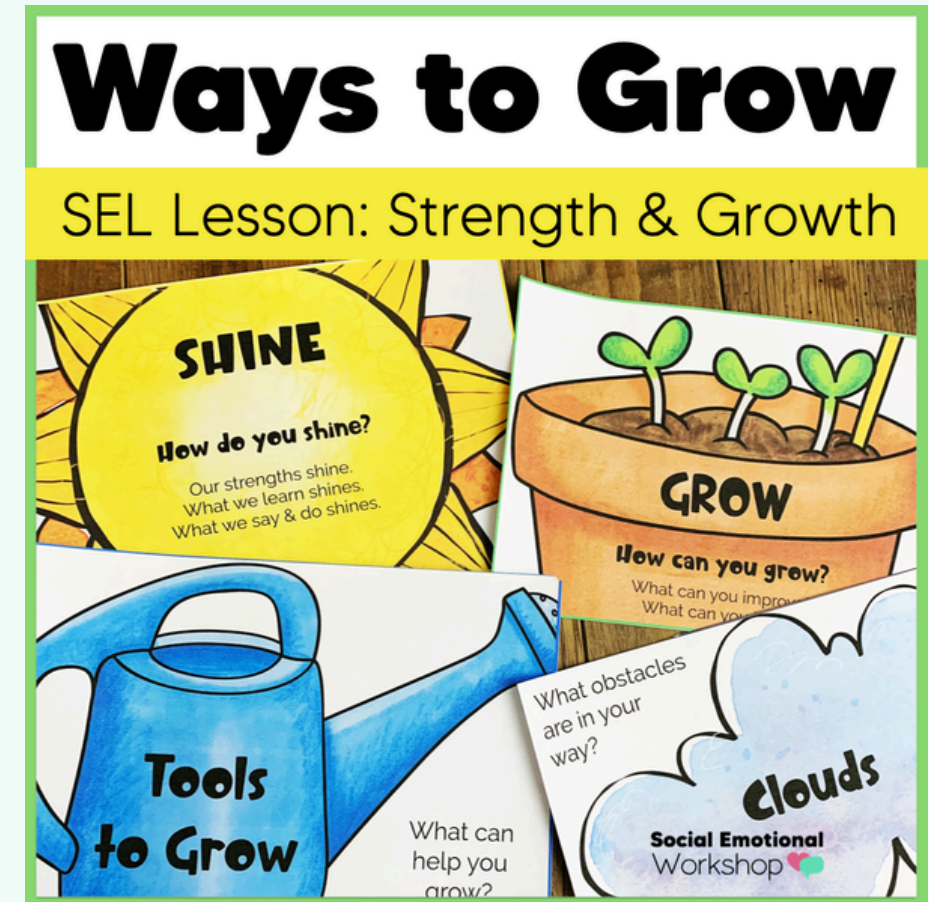
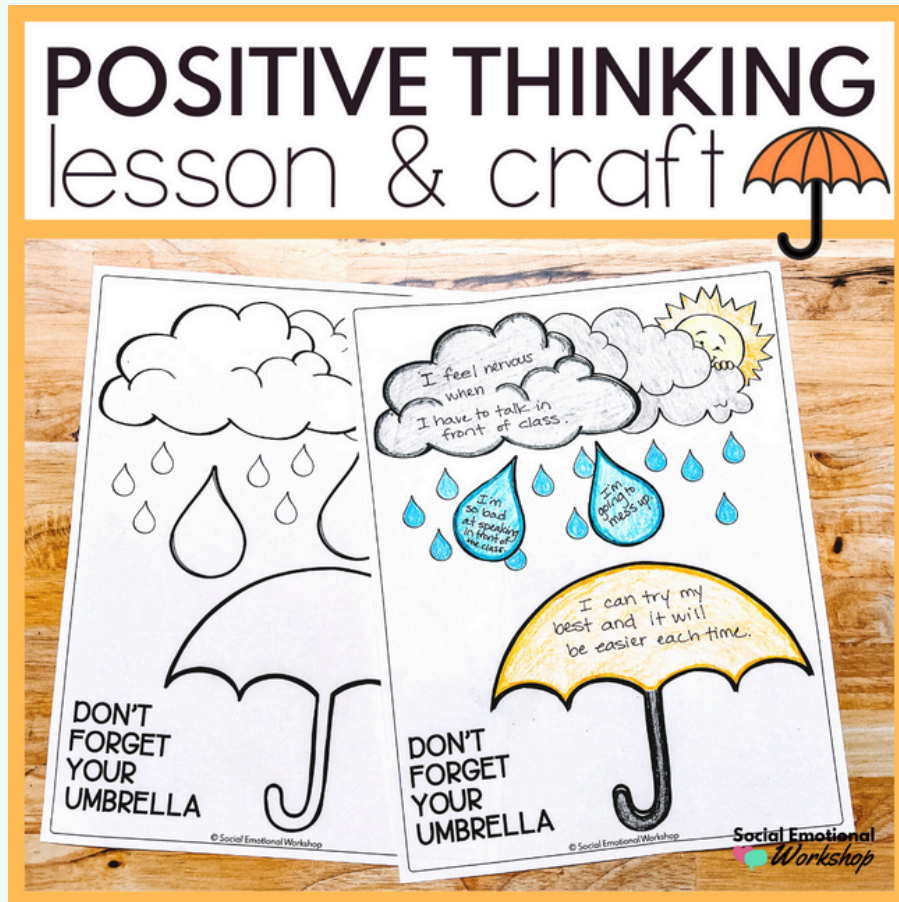


# BUILD YOUR COUNSELING TOOLKIT

Positive Thinking  
Activity & Craft



Ways to Grow  
SEL Lesson





# 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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