

# NEGATIVE THINKING

## Complete Bundle

**Catch-Check-Challenge-Change Framework**  
Grades 3-7



# Everyone has negative thoughts

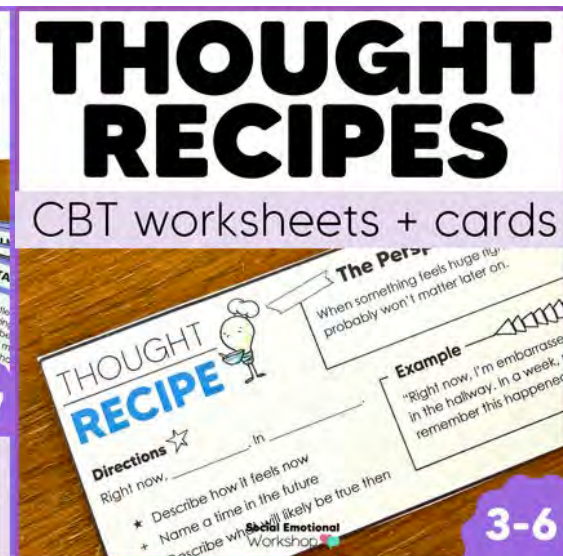
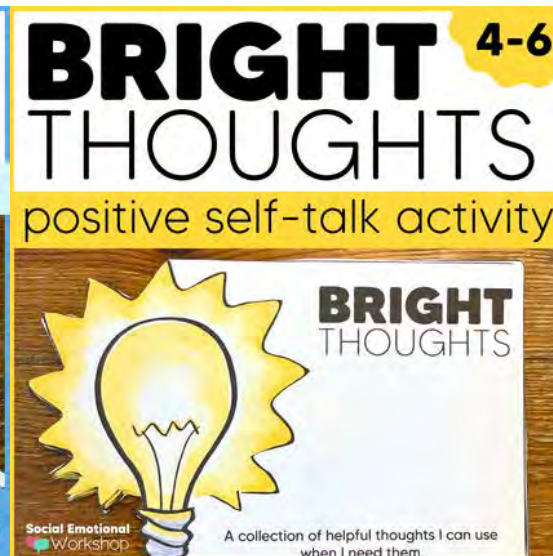
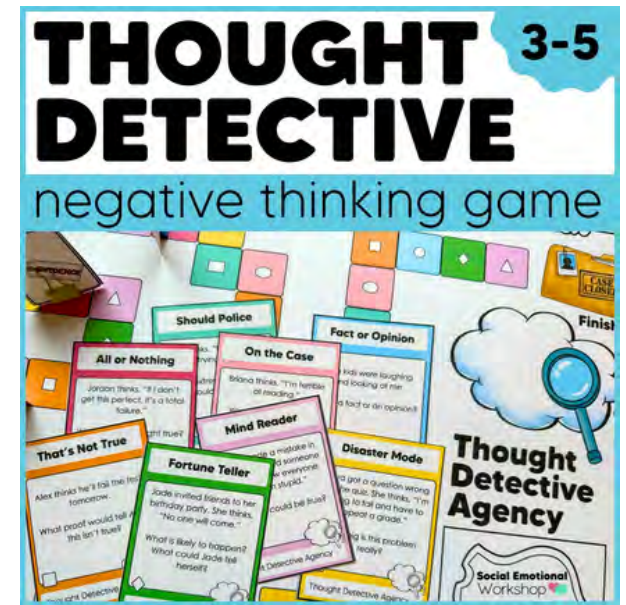
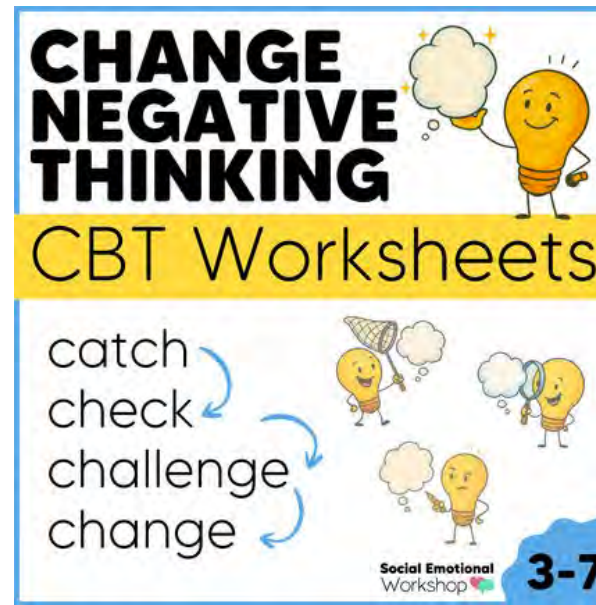
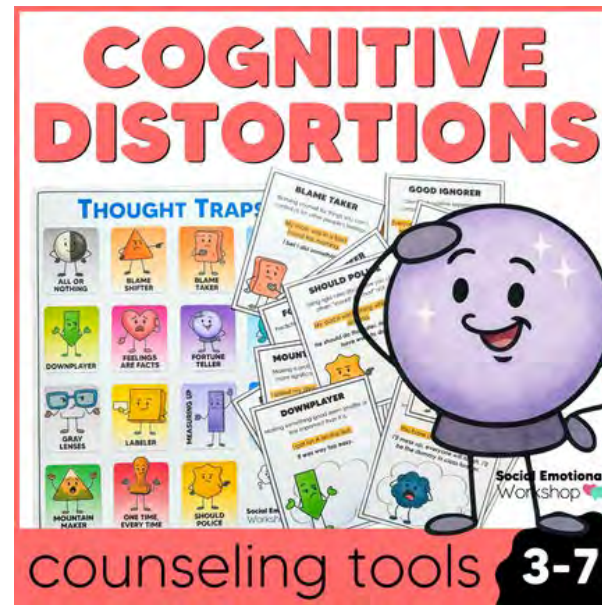
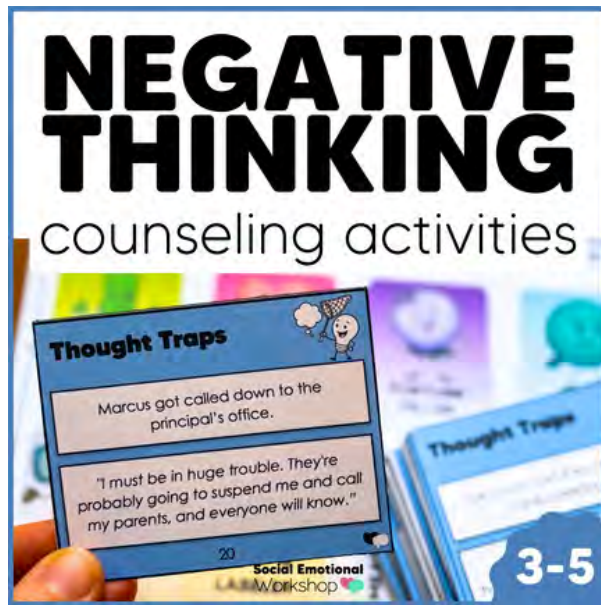
Especially the students coming to you for counseling.

You will be able to:

- ✦ Take students from noticing to challenging
- ✦ Follow a framework to build positive thinking.
- ✦ Provide individualized services
- ✦ Perfect for grades 3-7



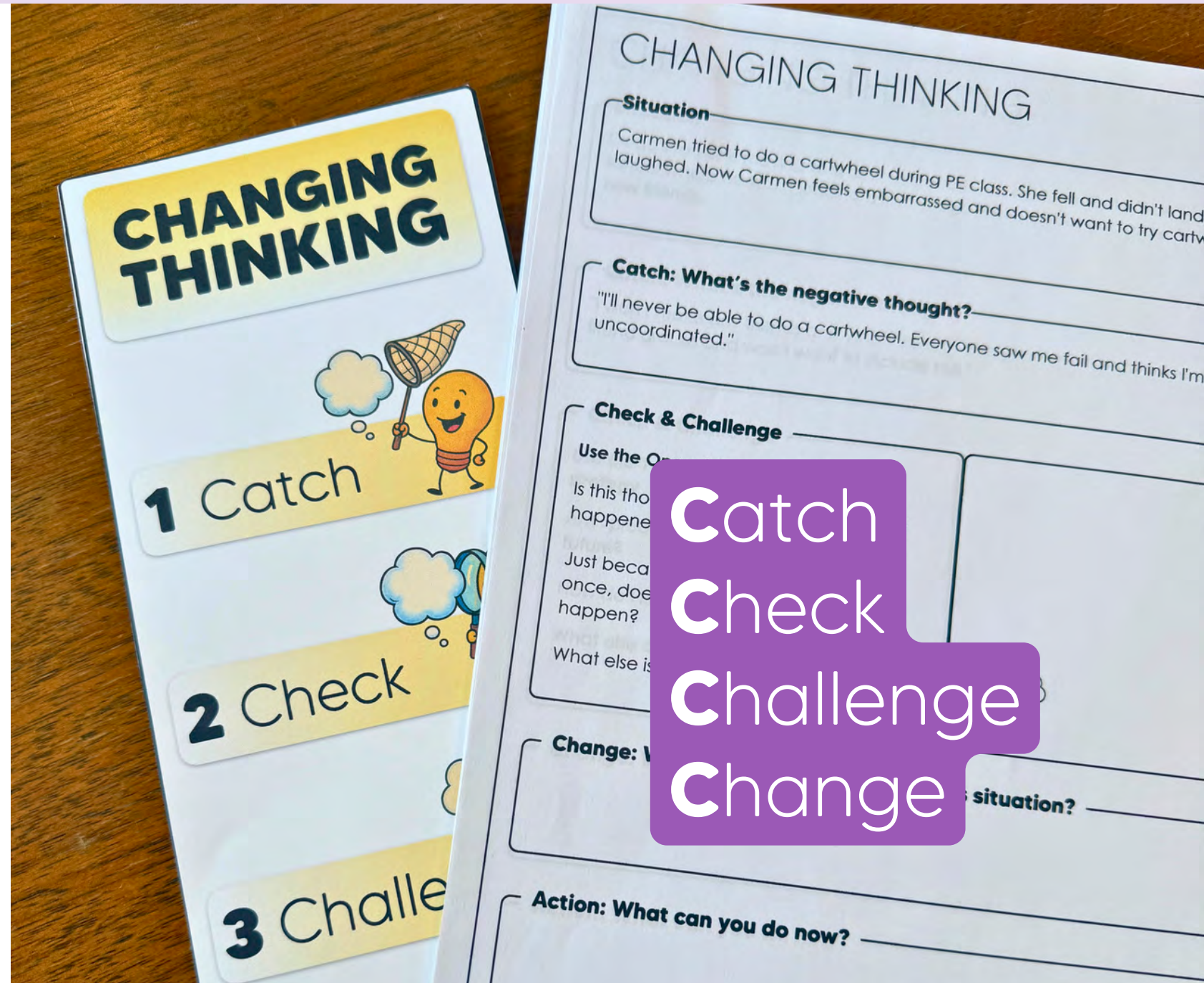
# Includes 9 Comprehensive Resources



# Structured Framework, Flexible Implementation

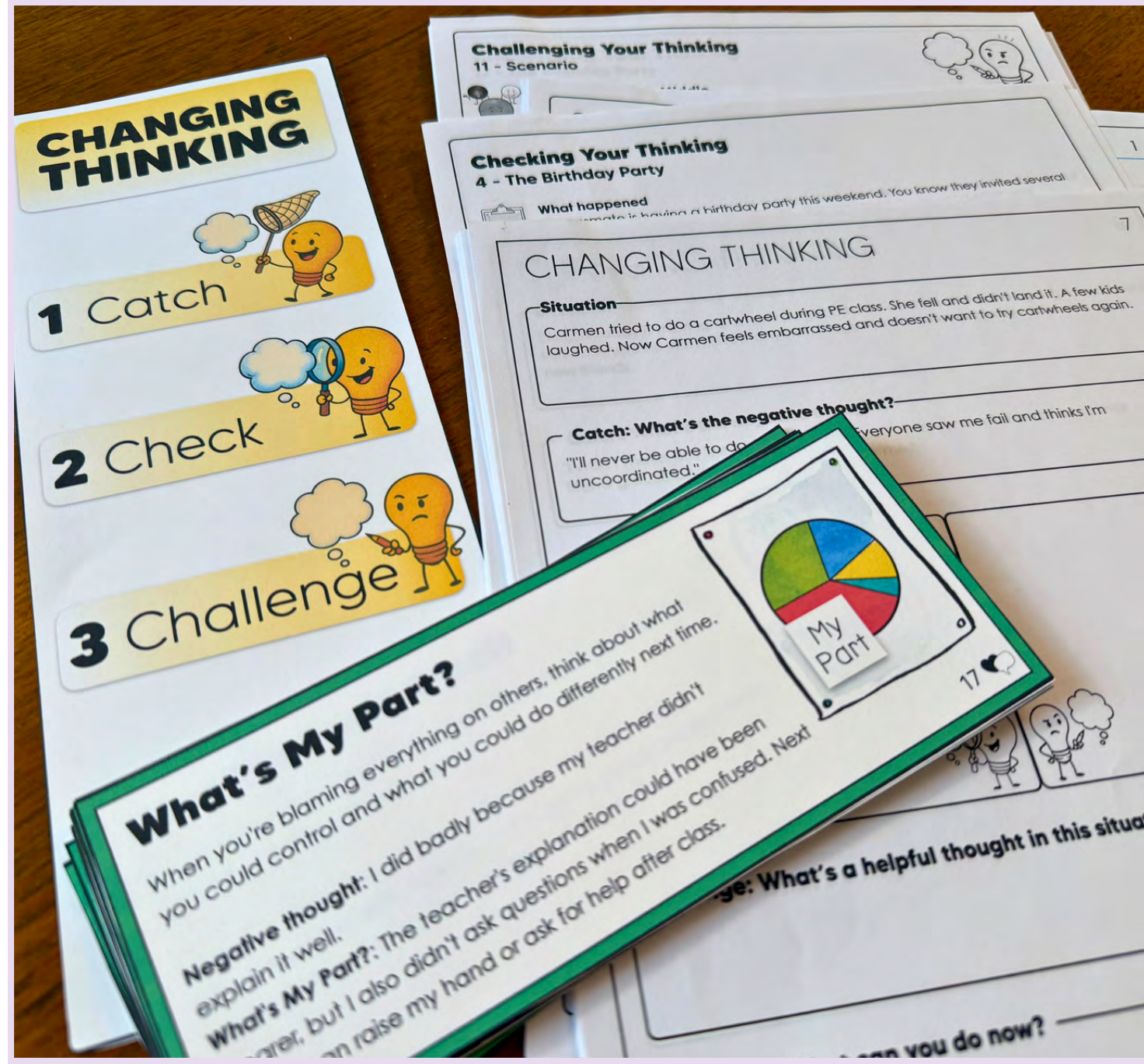
Guide students to build more realistic, positive thinking.

Activities fit the Catch, Check, Challenge, Change Framework.



# Check, Challenge, Change Worksheets

3 sets of worksheets to guide students to change unhelpful thinking to helpful thinking.



# Spot the Thought Traps

90 scenarios for spotting cognitive distortions

Students practice recognizing negative thinking patterns.



# Thought Traps & Strategy Cards

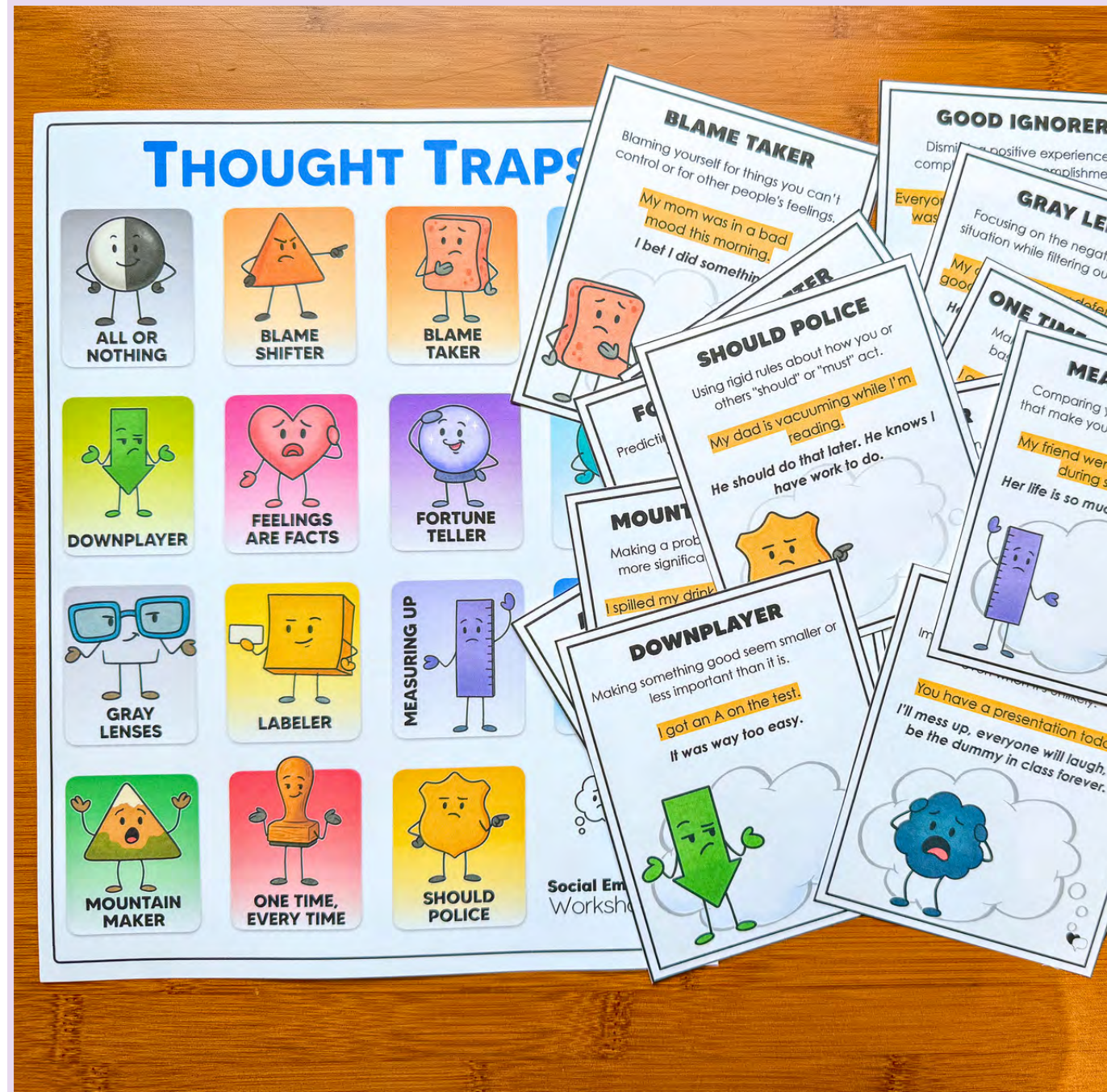
Supporting tools to help  
identify cognitive distortions  
and find helpful strategies

15 Thought Trap Cards

27 Strategy Cards

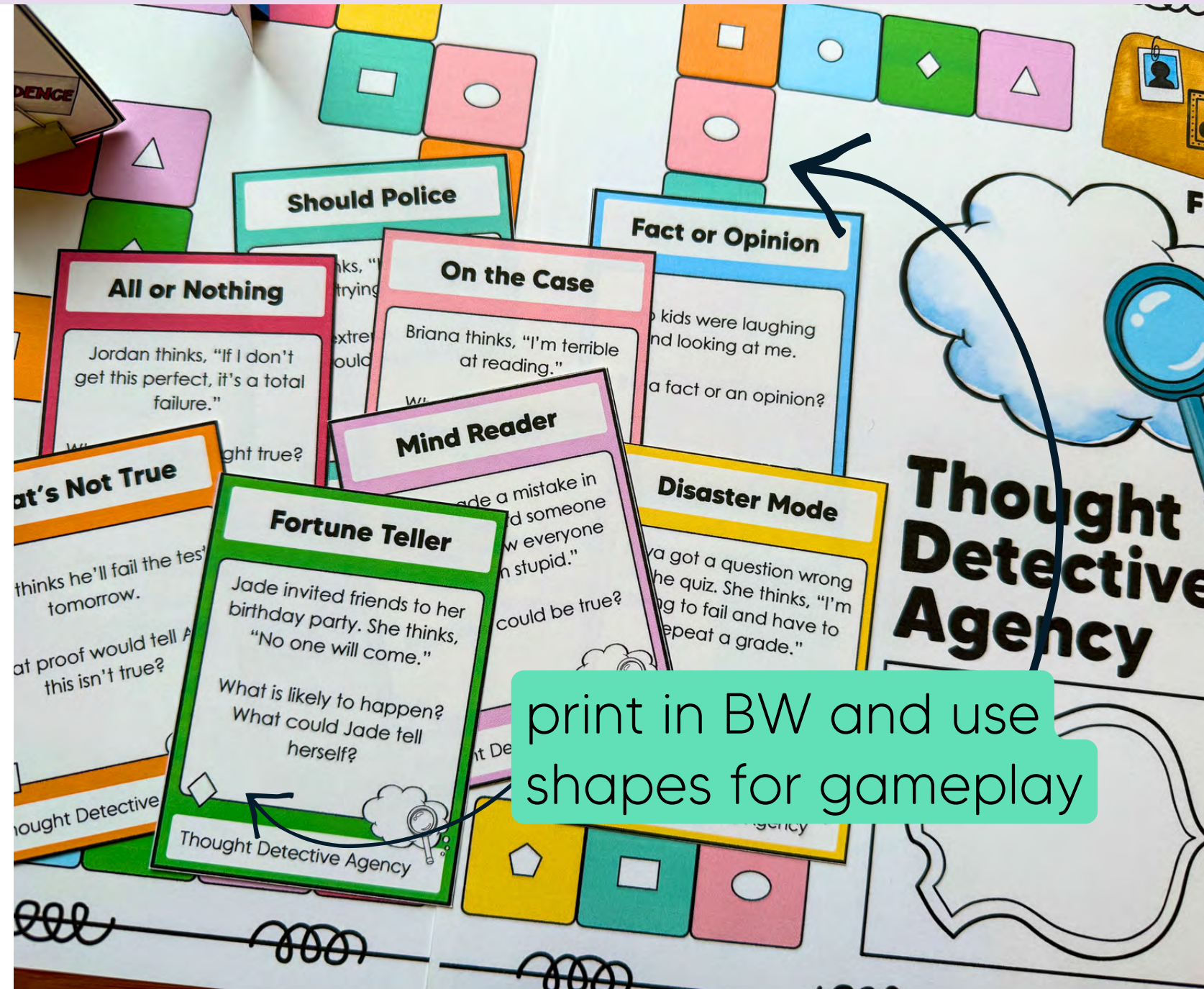
Detailed Guide

More Visuals!



# Thought Detective Game

Printable Game Board  
72 Game Cards  
Facilitator Guide  
Answer Key



# Thought Feeling Sort Activity

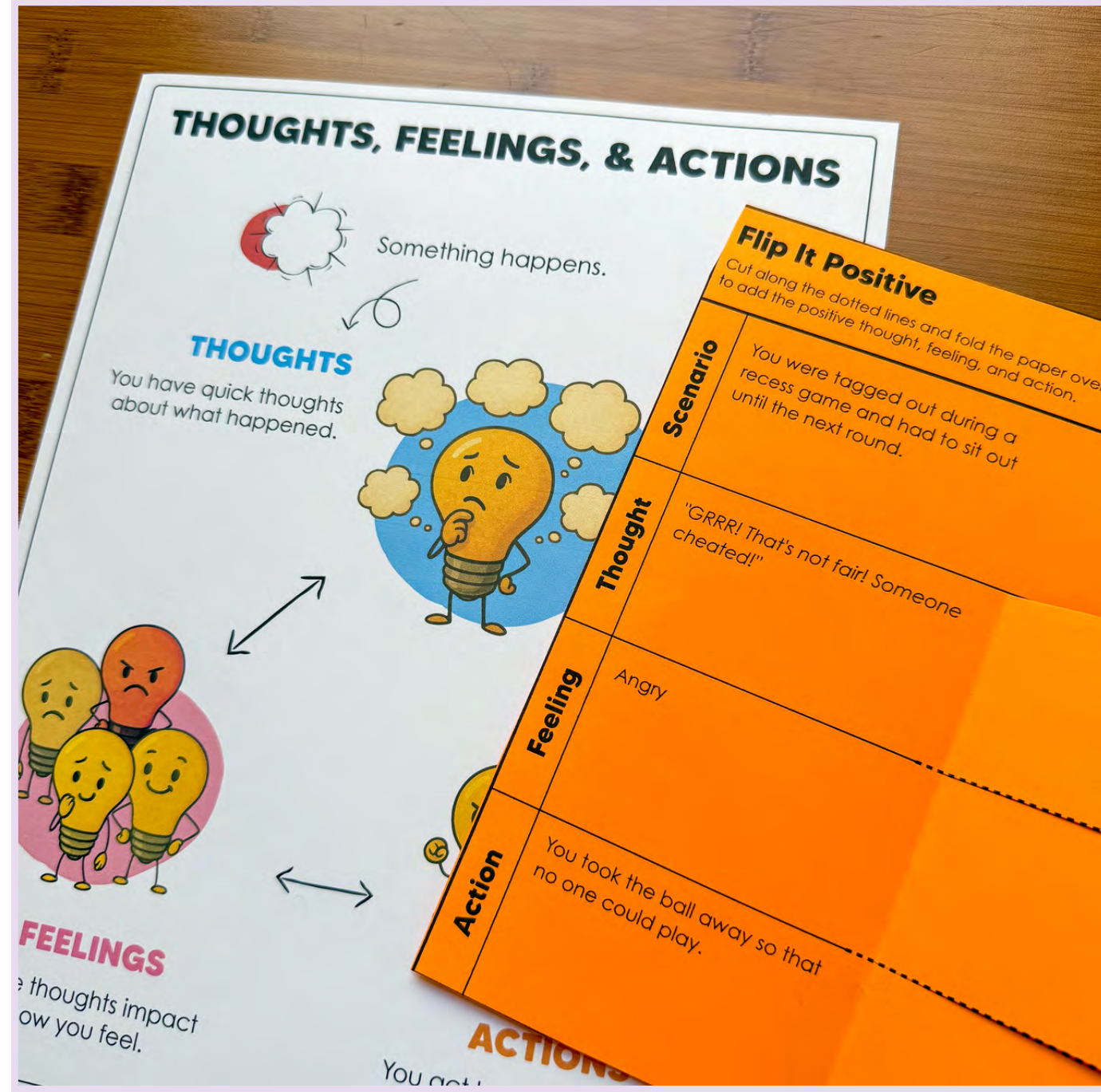
Students sort thoughts vs feelings and discuss why they happen.



# Flip It Positive

Watch the negative thoughts transform

Students flip negative thoughts, feelings, and actions to a positive alternative.



# Thought Sort

Students practice sorting thoughts that are too positive, too negative, and just right

36 Cards + Labels

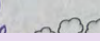
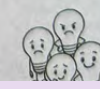
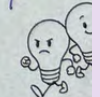
Editable PowerPoint Template



# Thought, Feeling, Action Fill-Ins

Explore how thoughts drive feelings and actions.

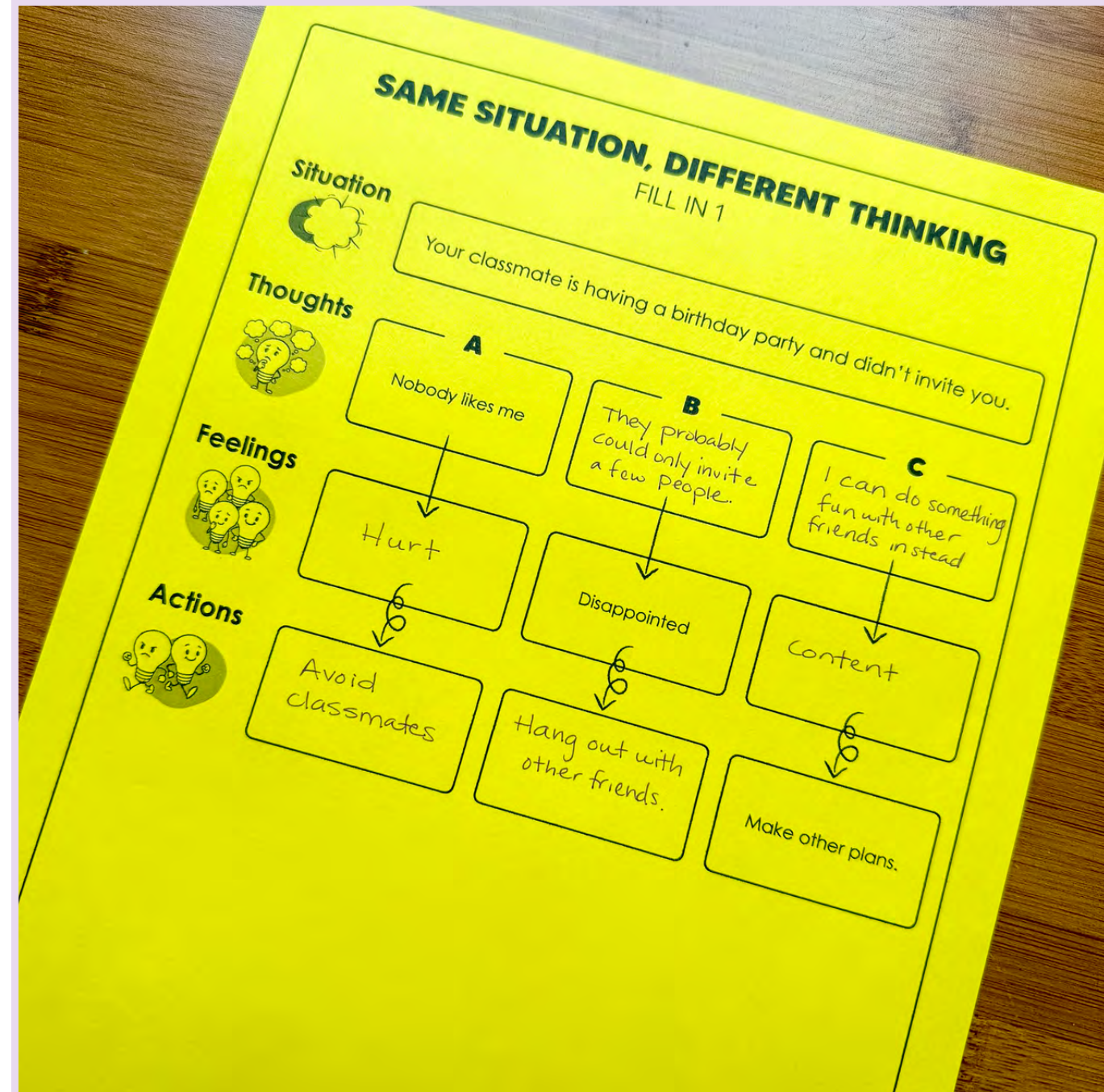
Students work through how someone would think, feel, and act.

| THOUGHT                                                                                                                    | FEELING                                                                                            | ACTION                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| You were left out of the game at recess.                                                                                   |                                                                                                    |                                                                                                                           |
| No one likes me<br>                     | Embarrassed<br> | Sit by myself<br>                      |
| You left your book report at home and it's due today.                                                                      |                                                                                                    |                                                                                                                           |
| I always forget something!<br>          | Frustrated<br>  | Put my head down and stop talking.<br> |
| Your parents told you that you are going to be moving to a new town at the end of the year.                                |                                                                                                    |                                                                                                                           |
| Ugh! I'll never make any friends.<br> | Sad<br>       | Mope around the house.<br>           |
| It's the first day of school, and none of your good friends are in your class.                                             |                                                                                                    |                                                                                                                           |
| They are going to<br>                 | Worried.<br>  | Not talk to anyone in my class.<br>  |

# Same Situation, Different Thinking

1 situation  
3 different outcomes

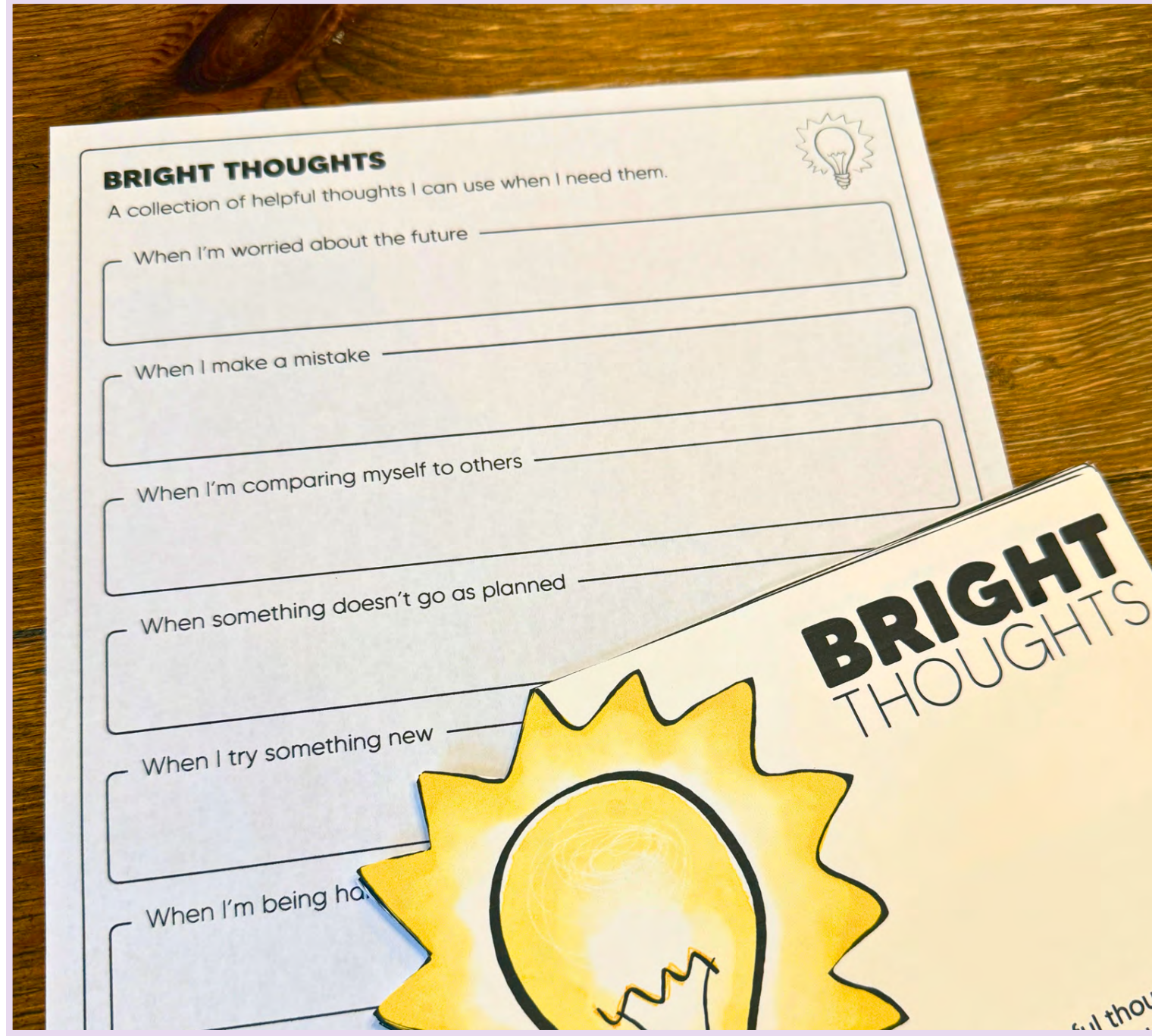
Simple flowcharts that show different paths someone could take.



# Bright Thoughts

Students write helpful thoughts for a given situation.

Minibook or Worksheet  
6 Situations  
Create your own



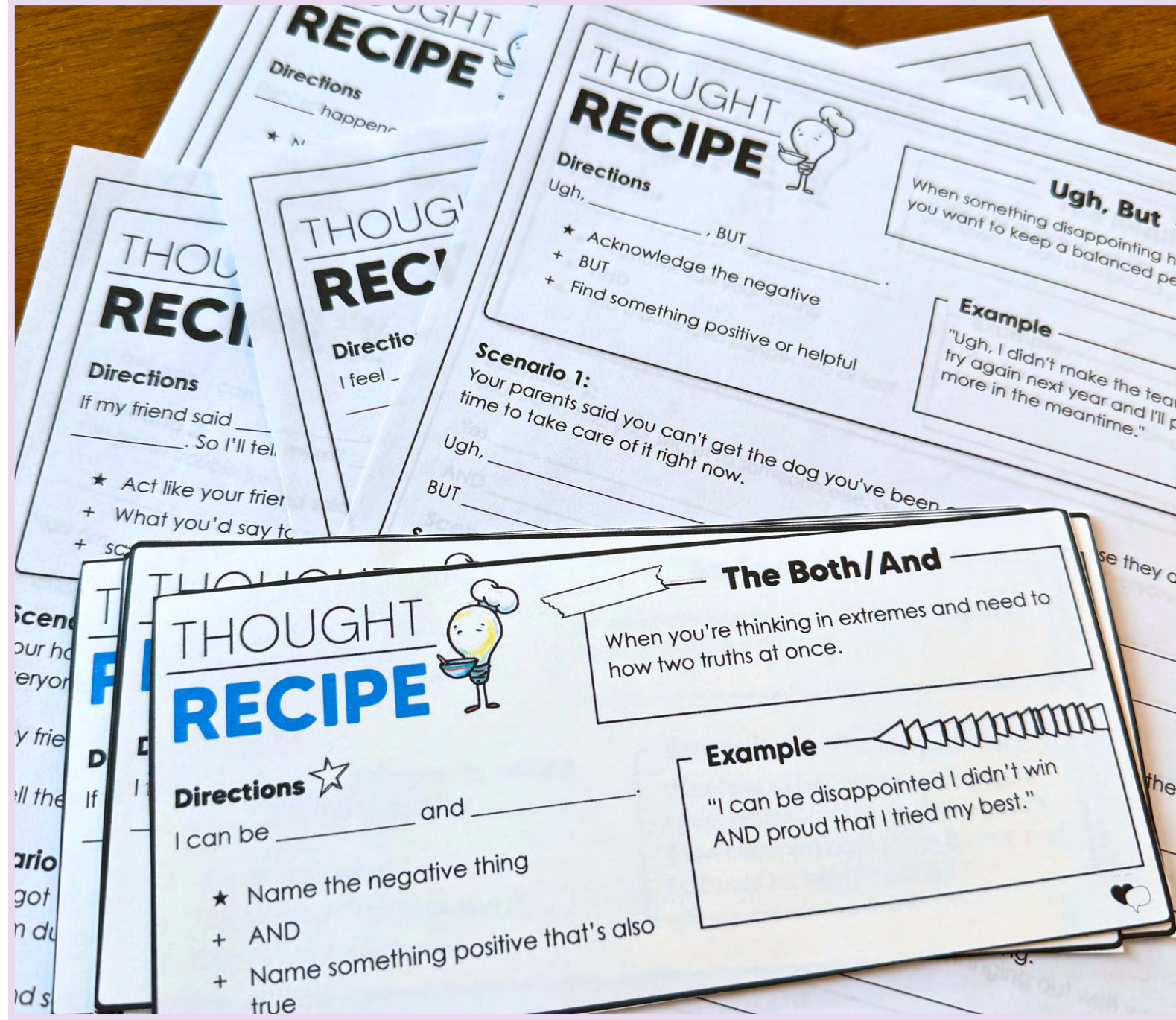
# Thought Recipe Cards & Worksheets

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

7 formula cards

7 practice worksheets

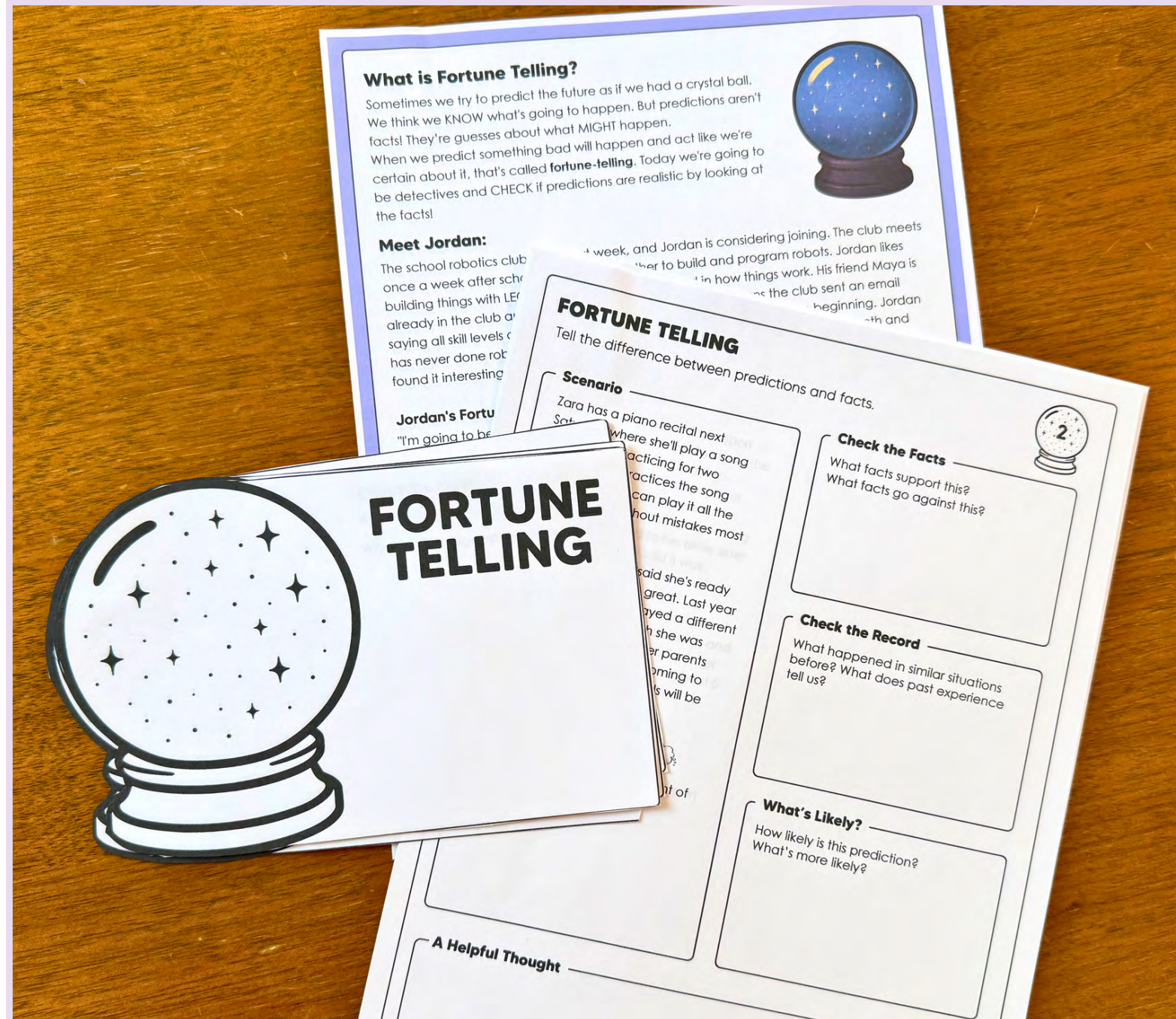
Use as reference



# Fortune Telling Minibook & Worksheet

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

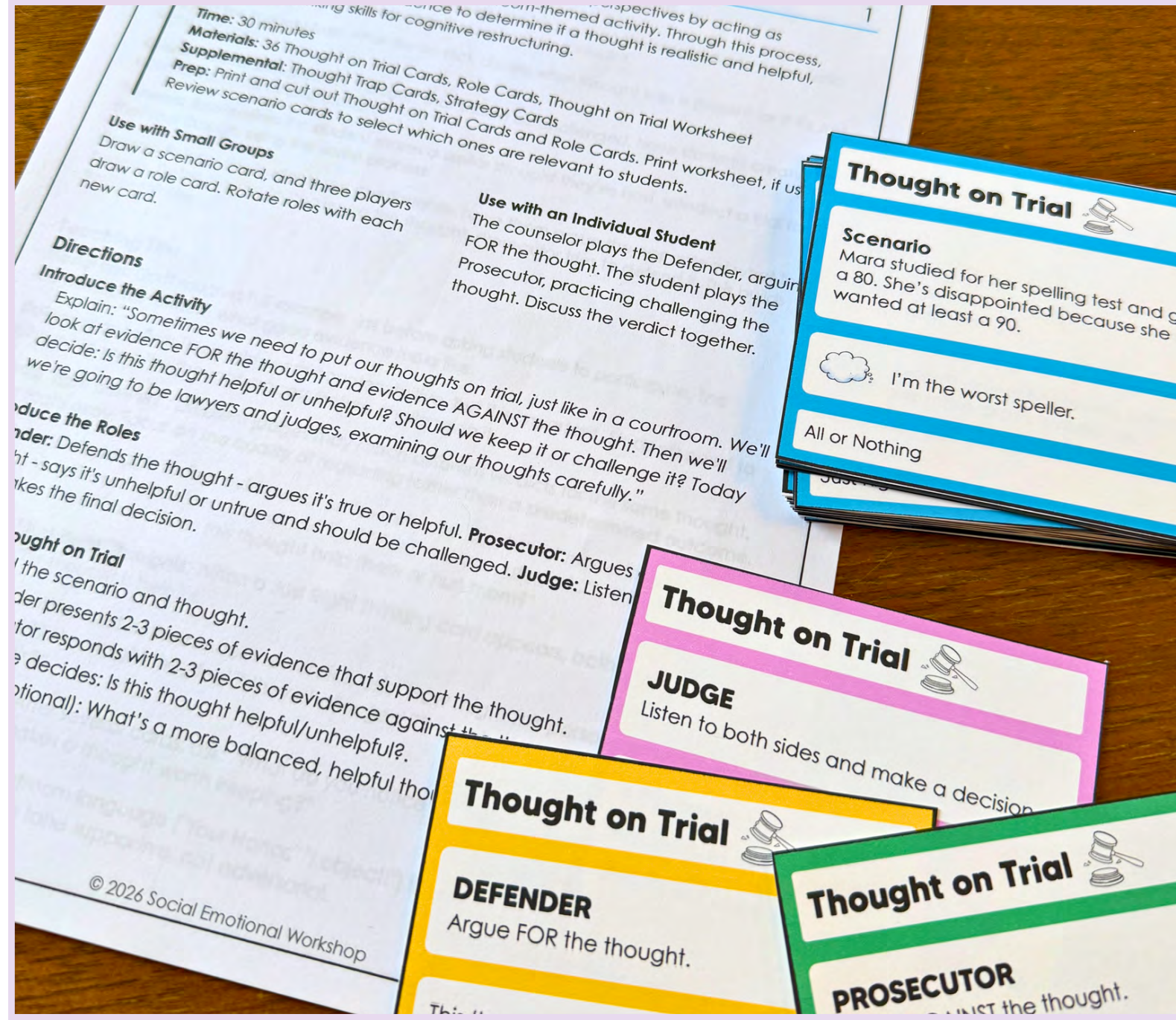
10 detailed scenarios  
Minibook or worksheet  
Editable template



# 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



# Surveys and Trackers

### When Do Negative Thoughts Pop In?

There are situations that can lead to worried, negative, or unhelpful thoughts. The situations that trigger negative thoughts and feelings aren't the same for everyone. What bothers one person might not bother another. The first step in catching unhelpful thoughts is knowing WHEN they're most likely to show up!

**Example:** Getting called on by the teacher might be a spark for you. When this happens, you might think, "I'm going to say the wrong answer and everyone will think I'm dumb" (an unhelpful thought). But someone else in the same situation might think, "I'll try my best to answer" (helpful thought). Same situation, different thoughts!

**Tip** - If you notice a negative feeling, like worry, anger, or stress, then you might have an unhelpful thought for you.

**Directions:** Check the box that best describes how often you experience negative thoughts in each situation. Put an asterisk (\*) next to the situation that most often triggers a negative feeling for you.

| When ...                                         | ✓ | ✗ | * |
|--------------------------------------------------|---|---|---|
| I'm taking a test or quiz.                       | ✓ |   |   |
| I get a bad grade.                               | ✗ |   |   |
| I get called on by the teacher.                  | ✓ |   |   |
| I'm giving a presentation in front of the class. | ✓ |   | * |
| I forget homework or materials.                  | ✗ |   |   |
| I'm not invited to something.                    | ✗ |   |   |
| I see my friends hanging out without me.         | ✓ |   | * |
| I have a disagreement or argument with a friend. | ✗ |   |   |

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| I see my friends hanging out without me.         | ✓ |   | * |
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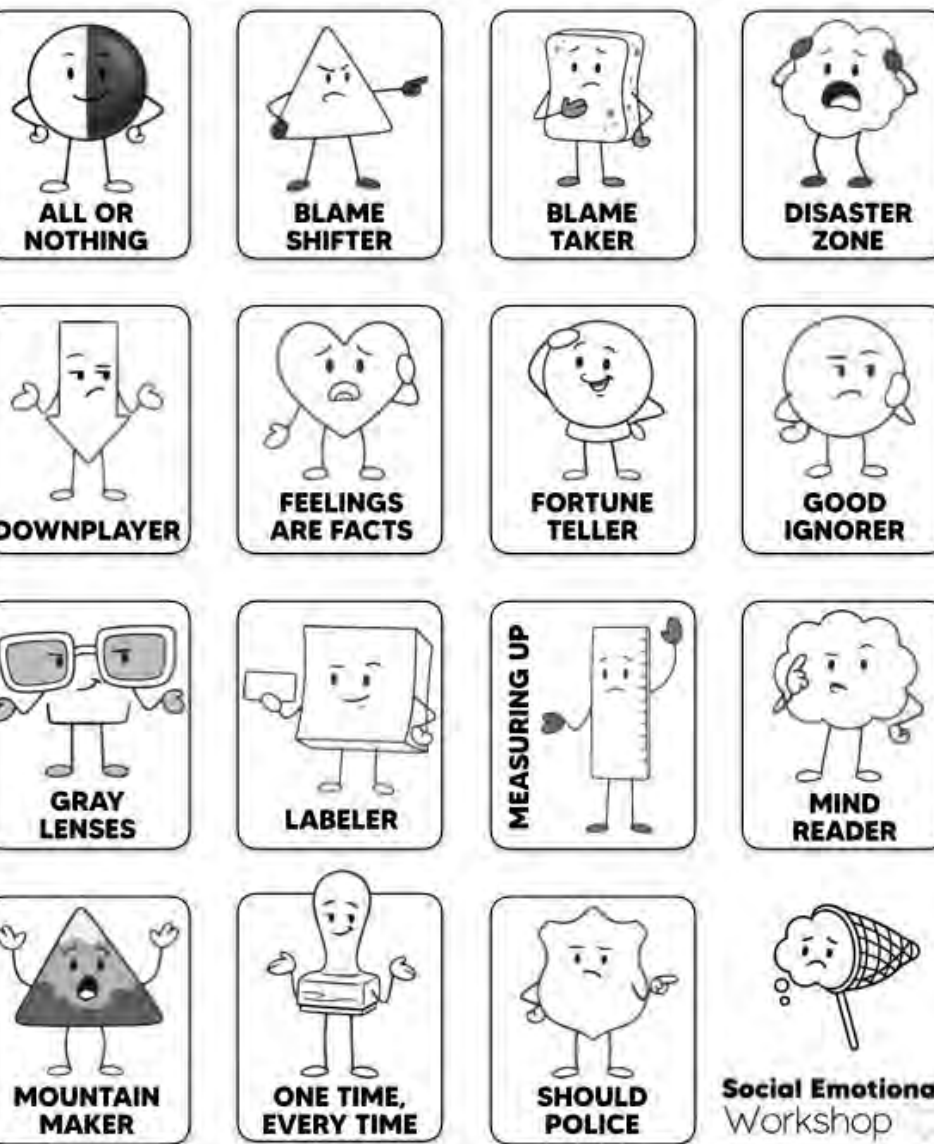
**Thought Tracker**

It can be helpful to understand thoughts we have when a negative event happens. These are thoughts we should change. After a negative event, write down what happened and the first thoughts you had.

| What Happened                 | What I Thought                  |
|-------------------------------|---------------------------------|
| My father died on my birthday | Sad<br>Angry<br>No one loves me |
|                               |                                 |
|                               |                                 |
|                               |                                 |
|                               |                                 |

# All Color Materials in Black and White Too!

## THOUGHT TRAPS



## Strategies to Change Negative Thinking

### Throw It Away

Physically write down your negative thought, crumple it up, and throw it away while picturing it leaving your mind.

#### Try This

Write down your negative thought on paper. Crumple it up into a tight ball and throw it away. As you crumple and toss it, picture your negative thought leaving your mind.



7

### Boss That Thought

Be the boss of your thoughts by telling them why they're wrong and showing them another way to look at the problem.

**Negative Thought:** I'm so forgetful and irresponsible.

**Boss That Thought:** No, that's not true. I forgot my book once. That doesn't mean I'm irresponsible. Everyone forgets things sometimes.



8

### Ugh, But

Acknowledge the bad thing that happened, then add "but" and find something that's good or okay about the situation.

**Situation:** Your team loses the championship game.

**Ugh, But:** Ugh, I can't believe we lost! BUT, we made it all the way to the championship and played the best we could.



9

## 1. All or Nothing Scenarios



### Thought Traps

Mia practiced her piano piece 10 times and still made one mistake.

"I'm terrible at piano."

1

### Thought Traps

James didn't get invited to a birthday party.

"They don't want me there."

4

### Thought Traps

David's team won three games and lost one so far this season.

"We're the worst team."

2

### Thought Traps

Emma tried rock climbing for the first time and couldn't reach the top.

"I'm so bad at this."

5

### Thought Traps

Sophia's teacher told her her art project was wonderful and suggested she add more color.

"It's so basic."

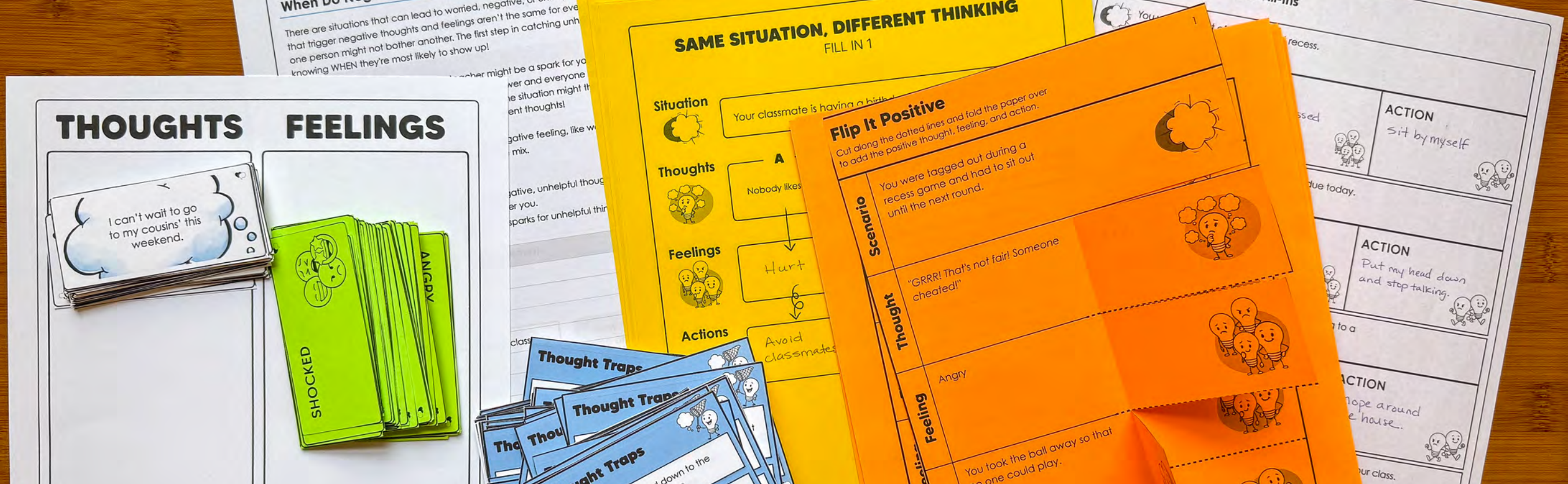
3

### Thought Traps

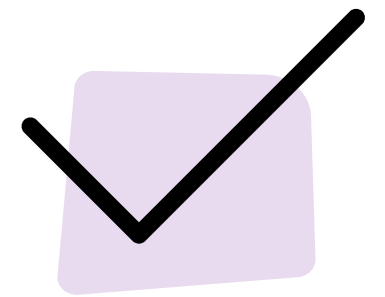
Luca's project didn't turn out how he planned.

"My project is such a mess."

Social Emotional Workshop



The framework gives you the structure you need with tons of materials so you have the flexibility to build tailored counseling sessions.



**Comprehensive, CBT-Based, Ready to Use**

**Social Emotional  
Workshop**

# Why You'll Love It

Clear step by step framework

Use all together or pull what you need

Multiple formats and activities = Flexibility

**BUY THIS BUNDLE AND SAVE!**

**Social Emotional  
Workshop**

# Practical Details



## **Grades**

3rd to 7th



## **File Format**

PDF, Editable PowerPoint Templates



## **Printing**

Color & BW



## **Made For**

Group & Individual Counseling



## **AND**

CBT-Based  
Flexible! Use what you need

# 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!

contact: [support@socialemotionalsocialworkshop.com](mailto:support@socialemotionalsocialworkshop.com)



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