

Thoughts on Trial Talk Back Cards

Challenge Your Thinking Activities

- Thoughts on Trial Activity
- Talk Back Cards Activity
- Thought Traps + Strategy Cards



Practice Challenge Negative Thinking

Two hands-on activities plus supporting tools help students practice cognitive restructuring through engaging game-like formats.

 upper elementary and middle school

 extend by adding your own scenarios

 supporting tools deepen learning

Thoughts on Trial Activity

Students put negative thoughts “on trial” using relatable scenarios.

- 36 Scenario Cards
- 3 Roles Cards
- Worksheet Format
- Editable Card Template



Talk Back Cards

Practice cards for responding to negative thoughts with more balanced thinking.

- 30 Scenario Cards
- Detailed Answer Key
- Editable Card Template



Thought Traps + Strategy Cards







Help students identify thinking traps AND learn what to do about them.

- 15 Thought Traps Cards
- 27 Strategy Cards
- Guide for each included



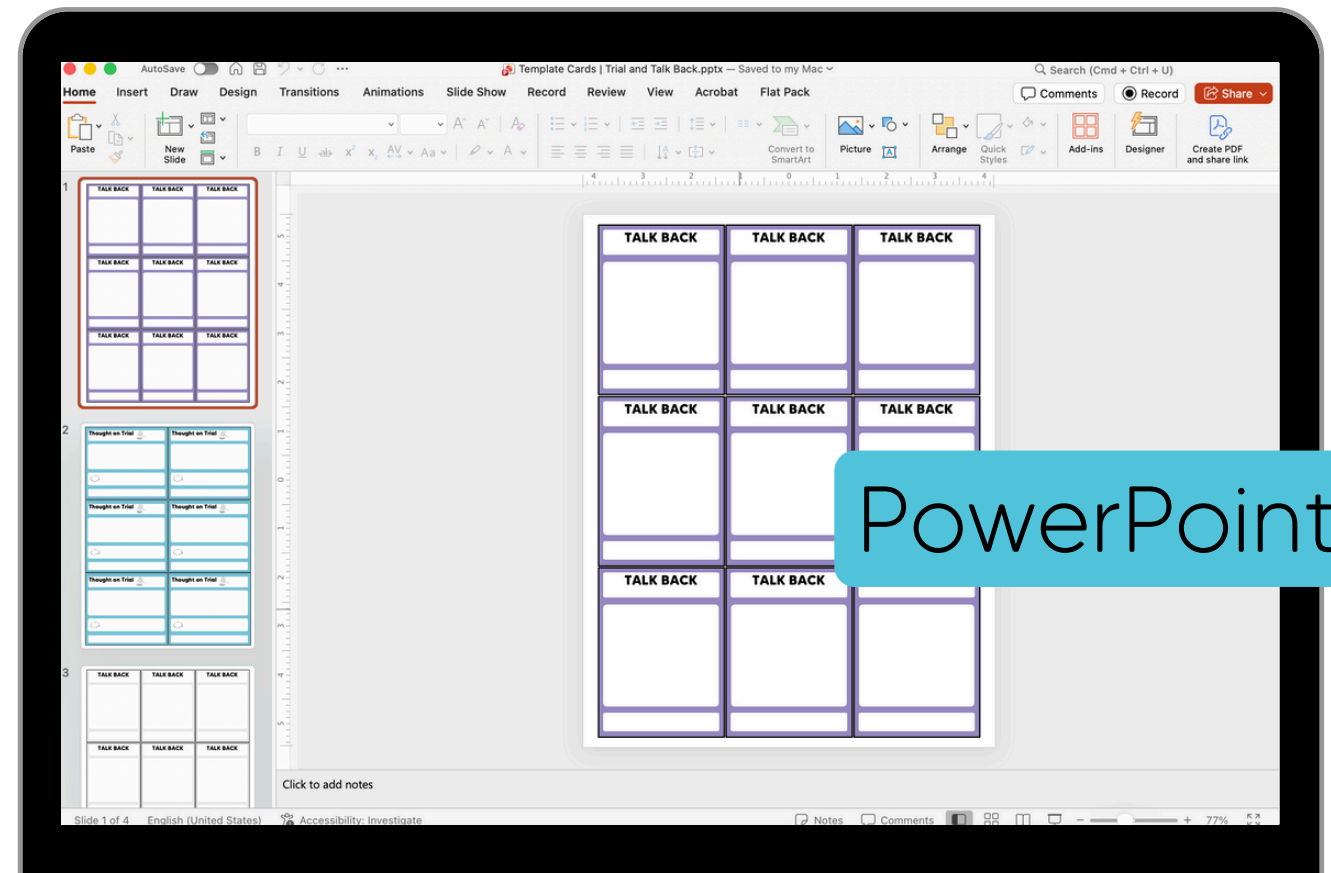
Color & BW

Easy printing with color and black line options

Thought on Trial  DEFENDER Argue FOR the thought. This thought might be true because ... The facts that support this are ... One reason this could be true is ... This thought is helpful because ...	Thought on Trial  PROSECUTOR Argue AGAINST the thought. This thought might not be true because ... The facts against this thought are ... A different way to look at this is ... This thought isn't helpful because ...
Thought on Trial  DEFENDER Argue FOR the thought. This thought might be true because ... The facts that support this are ... One reason this could be true is ... This thought is helpful because ...	Thought on Trial  PROSECUTOR Argue AGAINST the thought. This thought might not be true because ... The facts against this thought are ... A different way to look at this is ... This thought isn't helpful because ...
Thought on Trial  JUDGE Listen to both sides and make a decision. Is this thought helpful or unhelpful? Are there facts to support this thought? Should we keep this thought or change it?	Thought on Trial  JUDGE Listen to both sides and make a decision. Is this thought helpful or unhelpful? Are there facts to support this thought? Should we keep this thought or change it?

Editable Templates

Create your own scenarios



Practical Details



Grade Level

4th - 7th



Made For

Individual and small group



File Format

PDF

Editable PowerPoint



AND

CBT-based

Reusable tools



Printing

Color & BW

More CBT Activities



CBT WORKSHEETS



school counseling tools

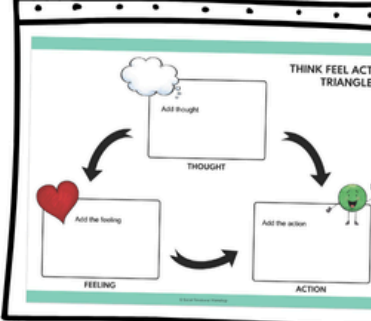
COGNITIVE DISTORTIONS



THOUGHTS FEELINGS ACTIONS

2-5

CBT COUNSELING ACTIVITIES



Social Emotional Workshop

NEGATIVE THINKING

counseling activities

Thought Traps

Marcus got called down to the principal's office.

"I must be in huge trouble. They're probably going to suspend me and call my parents, and everyone will know."

20

Social Emotional Workshop

3-5

THOUGHT DETECTIVE

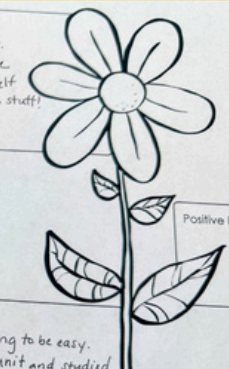
3-5

negative thinking game



Thought Detective Agency

Social Emotional Workshop



Positive Action
Try my best.
Take my time.
Remind myself
I know this stuff!

Positive Feeling
Co

Positive Thought
This is going to be easy.
I liked this unit and studied

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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