

Challenge & Change Negative Thinking

Counseling Activities Vol 2



Grades 3-7



Hands-On Practice



Catch, Check, Challenge, Change
Framework



Practice Challenging Negative Thoughts

4 CBT-based counseling activities that take students **from noticing negative thoughts to challenging them** with structured practice and practical formulas.

- ✦ Upper elementary to middle school
- ✦ Structured, repeatable practice
- ✦ Catch-Check-Challenge-Change Framework
- ✦ Multiple activity formats

What's Included

4 Activities

Thought Recipes

Fortune Telling Minibook

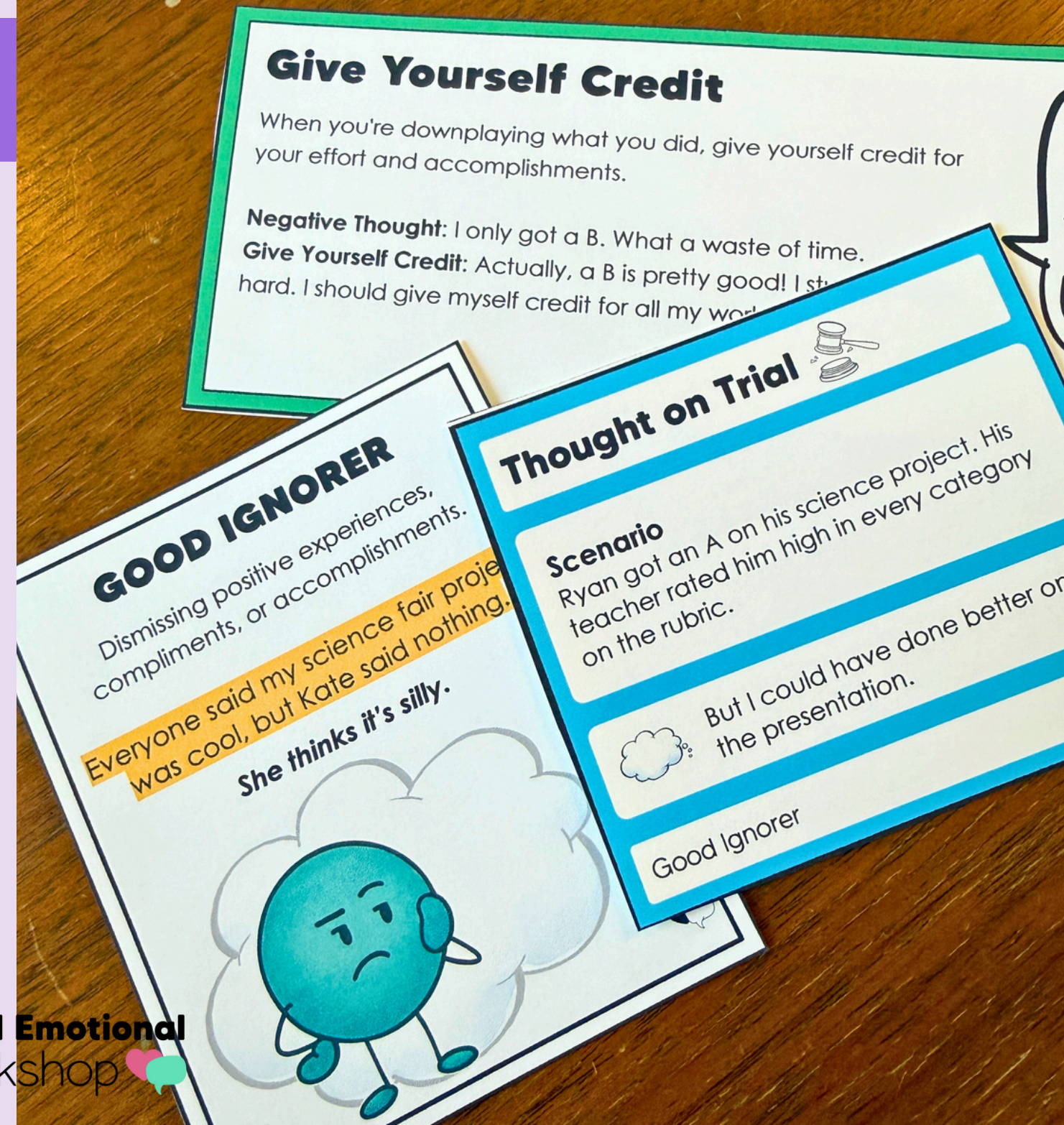
Thoughts on Trial

Talk Back Cards

Supporting Tools

Thought Traps

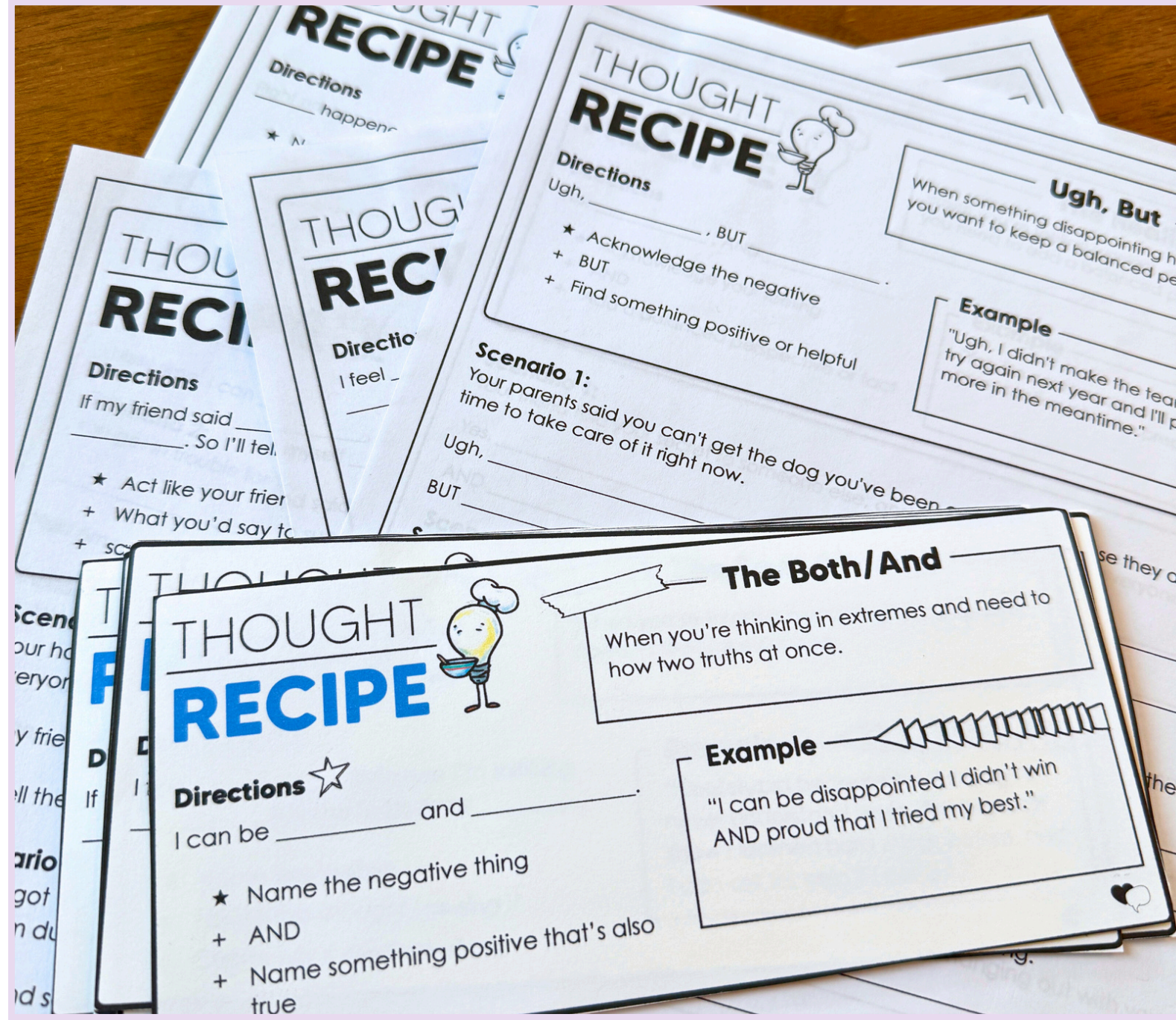
Strategy Cards



Thought Recipe Cards & Worksheets

Structured recipes you follow to **restructure negative thoughts**.

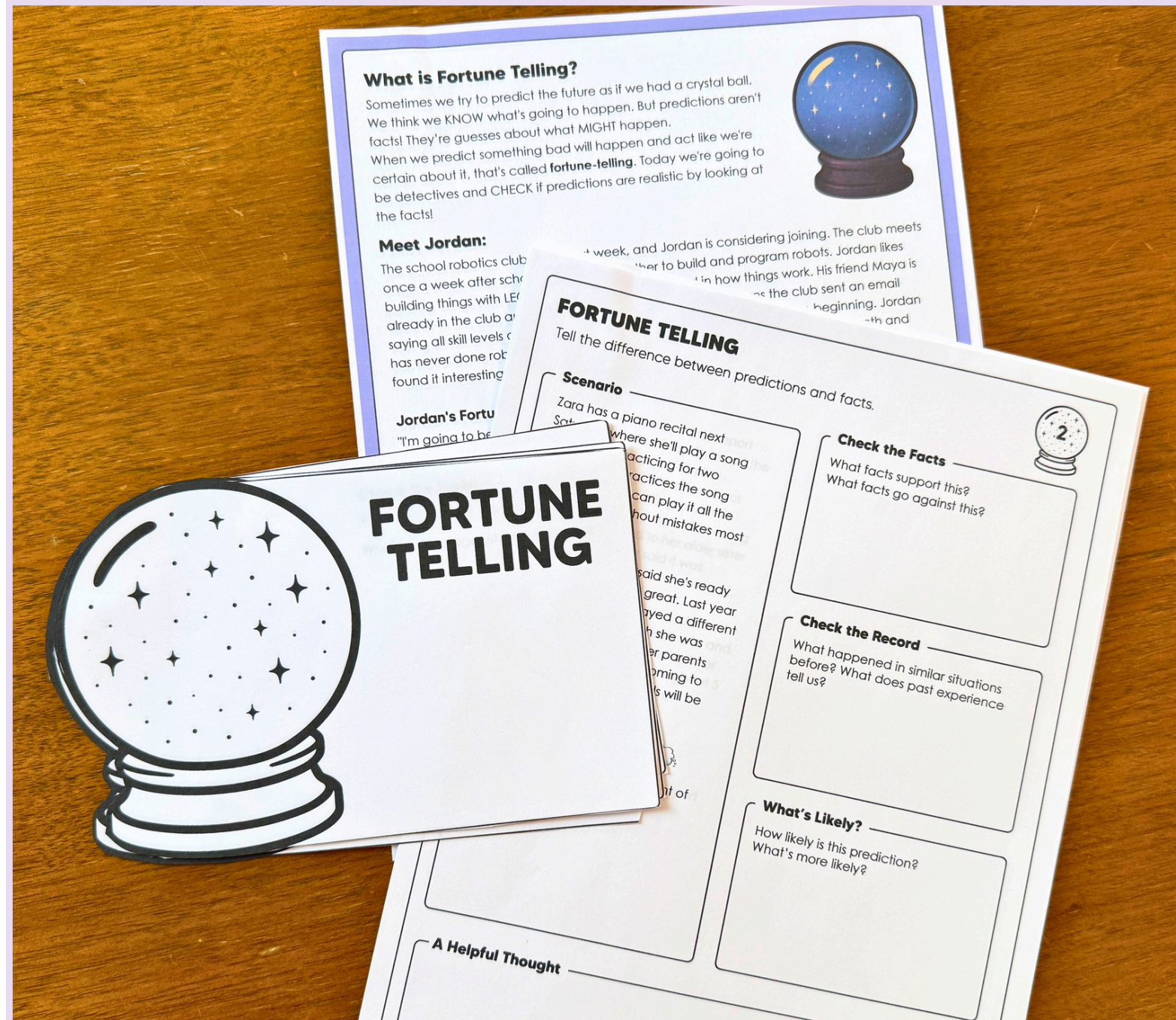
- 7 formula cards
- 7 practice worksheets
- Use as reference



Fortune Telling Minibook & Worksheet

Students **evaluate**
anxious predictions
using 3 questions.

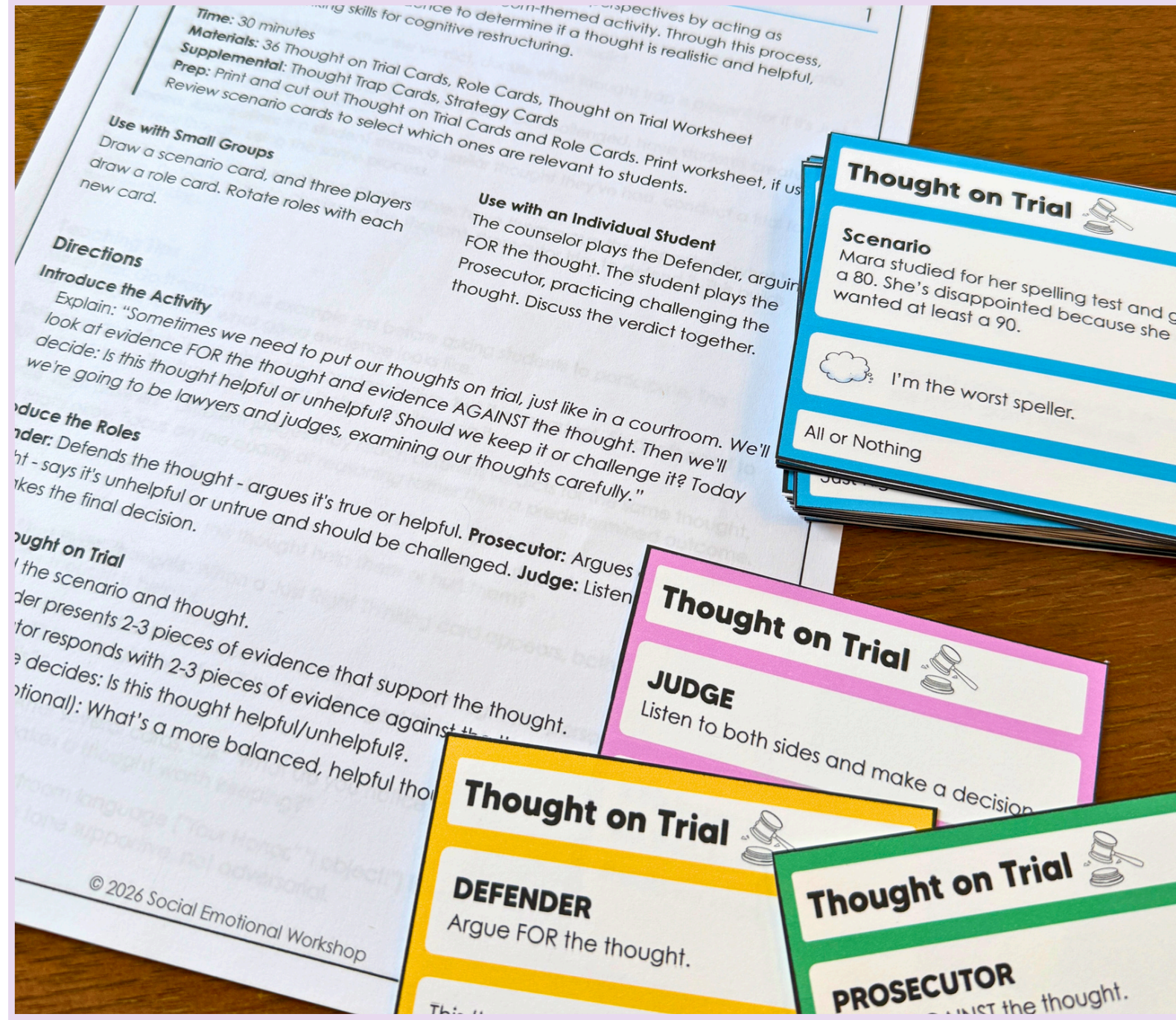
- 10 detailed scenarios
- Minibook or worksheet
- Editable template



Thought on Trial Role Play

Students take on courtroom roles to **examine evidence for and against thoughts.**

- 36 scenarios cards
- Worksheet option
- Editable template



Talk Back Cards

Straightforward practice where students “talk back” to negative thoughts.

- 30 scenario cards
- Editable template



Thought Traps & Strategy Cards

Supporting tools to help
identify cognitive distortions
and find helpful strategies

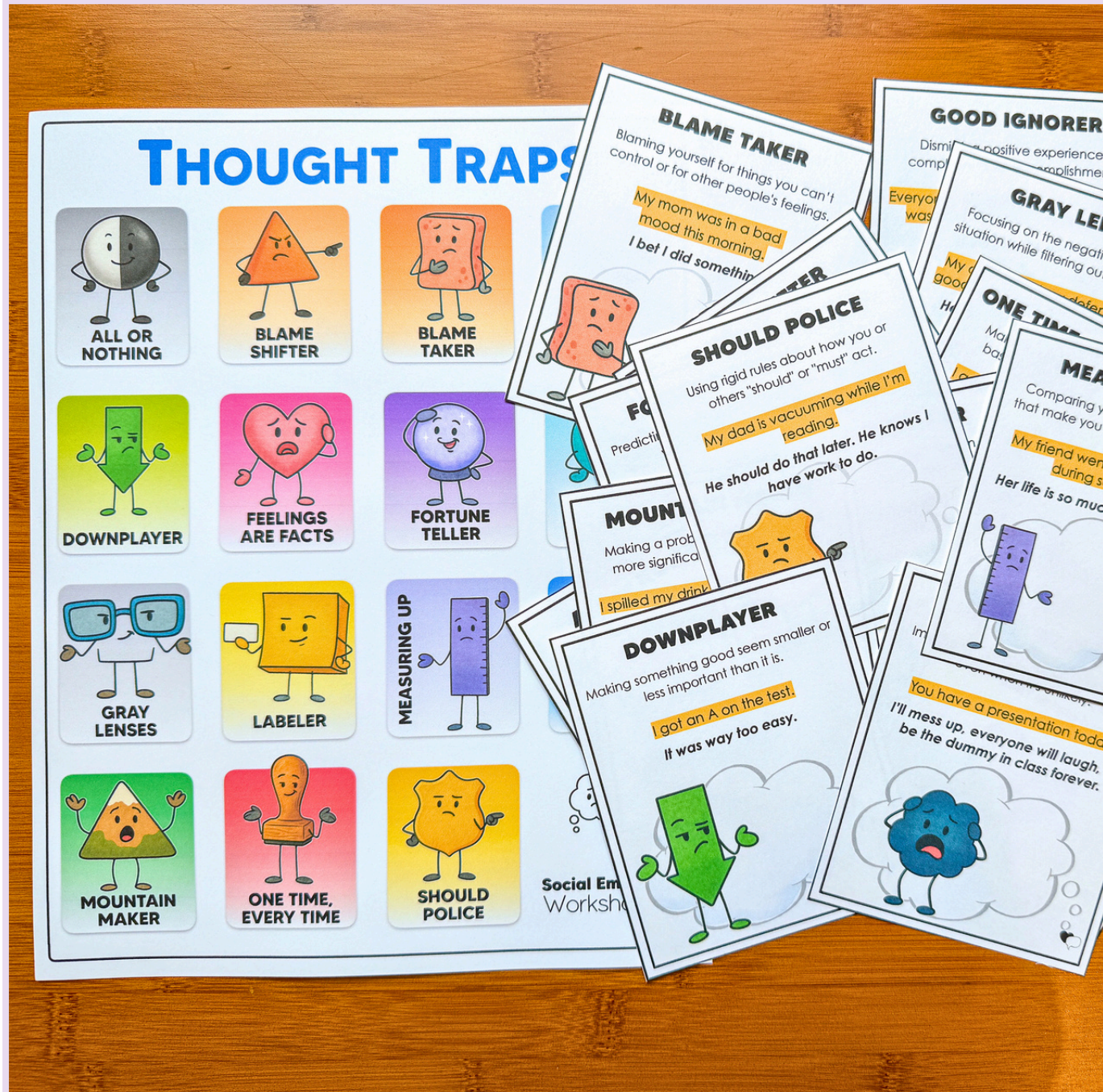
15 Thought Trap Cards

27 Strategy Cards

Detailed Guide

More Visuals!

Social Emotional Workshop



What You'll Love

Relatable scenarios

Multiple activity formats

Supporting visuals to dig deeper

Editable templates to create your own

Practical Details



Grade Level

3rd to 7th



Made For

individual and small groups



File Format

PDF

Editable PowerPoints



AND

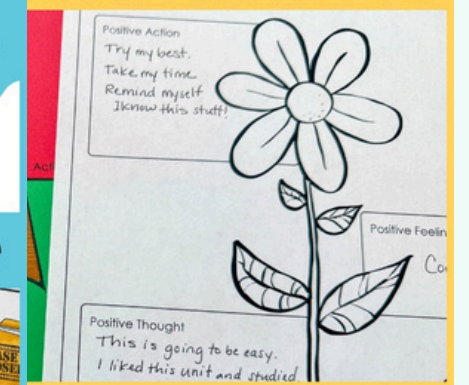
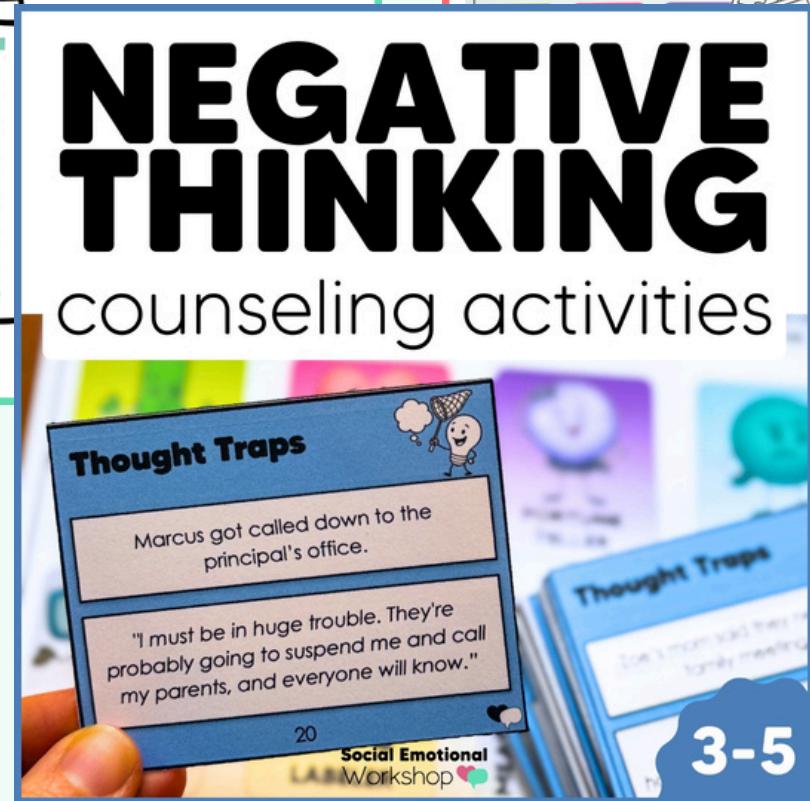
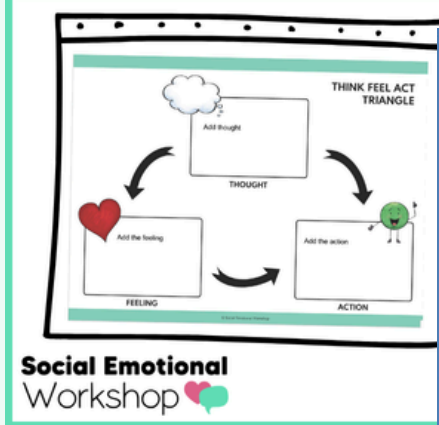
CBT-based



Printing

Color and BW

More CBT Activities



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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