













CBT Animals

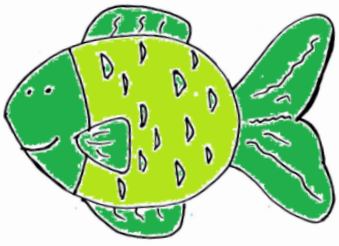
12 Stories, follow up questions based and worksheets on cognitive distortions for elementary aged kids



| CBT Animals | | |
|--|---|--|
|  <p>External Control Fallacy Giving control of feelings to the outside world.</p> |  <p>Right Always needing to be right</p> |  <p>Blaming Not taking responsibility for actions</p> |
|  <p>Catastrophizing Thinking things are going to be way worse than they really are</p> |  <p>Overgeneralization Using words like always, never and nothing</p> |  <p>Fairness Thinking things are not fair to you</p> |
|  <p>Black and White Thinking Things are all good or all bad</p> |  <p>Filtering Only paying attention to the good or bad things.</p> |  <p>Shoulds Using words like "should" and "must" can make you feel guilty</p> |
|  <p>Personalization Blaming yourself for something that was not your fault.</p> |  <p>Labeling Giving labels to yourself or others</p> |  <p>Jumping to Conclusion Thinking you can read people's minds or know the future.</p> |

Filtering Fish

A Story About Filtering



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Filtering Fish

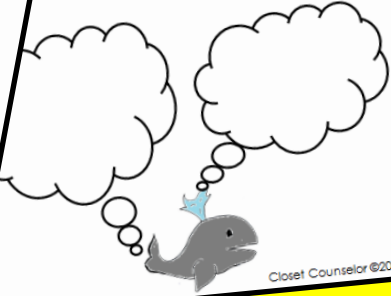
Francis had a very important birthday to go to on Friday. It was her friend Sally's 9th birthday and she was excited to give her friend a present. Sally loved dolphins and she got to give Sally a stuffed dolphin as a gift. When Sally got to the party she had her present and card ready to go. After playing pin the tail on the fish and cake, it was time for Sally to open presents. Sally had two gifts already, one was earrings and the other was a movie. Francis was very excited about Sally's gift. Sally opened a gift her brother had brought. Francis was horrified to see Sally's brother had the same exact dolphin she had brought. Francis felt her face getting hot. She was feeling embarrassed. She wanted to run up and hide. When she opened Francis' gift, when she saw the same stuffed animals, she wasn't sad that she would be. Sally smiled a big, fishy smile and said, "Thank you, now I have a friend for my birthday!"

Francis' dad saw she was really quiet. Francis' dad asked, "Francis, what's wrong?" Francis' dad replied, "That's not great," Francis

...it means to have black and white thoughts...

...a time you had black and white thoughts were either all good or all bad...

...two examples of gray thoughts



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Tracking my black and white thoughts:

| Date | Situation | Negative Thought | True/Positive Thought |
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Questions:

1. What things told Francis she was upset?

2. Why was Francis disappointed. Why do you think Francis was disappointed?

3. What did Francis do when she was disappointed?

4. Why was Francis upset that she got two of the same gifts?

5. What did Sally say when she got two gifts?

6. Was Francis still upset when she got home?

7. What does it mean to filter out something? How was Francis filtering what happened?

8. Have you ever been disappointed? What did you do?

9. Have you ever filtering out the good stuff of a day and focused on only the bad?

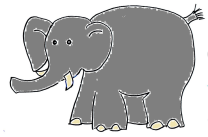
CBT Animals

Purpose: Cognitive distortions can be difficult for adults to understand, so explaining them to children can at times feel impossible. These stories are created to help children (and adults) better understand thinking patterns that can cause them to get stuck. The follow up questions and worksheets can help children identify different ways of thinking to help them get unstuck.

Directions: Read the story to the child and ask the follow up questions. To help the child understand the concepts each story includes a worksheet. You can use the puppets as a way for the child to stay engaged in the story and the CBT Animals page as a way to help remind the child of the skills they have learned. Cut along the lines of the story to create a booklet.

Extra activity: Use different color pens or highlighters to mark the feelings, negative thoughts and positive thoughts in the stories. (Ex. Yellow– highlight feelings, green– negative thoughts, blue– positive thoughts, purple-body cues)

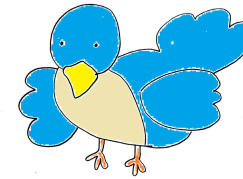
CBT Animals



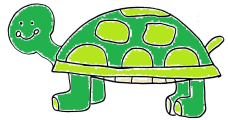
External Control Fallacy
Giving control of feelings to the outside world.



Right
Always needing to be right



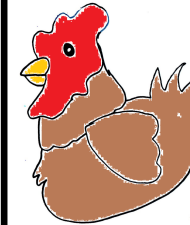
Blaming
Not taking responsibility for actions



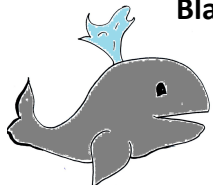
Catastrophizing
Thinking things are going to be way worse than they really are



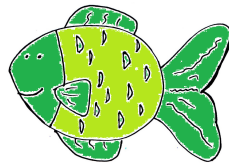
Overgeneralization
Using words like always, never and nothing



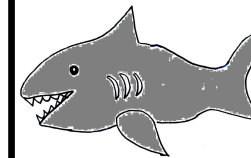
Fairness
Thinking things are not fair to you



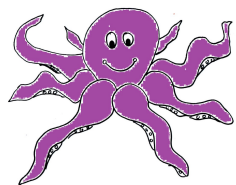
Black and White Thinking
Things are all good or all bad



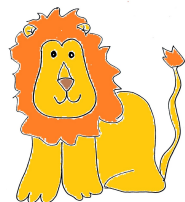
Filtering
Only paying attention to the good or bad things.



Shoulds
Using words like "should" and "must" can make you feel guilty



Personalization
Blaming yourself for something that was not your fault.



Labeling
Giving labels to yourself or others



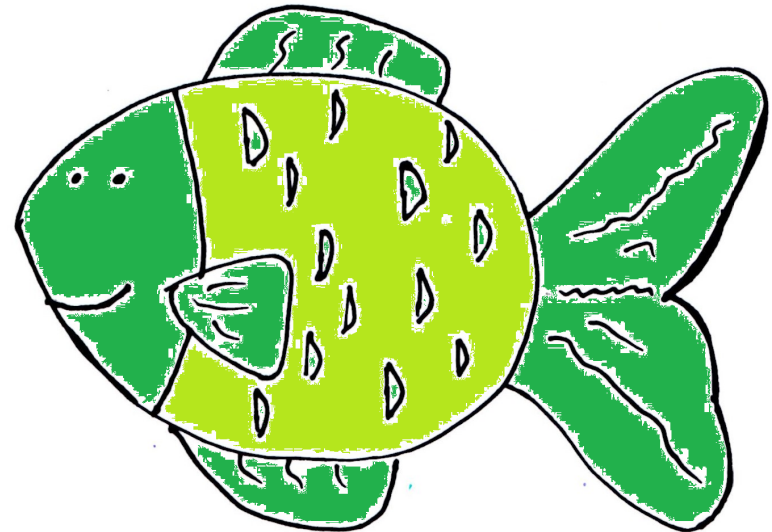
Jumping to Conclusion
Thinking you can read people's minds or know the future.

Follow Up Questions:

- Talk about body cues. What things told Francis she was getting upset?
- Talk about feeling disappointed. Why do you think Francis was disappointed?
- At the party what did Francis do when she was feeling disappointed?
- Was Sally upset that she got two of the same gifts? What did Sally say when she got two dolphins?
- Why was Francis still upset when she got home?
- Talk about *filtering*. What does it mean to filter something?
- How was Francis *filtering* what happened?
- Have you ever been disappointed? What did you do?
- Have you ever *filtering* out the good stuff of a day and focused on only the bad?

Filtering Fish

A Story About Filtering



Filtering Fish

Francis had a very important birthday to go to on Friday. It was her friend Sally's 9th birthday and she was excited to give her friend a present. Sally loved dolphins and she wanted to give Sally a stuffed dolphin as a gift. When Francis got to the party she had her present and card ready to go. After playing pin the tail on the fish and eating cake, it was time for Sally to open presents. Sally had opened two gifts already, one was earrings and the other was a movie. Francis was very excited about Sally opening her gift. Sally opened a gift her brother had gotten her. Francis was horrified to see Sally's brother had given her the same exact dolphin she had brought. Francis could feel her face getting hot. She was feeling angry and embarrassed. She wanted to run up and hide her gift. Sally then opened Francis' gift. When she saw she had two of the same stuffed animals, she wasn't sad like Francis thought she would be. Sally smiled a big, fish smile and said "Thank you, now I have a friend for my other dolphin."

When Francis got home, her dad saw she was really quiet. "Why are you so quiet?" Francis' dad asked. Francis explained what had happened. Francis' dad replied, "That is great she loved your gift!" "It's not great," Francis

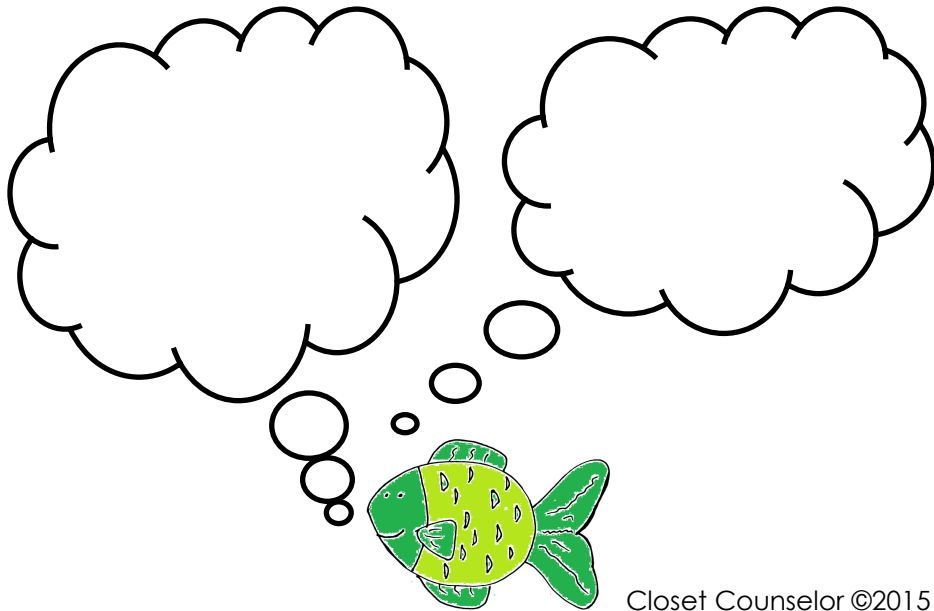
shouted as she swam upstairs. Her dad quietly followed her up. "I think I know what is going on here," he said, "you have a filtering problem." Francis did not know what that meant. "You see a filter is used to take out the junk that is bad and keep only the stuff that is good. Like in our fish tank. The filter takes out the dirt from our tank and leaves us clean water." Francis asked if that meant she had dirt in her brain. "No," said Francis' dad, "it means you are only looking at the things that are bad. Can you think of some of the good things that happened at the party?" "Well, the cake was good and I was the closest to putting the tail on the fish."

"That is awesome," her dad said, "but something else good happened. Can you tell me what it was?" Francis couldn't think of anything else good. Her dad then explained even if she had two of the same dolphin toys Sally was still happy with her gift- if not even happier. Francis said, "Dad I think you are right. Maybe I did have a filter problem. I filtered all of the good stuff out and only focused on the bad." Francis' dad was very proud Francis could tell she had a broken filter in her brain and had fixed it!

1. What does it mean to filter thoughts?

2. When is a time you filtered thoughts?

3. What are 2 things you can think next time you are filtering your thoughts to make it so you do not filter?



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Tracking my filtering thoughts:

| Date | Situation | Negative Thought | True/ Positive Thought |
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Follow Up Questions:

- Talk about a time when you had to do something for the first time on your own. How did you feel?
- Have you ever been upset because you forgot to bring something to school?
- What does it mean to feel anxious or anxiety?
- What was one sign that Timmy's body was telling him that he was anxious?
- What is toxic thinking?
- Have you ever thought something bad would happen because it happened once?
- What did Timmy do to make it so he wouldn't forget anything?
- Have you ever learned how to do something from an older kid?
- Is it a big deal to miss your bus? Why or why not?

Toxic Tiger

A Story about Overgeneralization



Toxic Tiger (*Overgeneralization*)

Timmy Tiger was the youngest of 3 brothers: Tommy, Troy and Terrance. Every year since kindergarten Timmy rode this bus with at least one of his brothers, but not this year. This year Tommy was in high school and Troy and Terrance were in middle school. So on the first day of school Timmy was ready to go. He had his lunch, his backpack and his tennis shoes. On the way to the bus stop, Timmy's mother shouted out from the house "come back Timmy you forgot your notebook." Timmy ran back to get his notebook from his mom. By the time he left his house he was running a little late. Timmy ran to his bus stop, but when he got close he saw the bus was just leaving. Timmy felt anxious. He had missed the bus. He went back to his mom and told her he needed a ride to school. The next morning he did not want the same thing to happen. Timmy packed all of his stuff the night before and slept in his clothes. This time he was sure he wouldn't miss the bus. At night he kept having dreams where he missed the bus. When he got up the next morning, his stomach felt like it had a big knot in it. He was worried he would miss the bus, so he went out to his bus stop 30 minutes earlier, when his brothers in middle school had left. When they got to the bus stop, Troy

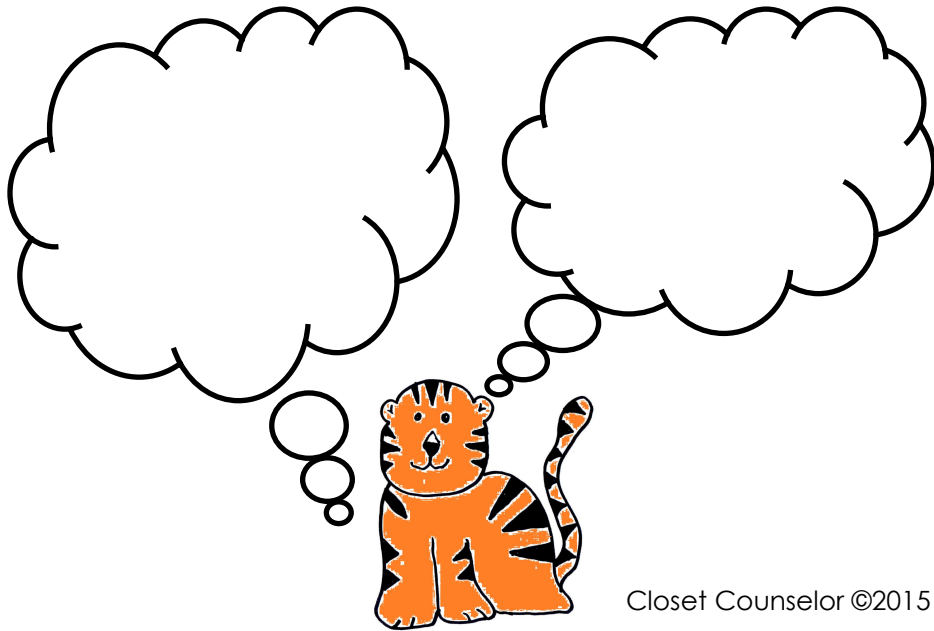
asked him why he was out there so early. "Because I missed the bus yesterday and since I missed it once, I will miss it every day, unless I get out to the bus stop super early each morning," Timmy explained. "That's not true," said Troy, "that kind of thinking is toxic." "It is not!" argued Timmy. "Is to," said Terrance, "if something happens once it does not mean it will always happen. So you forgot your notebook yesterday. It is no big deal." "I still don't understand how that is toxic," said Timmy. Troy explained to Timmy if you get stuck on bad things always happening to you it can make you sick. "How am I supposed to make sure I get to the bus on time?" asked Timmy. Terrance told Timmy he made a list of things he needed to pack each day and Troy talked about getting to the bus a little early, but not 30 minutes early. "And even if you do miss the bus mom can always bring you to school. It is no big deal. Plus, you smell toxic from sleeping in your clothes all night." Just then Troy and Terrance's bus came.

The next morning, Timmy followed his brothers' advice. He made a check list to make sure he didn't forget anything and got to the bus 5 minutes early. He was relieved when the bus came and he made it on time. For the rest of the school year, he never was late for the bus, but if he ever was he knew it was no big deal.

1. What does it mean to have toxic thoughts?

2. When was a time you thought something bad might happen?

3. What are 2 things you can think next time you have toxic thoughts to make you feel better?



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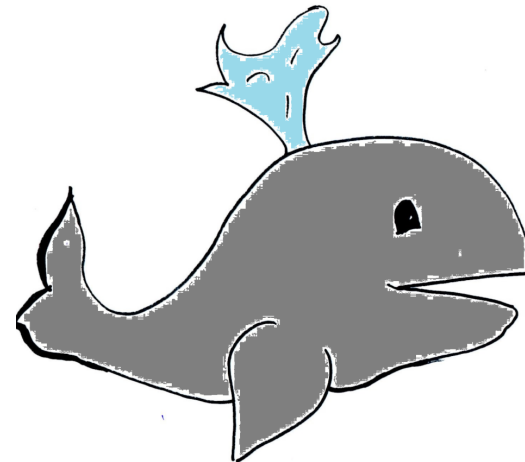
Tracking my toxic thoughts:

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Follow Up Questions:

- Talk about a time when you thought you were bad at something or made a mistake.
- Have you ever been sad because you thought you messed something up because you made one mistake?
- Do you think Wendy is a stupid whale? Why or why not?
- What is black and white thinking?
- Tell me about a time you had black and white thinking.
- What could Wendy do next time she makes a small mistake?
- Do you know what color it makes when you mix black and white?
- Tell me what you think it makes to think in grays?
- Can you give an example of something that is gray thinking?

Wendy the Whale: A Story about Black and White Thinking



Wendy the Whale: Black and White Thinking

Wendy was an amazing whale. She could swim faster than other whales, she could eat more than other whales and she was the smartest whale in her school. Wendy swam to school faster than any of her friends. When it was time for lunch, she ate her pizza faster than any other whales, but when it was time for her test at school she made a little mistake. She was confused on what to do on a question and got one question wrong. Wendy was very upset. She wanted to get a perfect on her test, but instead she made a little mistake and her friend Dolly had a better score than she did. Wendy thought to herself “I am a stupid whale! I can’t do anything right.”

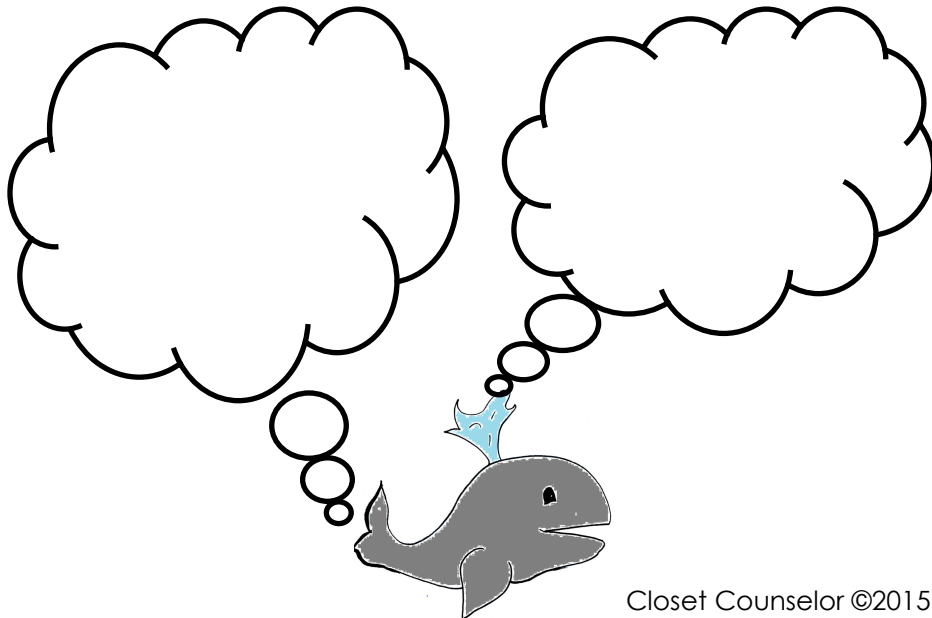
When she went home that day, her mom asked how her day was. “Awful,” she said, “I am the stupidest whale in the class.” Her mother looked very confused. “Wendy what are you talking about, you are a very smart whale.” Wendy told her mom how she had made a mistake. Wendy’s mom looked at her and said “Wendy I am proud of you. You are letting one little mistake make you have ‘black and white thinking.’” “What is ‘black and white thinking?’” Wendy asked. “Well Wendy, “black and white

thinking’ are the thoughts that tell you things are either all good or all bad.” Wendy looked confused. Her mom gave her an example. “You love cheese pizza right?” Wendy nodded. “What if I put pepperonis on it, would it be your favorite pizza?” Wendy’s mom asked. “Well, it wouldn’t be my favorite, but it would still be good,” said Wendy. “Well that is gray thinking because things don’t have to be all good or all bad.” Wendy started to look less confused. “So when I made one mistake it doesn’t mean my day is terrible or I am stupid,” Wendy asked shyly. “Goodness no!” Wendy’s mother exclaimed. “No whales are perfect. Everyone makes mistakes- that’s why they put erasers on the end of pencils.” Wendy went to her room and felt much better about her day. She didn’t need to be perfect- no whales are. She could make mistakes and still be amazing.

1. What does it mean to have black and white thoughts?

2. When was a time you had black and white thoughts? Things were either all good or all bad...

3. Give two examples of gray thoughts



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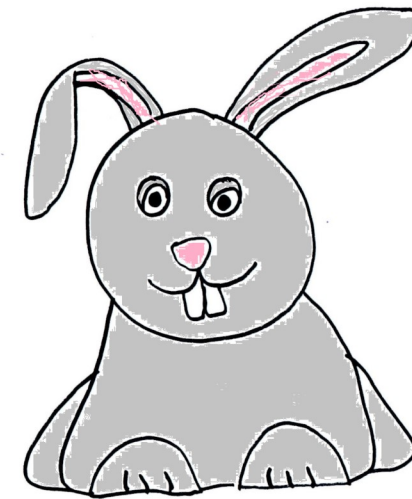
Tracking my black and white thoughts:

| Date | Situation | Negative Thought | True/Positive Thought |
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Follow Up Questions:

- Why do you think Rachel thought her friend was mad at her?
- Talk about a time when you thought someone was mad at you but they were not.
- Has anyone ever thought you were mad because you were quiet?
- What does it mean to jump to conclusions?
- Can you share about a time you jumped to conclusions?
- Jennifer would have been confused by Rachel's card, how could Rachel handled it differently?

Rachel Rabbit Jumps to Conclusions



Jumping to Conclusions Rabbit

It was the day Rachel Rabbit had looked forward to: Saturday morning. Every week Rachel met up with her best friend Jennifer to play at the park. Rachel put on her sneakers and hopped to the park. Rachel went down the slide a few times and then swung for a little while, but Jennifer still wasn't at the park. Rachel began to wonder if Jennifer was mad at her. Jennifer had never missed a Saturday at the park. Rachel began to think of all the things she could have done that made Jennifer mad. Was it the fact she didn't share her snack at school or the silly face she had made at Jennifer on the bus? That must have been it, Rachel made Jennifer mad because of the silly face she made on the bus.

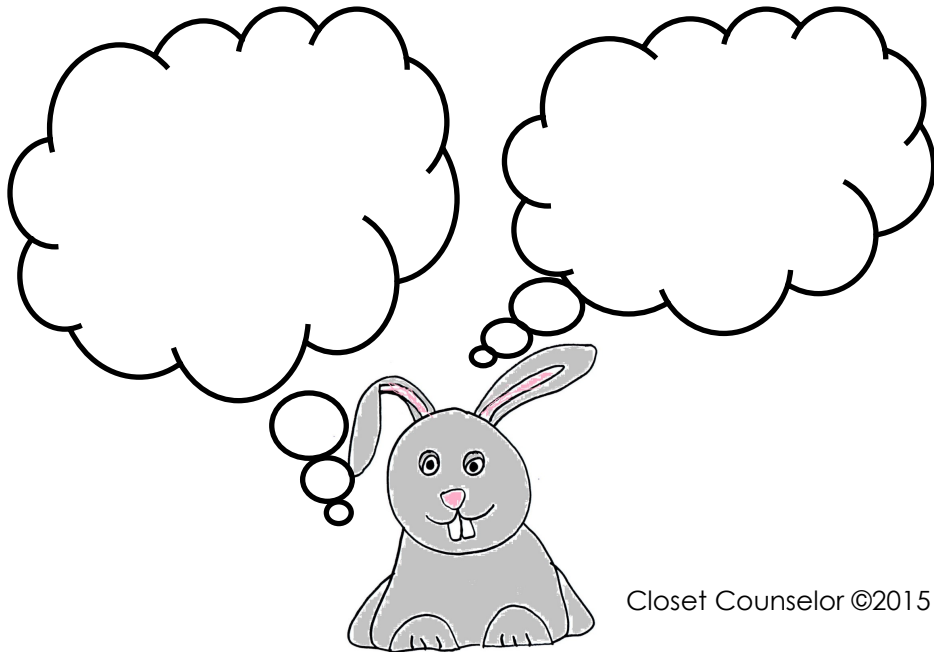
Rachel felt terrible. She didn't mean to make her friend mad, she was just trying to have some fun. Rachel began to think of ways to apologize to Jennifer for making her mad. Rachel went home and made Jennifer a card with a lamb on the cover and in the inside it said "I am sorry I hurt your feelings- my Baaaaad." Rachel thought if she was funny Jennifer might be more forgiving. Rachel then walked over to Jennifer's house, with her card in hand. When Jennifer's mother answered the door she looked confused. "Hi Rachel," Jennifer's mother said. "Hi, is Jennifer home?" Rachel asked. Jennifer's mother stated

"Oh she is, but she is sick with the flu today. Oh what do you have in your hand?" Rachel then explained to Jennifer's mom since Jennifer did not show up at the park she must have been mad at her. Jennifer's mother laughed and said "it looks like someone jumped to conclusions!" Rachel looked at her puzzled. "Jumping to conclusions is something grown-ups say when someone guesses how someone else feels or they guess why someone is acting the way they are." "I guess you are right, I did jump to conclusions. Will you tell Jennifer I hope she feels better soon?!" "Of course" said Jennifer's mother as she closed the door behind her. This was one kind of jumping a rabbit should never do.

1. What does it mean to jump to conclusions?

2. When was a time you jumped to conclusions?

3. Give two examples things you can think the next time you want to jump to conclusions



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Tracking my jumping thoughts:

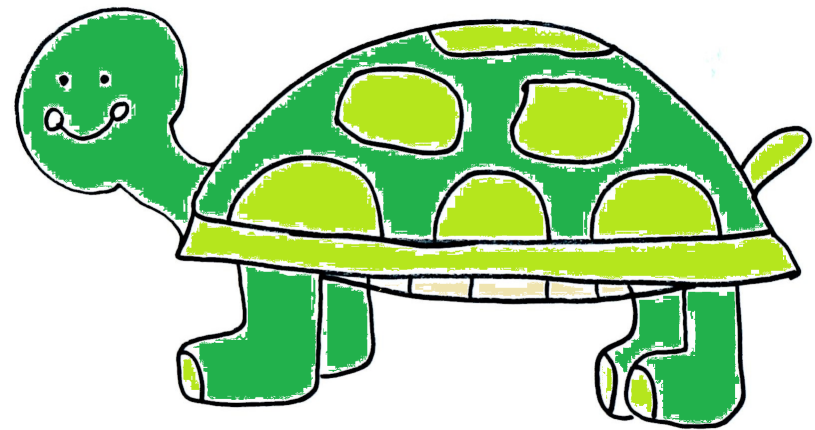
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Follow Up Questions:

- Do you think Tonya's worries we going to happen?
- What kind of worries do you have?
- Have you have been so worried that you couldn't focus on what you were doing?
- What could Tonya do when she has a worry that seems silly?
- Catastrophizing is when someone things of the worst things that can happen or when they worry about things that are unlikely to happen. Can you talk about a time you catastrophized?
- How do you know if a worry is a good worry or a silly worry?

Terrible News Turtle:

A Story about *Catastrophizing*



Terrible News Turtle (*catastrophizing*)

“The world is the hottest it has ever been” read the title of Tonya’s newspaper. Tonya asked her older sister, “what if the world ends because it is the hottest it has ever been.” Her sister Tara rolled her eyes. Tonya was always asking about bad things. That day in science they were learning about the earth, Mr. Nickels asked if anyone had any questions. Tonya’s hand went up faster than lightening. “What if an earthquake comes, or what if a volcano erupts?!” “We live in Iowa, none of those things happen here. You are worrying about nothing,” sighed Mr. Nickels. Tonya always had a “what if” question. Tonya’s next class was math and she had a test that day. Tonya’s math teacher, Mrs. Anderson, went over the rules for the test and handed out them out. When Mrs. Anderson asked if the class had any questions, Tonya’s hand was the first one up “what if I have to go to the bathroom or what if my pencil breaks?” Mrs. Anderson explained she is worrying about little things and she could get a new pencil or use the bathroom if she needed to. Her last class of the day was gym class. After explaining to his class about how to play freeze tag, Mr. Appleton asked the class if they had any questions, but before he could finish his sentence Tonya’s hand was up. “What if someone pushes me so hard I fall and break my arm or what if my pants fall

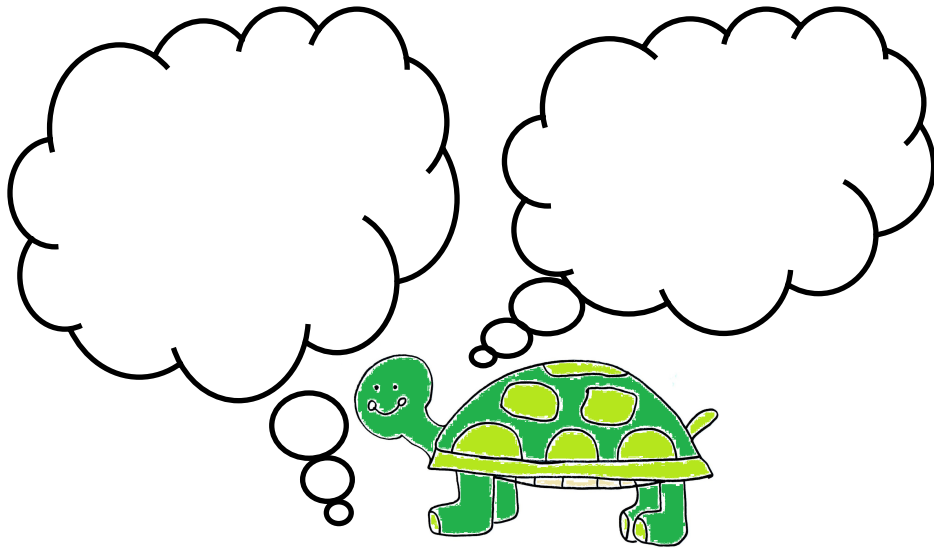
down when I am running?” Tonya’s class began to laugh, but she wasn’t joking. She really wanted to know what would happen. Mr. Appleton said “that is it Tonya, go talk to Principal Brown.”

As Tonya walked to Principal Brown’s office she wondered “what if Principal Brown is mean to me or what if I get lost on the way to the office?” Principal Brown called Tonya in to her office and asked her what was going on. Tonya explained she had lots of questions that all start with “what if.” “Wow, that is a lot of ‘what if’ questions!” said Principal Brown shocked. What I want you to do from now on before you ask a ‘what if’ question is first ask yourself these questions, first, has this ever happened before, then, is this something I really need to worry about and lastly, is this a big worry or a little worry. That afternoon on the bus Tonya began to wonder “what if the bus got a flat tire or started on fire?” She was about to ask the bus driver, but then she remembered what Principal Brown had said. She asked her self the three questions: had this ever happened to her before- no, is this something I need to worry about- I am a kid, I don’t need to worry about bus flat tires and lastly is this a big worry or a small worry- well since it had never happened to her before and because it was an adult worry, she decided it would be a little worry. And just like that her ‘what if’ questions went away. She decided to think about cartoons instead. They were a lot more fun to think about.

1. What does it mean to catastrophize?

2. When was a time you thought something really bad was going to happen?

3. Give two examples things you can think the next time you think something bad is going to happen



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Tracking my "what if" thoughts:

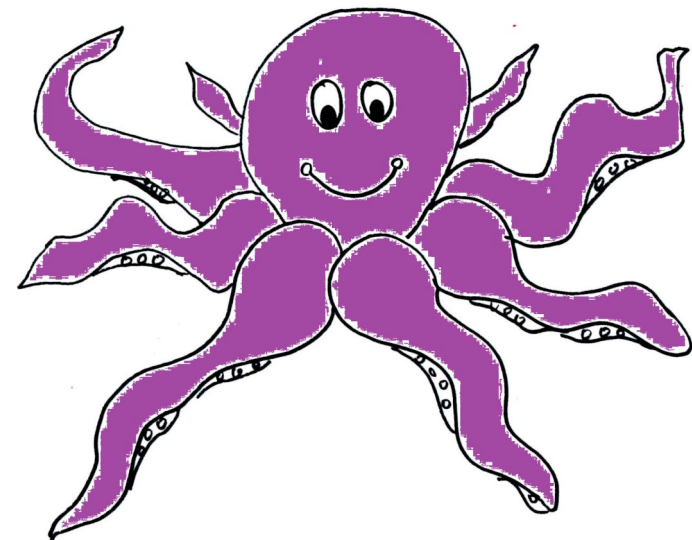
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Follow Up Questions:

- Why was it that Pricilla's friends were not talking to her?
- To find out the problem Pricilla talked to an adult she trusted. Who is an adult you trust?
- Could Pricilla had asked her friends what was wrong? If so, what could she say?
- Personalization is when people think something has to do with them when it does not. Pricilla took it personally when her friends wouldn't stretch or talk to her. Have you ever taken things personally?
- Sometimes people become sad when others yell at them for no reason, but the person who yelled is not mad at the other person they are just frustrated with something else. Have you ever yelled at someone when you were really frustrated with something else?

Personalization

Pricilla



Personalization Pricilla

“Hurry up” said Pricilla as she pounded on the door of her family bathroom. Pricilla was running late for her dance class. She ran into the bathroom and with each of tentacles she was brushing her hair, her teeth and putting on make-up. She quickly got ready and ran to dance class. As she ran into her dance class, she noticed none of her friends were looking at her. “Hmm... that is weird,” she thought to herself. A few minutes into the class it was time to pair up and stretch. When she looked around no one had paired up with her. Pricilla became suspicious her friends were upset with her for being late. Pricilla became sad because she didn’t mean to make them mad. It was all her fault. “If only I had been here earlier my friends wouldn’t be mad at me,” she thought to herself.

After stretching by herself, and feeling awful because she thought her friends were all mad at her, she talked to someone she trusted- her dance teacher. Miss Bella had been her dance teacher since she was three and Pricilla really felt like she could talk to her about what was bothering her. “Miss Bella,” Pricilla began, “I feel like a bad friend. Since I was late no one would look at me or stretch with me.” “That must have felt terrible,” said Miss Bella, “but that didn’t happen because you were late.” “It

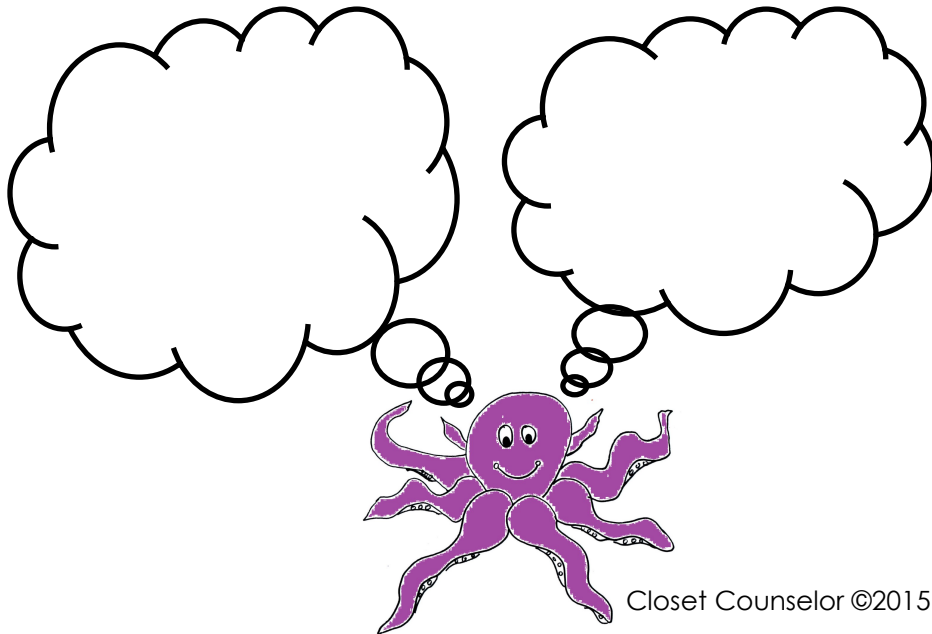
didn’t?” whispered Pricilla. “No,” said Miss Bella, “right before you came today I told the girls who their partners would be and I told them since there was a dance competition next week we needed to be very focused. If I saw anyone distracted they were going to have to run two laps around the gym.” “Really?” said Pricilla. “Really,” said Miss Bella. Pricilla was happy to hear her friends were not mad at her, but she was disappointed in herself when Miss Bella told her she needed to run two laps around the gym.

Although she was late and had to run around the gym, Pricilla was happy her friends were not mad at her, just very focused. She told herself she would not take other’s actions personally any longer. Next time something like that happened Pricilla would think to herself “not everyone’s actions or feelings have to do with me.”

1. What does it mean to take something personally?

2. When a time someone was mad at something else, but yelled at you?

3. Give two examples things you can think the next time you want to take something personally



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Tracking my personalization thoughts:

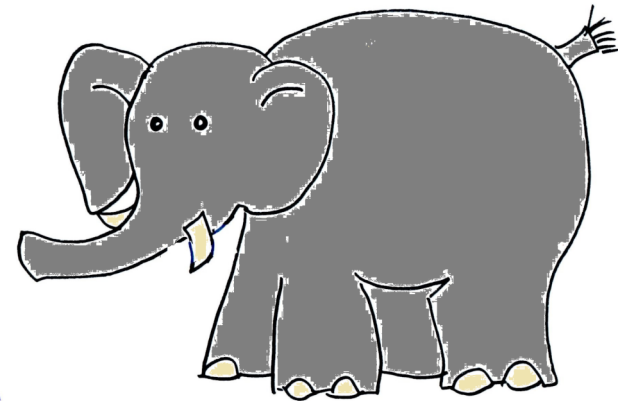
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Follow Up Questions:

- Why did Fabio get an “F” on his test?
- What could Fabio do to help him get better grades?
- What should Fabio have done when mowing the lawn to make sure he didn’t run over any big rocks?
- Why do you think Fabio blames other things or people for his mistakes?
- When you do something wrong do you ever blame someone else or something else?
- Why is it important to take responsibility for your actions?

Not My Fault Fabio

A Story about *External Control*



Not My Fault Fabio (*External Control Fallacy*)

“Fabio....Fabio...Earth to Fabio!” Ms. Winnie yelled in front of his whole class. Fabio woke up from his day dream. “Fabio I need to see you after class today” Ms. Winnie sighed. When Fabio stayed after class Ms. Winnie asked him what was going on. She was concerned because Fabio got an “F” on his spelling test. Fabio told her “it is your fault because you put my chair next to the window. If I wasn’t by the window, I would have done much better on my test.” So they agreed to move his desk. When it was time for his next test instead of answering the math questions Fabio doodled pictures of cars. When the test was over Ms. Winnie asked why he hadn’t answered any of his questions. “It’s not my fault the test was boring. You made it that way” Fabio stated with a laugh.

That weekend when Fabio was with his grandmother she asked him to help mow the lawn. He was riding the lawn mower so fast that before his grandmother had time to come outside and tell him to slow down, it was too late, he ran over a rock and it went flying through the air and smashed the front window. Fabio then stopped and ran up to his grandmother, who looked very angry. “It is not my fault! If you didn’t want me to run over the rock you should have made sure the lawn was rock free,” Fabio said quickly. His grandmother stayed very quiet. “There was nothing I could do. The rock was just there and I went

over it.” Without saying anything Fabio’s grandmother made him a hot chocolate and motioned for him to sit down.

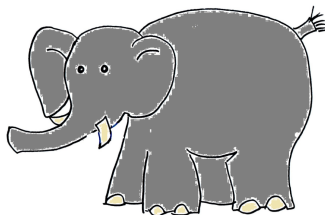
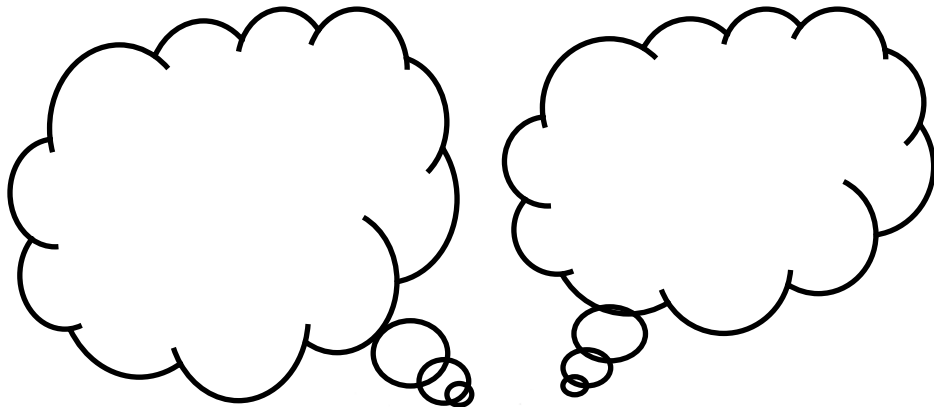
Fabio was still trying to explain how this was not his fault. It was the rock’s fault, it was his grandmother’s fault and it was the lawnmower’s fault, but it was not Fabio’s fault. After letting Fabio ramble for several minutes, his grandmother began to speak. “Fabio, you are getting too old to blame things on other people. You are old enough to take responsibility for the things you do.” Fabio looked down at his hot chocolate and began to explain “but grandmother...” “No, no Fabio,” she said sternly, “I want you to think about how you could have changed this situation.” Fabio thought for a moment. “Well I could have slowed down.” “Yes, you could have. You know the rules of my lawn mower and you broke them.” Fabio started to realize maybe it was his fault. “I am sorry grandmother. Next time I will drive slower and look out for things in the way.” His grandmother was proud to hear this.

The next day at school, Fabio asked Ms. Winnie if he could stay after class. So after class he told her he was in charge of making sure he was paying attention during his spelling test. He was also in charge of doing his math test, even if it was boring. He was getting older and a part of being older is taking responsibility for his actions.

1. What does it mean to take responsibility for our actions?

2. When a time it was hard to take responsibility for your actions?

3. Give two examples of things you can take responsibility



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Tracking my thoughts:

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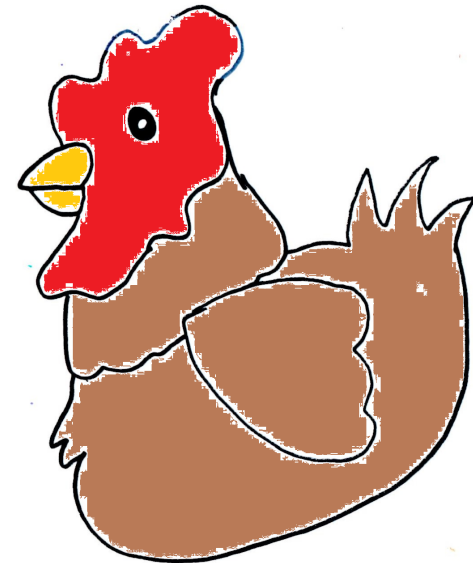
Follow Up Questions:

- What would the world be like if everything was fair for other people?
- What things in your life are unfair?
- Would you like to have someone watch you to make sure everything was fair?
- Would you like to be the person in charge of making sure everything in the world is fair? If so what would you do to make things fair?
- Can things be fair and people get different things?
- Tell me about a time when you tried to make things fair.
- What did the Queen decide would fix their problem?
- Talk about how being respectful can make things more fair.

Queen

Margaret Hen

A Story about *Fairness*



Queen Margaret Hen

(Fairness)

Upon a tall hill in the middle of a beautiful farm, there was a very important chicken named Queen Margaret Hen. She was the queen of her hen house and in charge of making sure everything was fair for all the other hens. Margaret timed each hen to make sure they all got to eat for the same amount of time, she made sure they all had chores to do and she made sure they all had the same sized room. This was a very difficult job for the Queen. Many other hens would come to her and tell her the things they believed were “not fair.”

One day, ten new hens came to live with them in their hen house. This caused many issues with the hens. With these new hens it ruined all of the fairness. Now instead of everyone getting their own room, twenty hens would have to share and now their times to eat would much shorter, but worst of all- the new hens were not used to living in such a fair place.

They would take their time eating even when the Queen asked them to keep it short. They were messy in their rooms and they never did chores. After three days with the new hens Queen Margaret decided to have a meeting with all of the hens. Queen Margaret shouted out to all of the other hens to be quiet so the meeting could start. Suddenly it was completely quiet in the hen house. The Queen then asked if they could one by one talk about the issues they were having in the hen house. Well two hens wanted to talk at the same time. The Queen was not sure how to make this fair. So she let them talk at the same time. When she did

this, she found it was confusing and she did not understand anything they were saying. That plan did not work. She began to wonder if there was a fair way of letting everyone talk. Would she need to time it? And how does she decide who goes first?

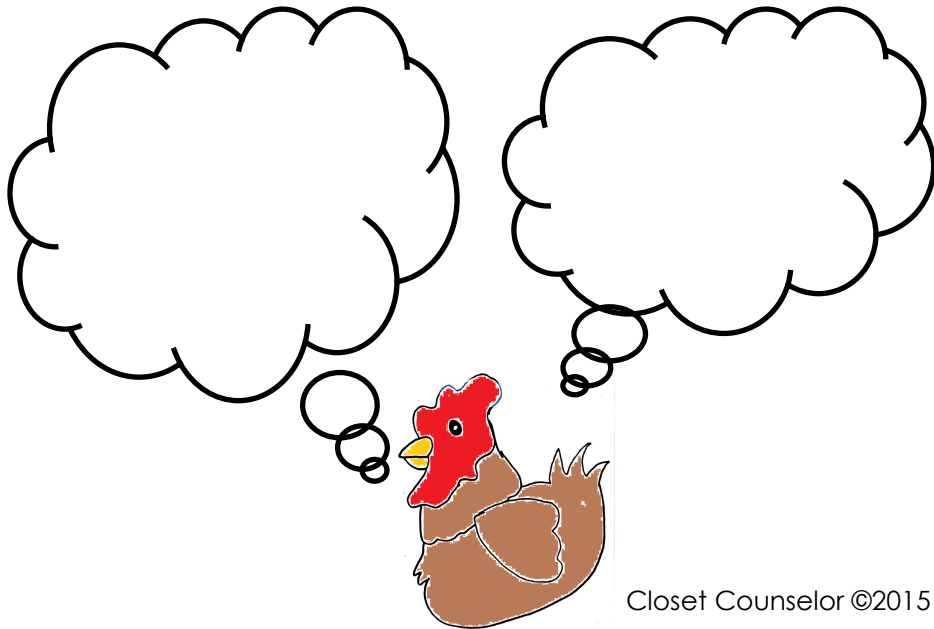
Queen Margaret was feeling overwhelmed. She asked to be excused for a few minutes so she could think. When she left the room, she could hear all the other hens arguing about the fairness of the hen house. Then the Queen had a plan. She raced back into the hen house and demanded the other hens please be quiet. As soon as it quiet, she announced to the group there was no way to make things fair for each of them. With these new hens in the house it was not possible, but what was possible is having ten new and great friends. If we can treat everyone with respect and kindness and try to do good for others then even if things aren't fair, at least they are kind.

That night at dinner, Queen Margaret Hen for the first time did not time the hens. She was surprised to see others waiting patiently for their turn and those eating, doing so quickly so the other hens would have a turn. When it was time to do dishes, instead of fighting over who had to do the pots and pans, every hen was helping wash, rinse and dry. When it was time for bed, the hens whom were sharing rooms were now sharing their blankets and the hens that were new were sharing funny stories from their old home. As Queen Margaret went to sleep, she realized that she couldn't make everything fair, but she could help make everyone nicer.

1. What does it mean to be fair?

2. Is it possible for everything in the world to be fair? Why or why not.

3. Give two examples of things you can think when you think things are not fair



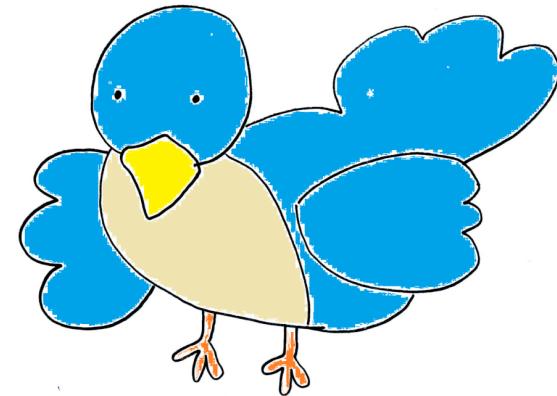
Tracking my unfair thoughts:

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Follow Up Questions:

- Betty blamed others for making her mad. Can you think of a time when you blamed someone for your feelings?
- What types of things make you angry?
- What did Mr. Larson mean when he said that people have remotes with buttons?
- Do you have control over your remote or do you let people have control over you?
- Do you know people that it is easy to make angry? If so what do you do that angers them?
- How does it feel to have control over other people's feelings?
- What did Betty do to get her remote control back?
- What can you do when you feel angry so that you have control over yourself?

Blaming Bird



Blaming Bird

Betty was always getting into fights with her sisters and her classmates. Every time an adult would ask what happened Betty would always say “she made me mad!” After hearing this five times in his classroom Mr. Larson had enough. “That is it, you are staying in for recess today Betty,” he said sternly. Betty continued to try and tell him it was not her fault.

That day during recess Mr. Larson sat down next to Betty. “Betty, why do you get into so many fights?” he asked. Betty replied, “Well it is not my fault. They always make me mad.” “They make you mad,” he repeated back to her. “They take my things and say things to me that make me mad,” Betty said. “Wow you sure give them a lot of power over you,” said Mr. Larson. “They do not have power over me,” Betty yelled back.

“Calm down Betty,” Mr. Larson answered. “It is not my fault I yelled,” she said grumpily. “So anytime I want to make you yell, I can just talk about how much power others have over you?” he asked. “Stop it Mr. Larson, you are still making me mad!” Mr. Larson got out a piece of paper and a green crayon and began to draw a picture for Betty. Betty could feel her body start to relax as she watched Mr. Larson draw.

Mr. Larson drew a picture of a large remote control. Betty was confused what a remote control had to do with her being angry, then he began to explain. “You see Betty, you have buttons that make you angry, such as talking about not having control or when someone takes your things.” “Yes, people do make me mad when they do that,” Betty yelled out. “Have you ever played with a

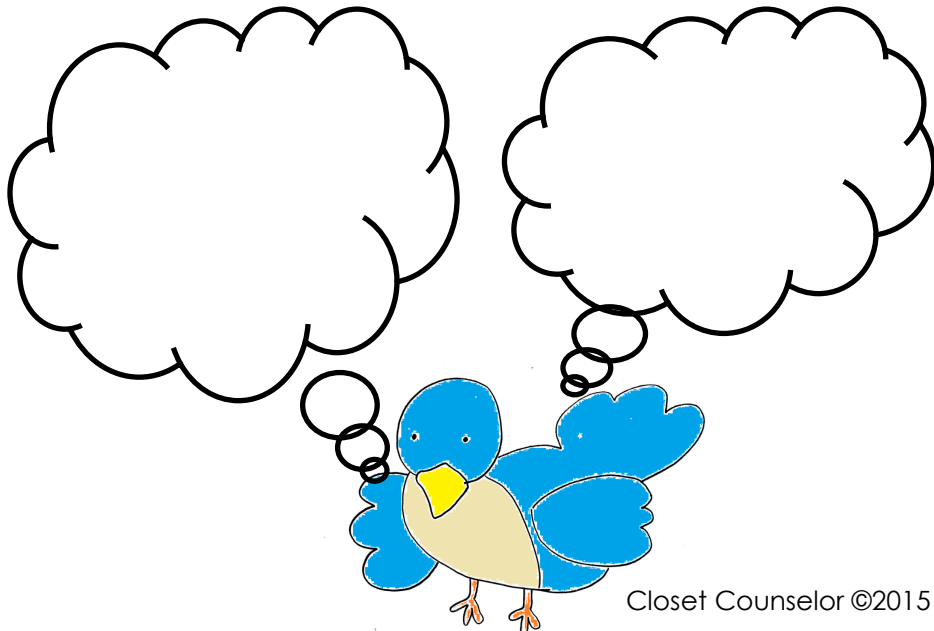
remote control car before” asked Mr. Larson. “Yes, they are so much fun,” Betty answered. “Well each person comes with a remote control. Some people keep theirs in their brain and some people decide to give them away. There are lots of things that make me mad, but I have control over my emotions,” Mr. Larson explained, “You have given your remote to your classmates and your siblings and they can push the buttons that make you mad.” “I did not,” argued Betty. “Oh yes you did. Anytime you get mad when someone does something you don’t like and you get in a fight you are giving up your power and control.” “Oh I think I get it,” said Betty, “But how do I take my control back?”

“Next Time you feel your body starting to get angry take a deep breath or walk away from the people making you mad,” suggested Mr. Larson, “If you do that you will stay calm and they can’t make you mad. You are in charge of your own feelings.” “Thanks Mr. Larson I am going to try that!” exclaimed Betty. After recess her classmates came back in. One of the boys in her class took her pencil. Betty could feel her body becoming angry, but instead of yelling. She took a deep breath and said “Can you please not do that?” “The boy, surprised he did not make her angry, gave back the pencil. Mr. Larson gave Betty a big thumbs up and Betty felt so happy to have her control back.

1. What does it mean to blame others?

2. Can other people make you mad if you do not let them?

3. Give two examples of things you can think when someone is trying to make you mad



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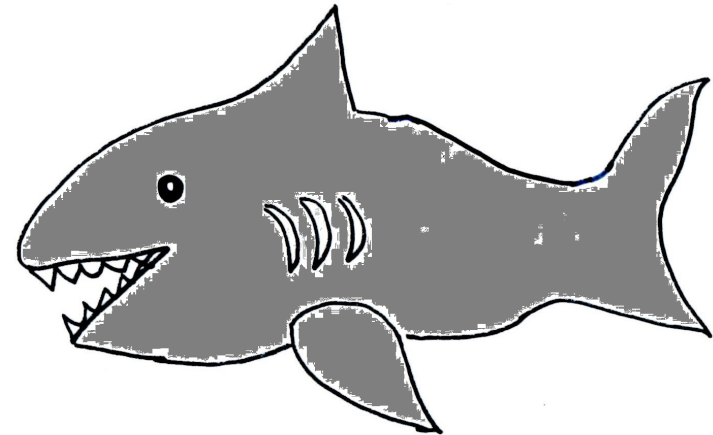
Tracking my blaming thoughts:

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Follow Up Questions:

- Do you ever compare yourself to other people?
- Why is it important not to compare your work to others?
- What types of things is Shawn think he should have done?
- What advice did his mom and teacher give him that helped him stop thinking about the things he should have done?
- What things do you wish you would have done differently?
- Instead of thinking of the things you should or shouldn't have done, what can you do?

Should Shark



Should Shark

“Swim faster,” yelled Shawn, “faster!” Shawn was watching a race between his brother Sam and his sister Shari. Shari usually won, but Shawn liked to cheer for Sam. Just before Shawn could stop cheering, Shari beat Sam across the finish line again. “I should have cheered for Shari,” Shawn thought to himself. Just then the bus came to pick up the shark family for school.

When at school the teacher said whoever chooses the number I am thinking of will become the line leader today. She called on Shawn. Shawn answered, “Two.” “No,” his teacher replied, “Can anyone else think of a number?” A classmate of his answered, “five.” “Yes, that is the correct answer,” his teacher responded, “You can be the line leader today.” “I should have picked five,” thought Shawn. While in line Shawn thought of a funny joke to tell his friend Peter. As he began his joke, his teacher gave him the look that tells young sharks “no talking in line.” “I shouldn’t have told Peter a joke,” thought Shawn, “now my teacher is mad at me.”

Later in art class the class was painting a picture using only their favorite colors. Shawn thought he was doing a

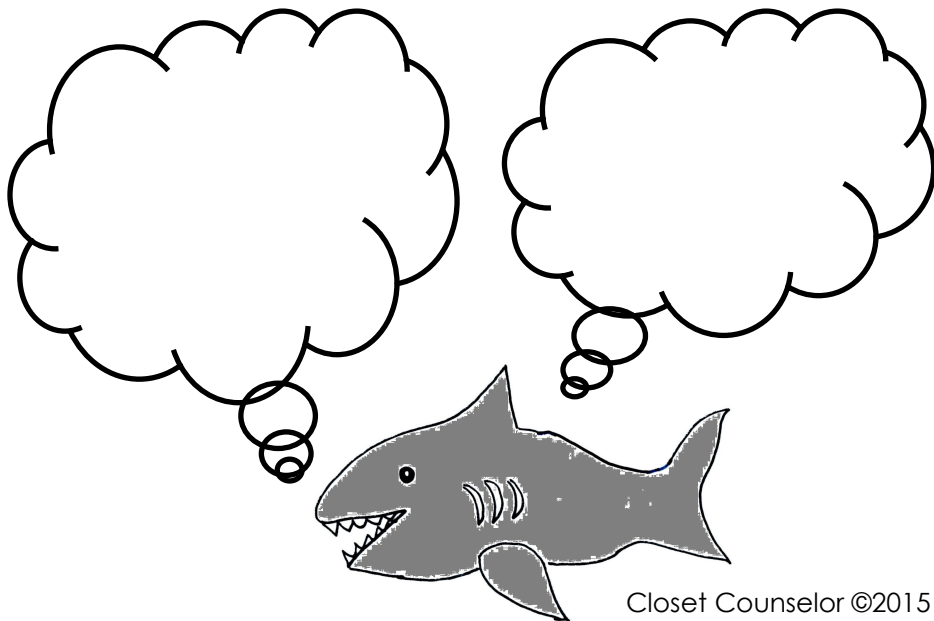
good job until he looked at Peter’s page. Peter was a very good artist and his painting looked perfect, it had green flowers and blue clouds. “I should have painted one like Peter did,” Shawn thought to himself. Shawn swam up to his teacher and asked if he could have another piece of paper and start over. His teacher commented, “Why would you want to start over, your picture looks very nice?” “I should have used greens and blues like Peter,” he whispered.

Shawn’s art teacher told Shawn there are no shoulds in art. Everything that happens in art class is great and his picture was great. When at home Shawn told his mom what happened in art and she agreed his picture was great! His mom told him he needed to stop thinking of all the things he should have done. He can’t go back in the past and change anything all he can do is make as many good choices as he can right now. Shawn looked at his painting again and noticed something, his picture was pretty great even if it was red and black.

1. Why does thinking about all the things you should or shouldn't do not help you?

2. One thing we can do instead of thinking about 'shoulds' is to try not to make the same mistake. What is a mistake you learned from?

3. Give two examples of things you can think instead of "I should have" or "I shouldn't have"



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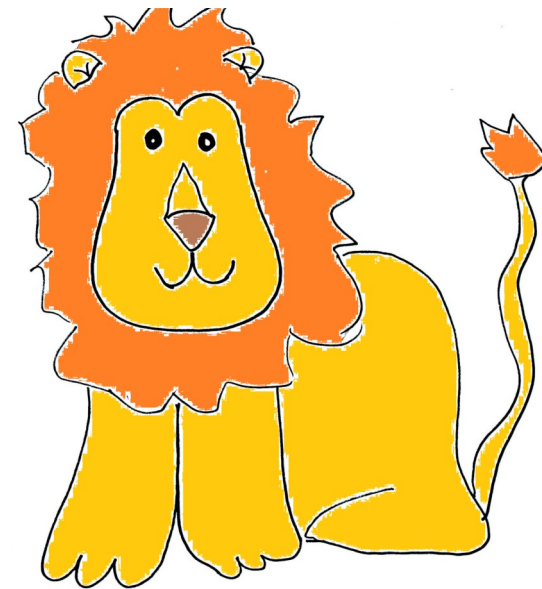
Tracking my "should" thoughts:

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Follow Up Questions:

- Lonnie liked to label himself or others, what types of things do we label people as?
- How did labeling himself make him feel?
- When Lonnie was upset he gave himself negative labels like noisy and stupid. Do you ever label yourself as negative things when you make mistakes or frustrate other people?
- What did Lonnie do that helped him feel better?
- The next time that Lonnie wants to label himself, what could he think instead?
- Do you ever label yourself? What types of labels do you give yourself?
- What can you think next time you think something mean about yourself instead?

Labeling Lonnie



Labeling Lonnie

Lonnie loved stickers. He had a whole box with different stickers. Some of his stickers had faces and others were words. Lonnie loved to go around and put stickers on people and things. If he thought someone was funny he would pull out one of his stickers that said 'funny' and place it on their head. If he liked someone's artwork he would take out a sticker and put a smiley face on it. Lonnie was always labeling things.

While in class Lonnie got his reading assignment back and he had done very bad on it. Lonnie took out one of his stickers and put a sad face sticker on his paper. "Since I failed my assignment, I must be a failure," he thought to himself. Then it was time to partner read. He paired up with his friend and when it was his turn to read out loud, he couldn't read the word 'chewy.' He tried to sound it out, but still couldn't read it. Before asking for help, Lonnie took out his pack of stickers and put a sticker on his shirt that said "stupid." "If I can't read, then I must be stupid," he thought.

Later in music class, it was Lonnie's turn to play the drums. Lonnie went in front of the class and began to play the drums fast and loud. All of his classmates

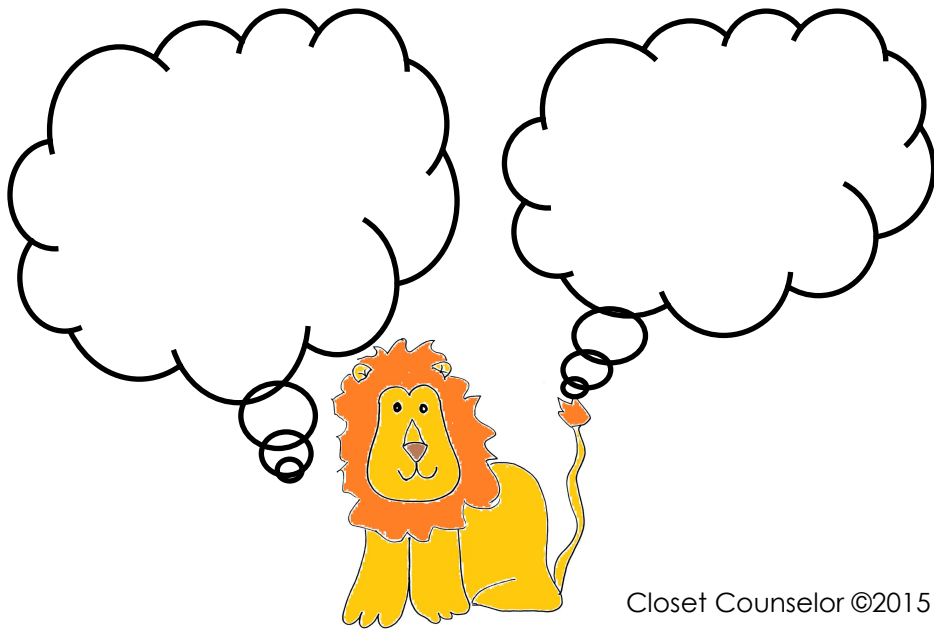
covered their ears and told him to stop. Lonnie could feel the tears building up behind his eyes, but he didn't want anyone to know, so he asked to use the bathroom. While in the bathroom, Lonnie took a sticker out of his pocket that said "noisy."

When Lonnie went back to his classroom, he asked if he could see the nurse because he wasn't feeling good. When he got down to the nurses office, he couldn't hold in the tears anymore. When the nurse saw Lonnie was crying, she walked up to him and gave him a hug. "What is the matter?" she asked. "Well I am a failure, I am stupid and I am noisy," he sobbed. "No, no Lonnie," she said, "You are funny, sweet and caring." "Am not," he sobbed, "I did bad on my test, I didn't know the word 'chewy' and my class was mad when I played the drums." "Everyone makes mistakes or frustrates other people, that doesn't make you bad, that makes you normal," she said while petting his mane. "It does?" "Of course. Otherwise we would all be bad." Lonnie began to smile a big smile and asked if he could go back to class now. "First come here," the nurse said while taking all the Lonnie's stickers off of him. "Now you can go back to class. Now you are just Lonnie," she said laughing, "Funny, sweet and caring Lonnie, now stop labeling yourself."

1. If you do something stupid does that mean you are stupid? Why or why not?

2. Why shouldn't we label ourselves with negative words?

3. Give two examples of things you can think instead of labeling yourself when you make a mistake



Tracking my labeling thoughts:

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Follow Up Questions:

- Why do you think Richard did not believe his mom about the chicken?
- Why did Richard want to be right?
- Can you think of a time when you had to be right, but found out later that you were wrong?
- Richard was rude to his mom when he thought he was right. What could he do to make things better?
- How does it feel to be wrong?
- Is it a big deal to be wrong?
- Next time Richard thinks he is right what can do to be respectful and find out the answer?

Right Richard



Right Richard

It was another day at Lincoln Elementary and Richard was ready for it. “What is for lunch today?” asked his sister Mary. “Chicken sandwiches” answered their mom. “No mom, it is chicken nuggets,” argued Richard. “I am pretty sure it is chicken sandwiches,” replied his mother. “No mom, I am right.” Richard’s mother walked over to the fridge and saw she was right. “Richard come look for yourself if you don’t believe me.” “I don’t need to, I know I am right,” said Richard.

When Richard went past the lunchroom he could smell chicken. “See I knew I was right,” thought Richard. As Richard waited in line he could almost taste the chicken nuggets, but that is when things went terribly wrong. The closer he got the more he knew things were not how he thought they would be. He could see buns and lettuce. Chicken nuggets do not have buns and lettuce. There was no way he could have been wrong. When it was his turn in line, he asked the lunch ladies for his chicken nuggets. She replied, “I am sorry it is chicken sandwich day.”

Richard’s mind was racing. He couldn’t be wrong. He was always right. Richard wasn’t hungry anymore. He walked

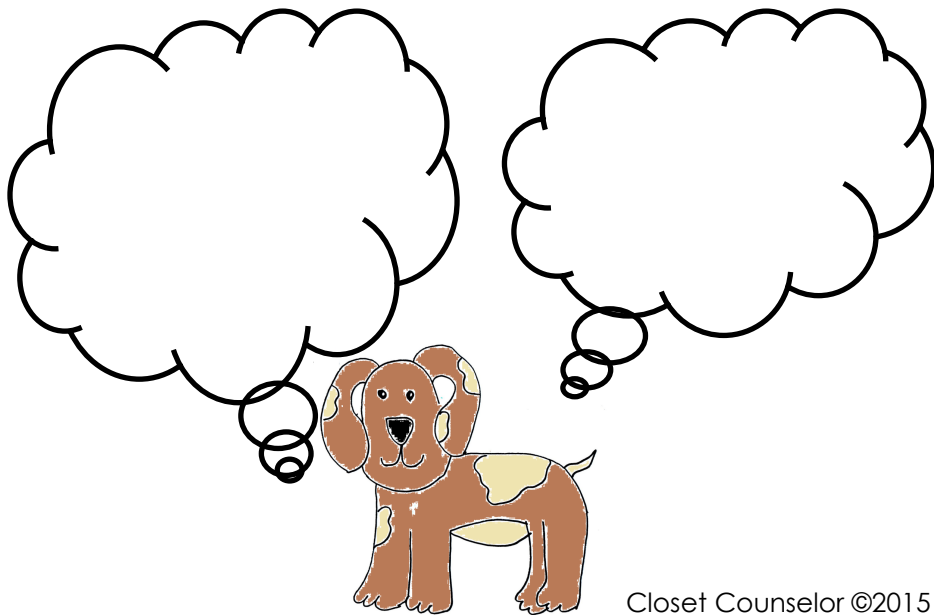
away from the lunch line and sat down at the table. He was trying to figure out what was happening. Did they switch the lunch menu? Did his mom call in and tell them to change it so he would be wrong? Just then one of the lunch room staff, Ms. Kelly, came up to him and placed her hand on his back. Feeling her hand made him stop thinking for a moment. “Why aren’t you eating lunch today Richard?” she asked.

Richard explained he was wrong. He was never wrong. Ms. Kelly explained it was not important he was right, the important thing is that chicken is chicken and chicken is delicious.” It great to be right, but no one is right all the time.” Richard knew she was right so he got back into line and got some chicken.

1. Is it important to always be right? Why or why not?

2. When we are wrong, but argued a lot what can we do to make things better?

3. Give two examples of things you can think instead of having to be right



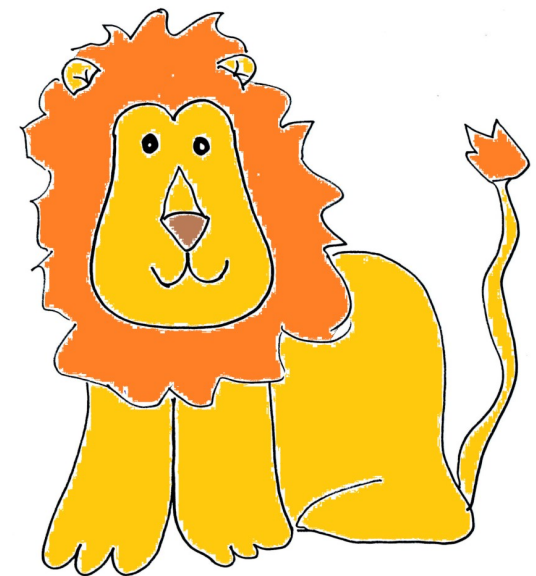
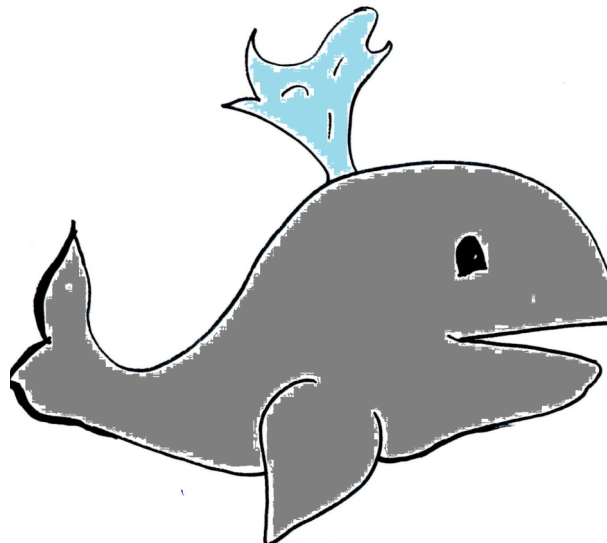
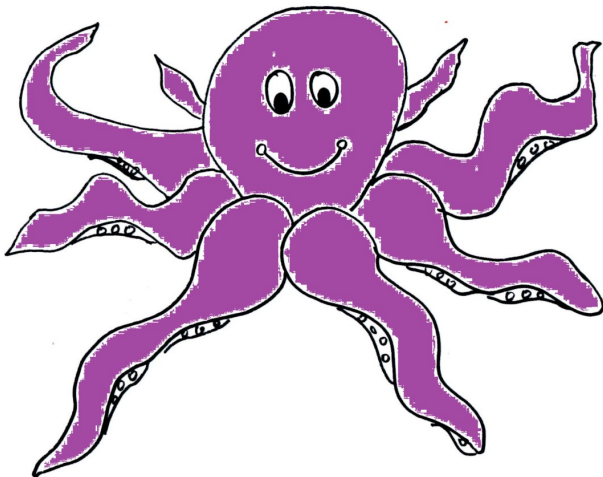
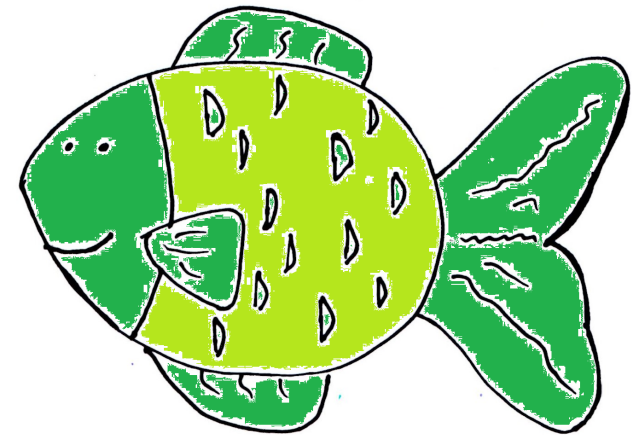
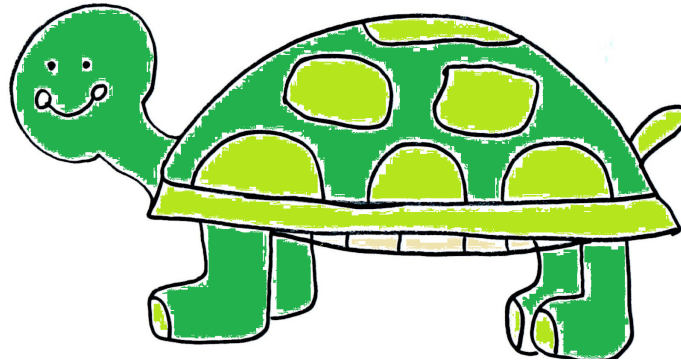
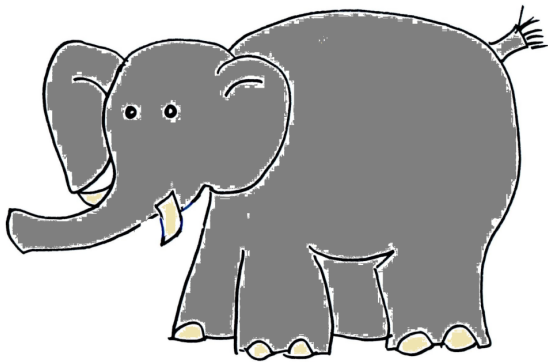
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Tracking my "right" thoughts:

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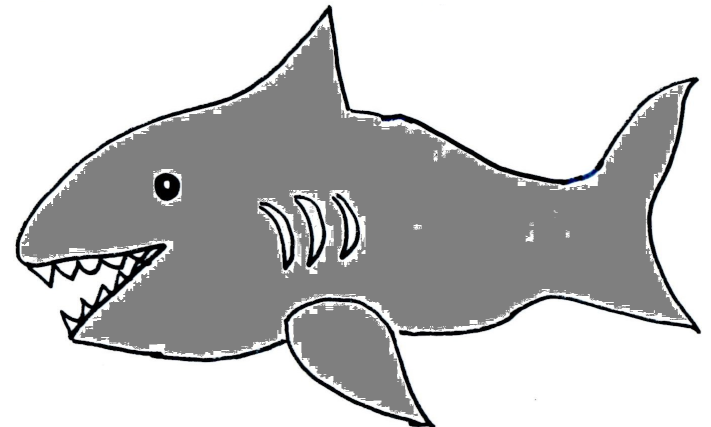
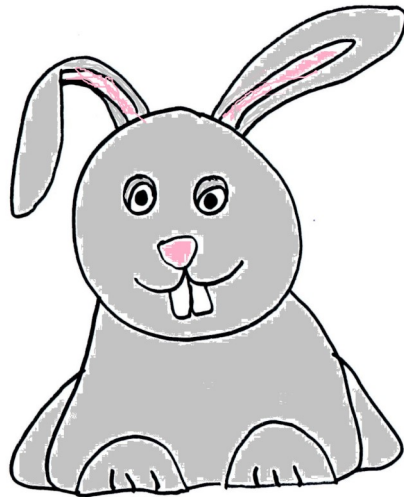
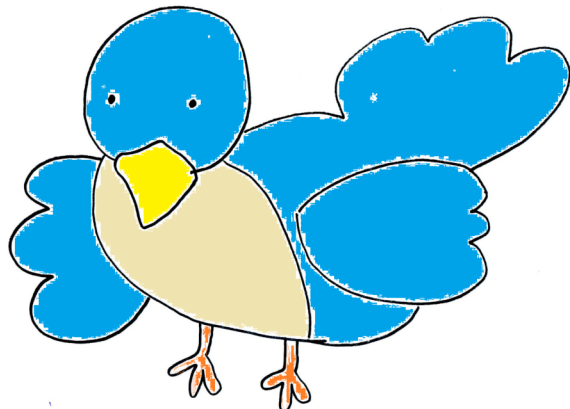
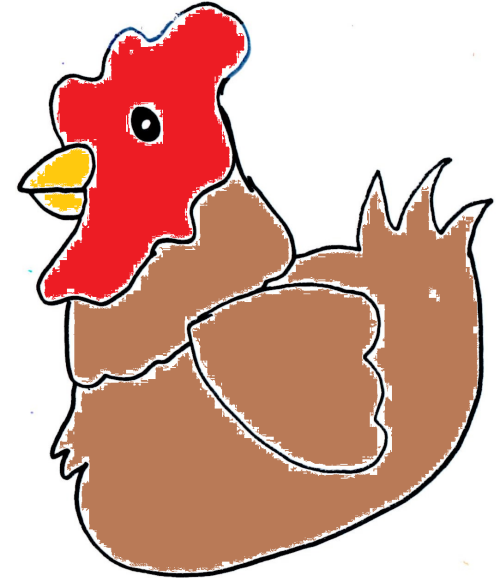
CBT Animals

Cut out the animals, laminate them and either display them in your office/ classroom or tape them to popsicle sticks for puppets.



CBT Animals

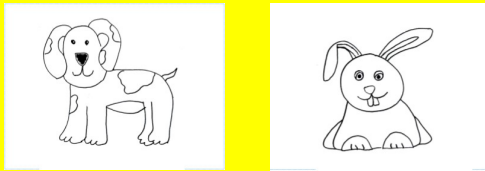
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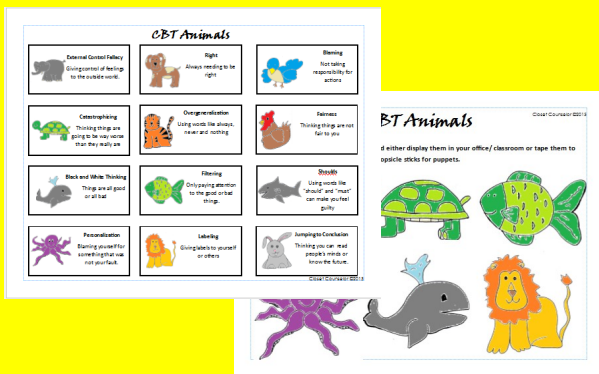
Free Sample of "Activities to enhance CBT Animal Stories Teaching about Cognitive Distortions"



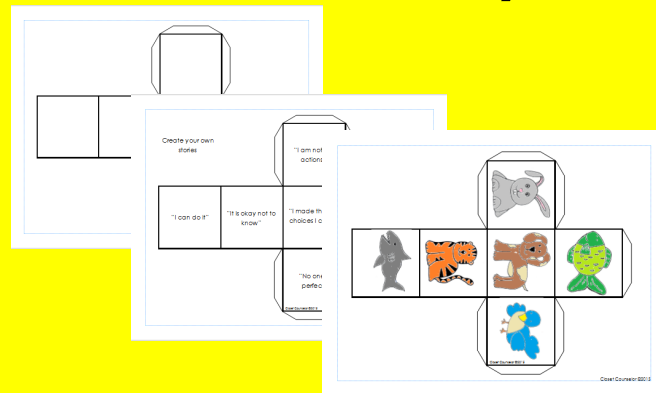
12 Coloring Sheet Prompts



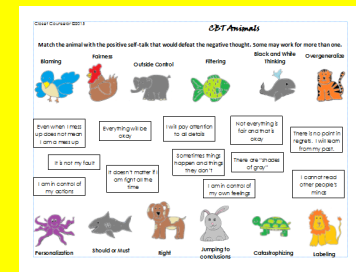
Description Page/Puppet Pictures



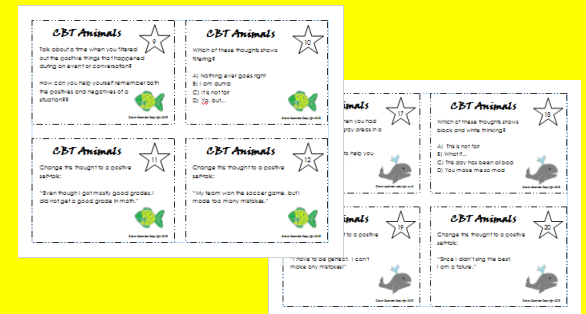
Dice Activity



Matching Activity

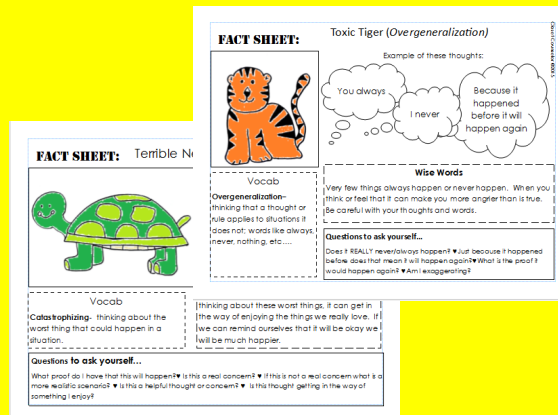


52 Task Cards

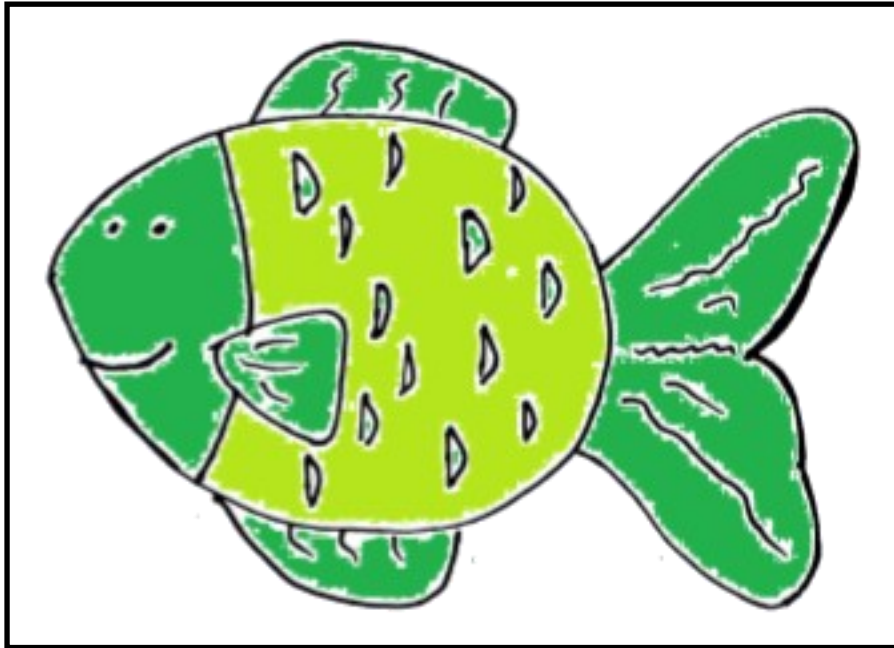


12 Fact Sheets

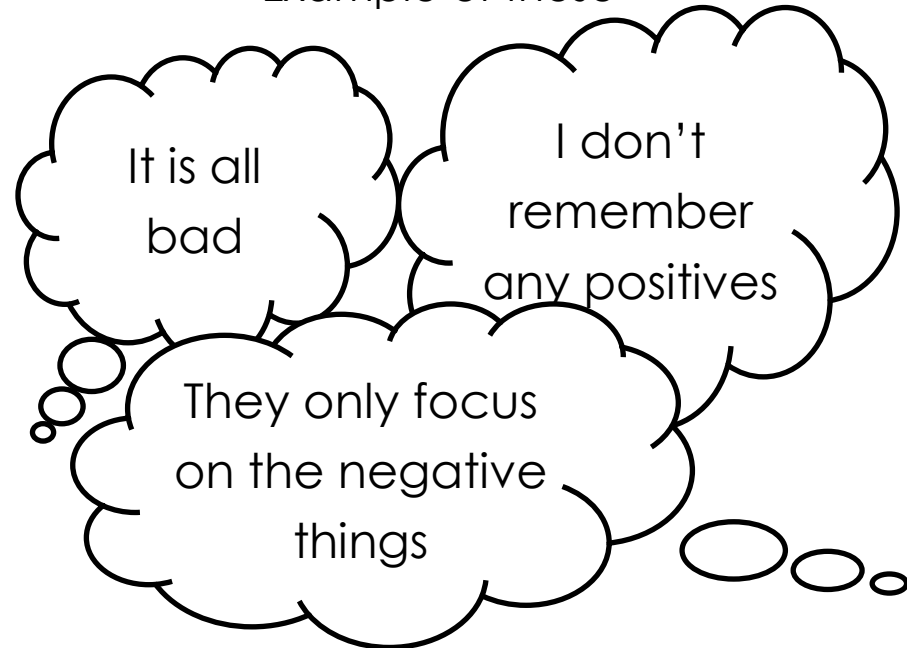
Includes definitions, wise words, examples of thoughts, questions to ask yourself



FACT SHEET: Filtering Fish



Example of these



Vocab

Filtering— paying attention to somethings and ignoring other things

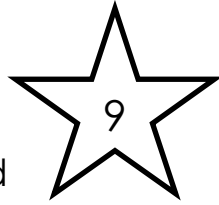
Questions to ask yourself...

Am I really listening to what they are saying? ♥
Is it possible I am focusing on the negative things?

Wise Words

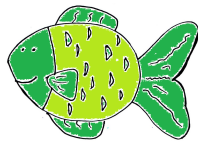
When people filter they don't notice the positive things people are saying or doing. If you catch yourself filtering try and notice what the other person is really saying or doing, not just what you want to notice.

CBT Animals



Talk about a time when you filtered out the positive things that happened during an event or conversation?

How can you help yourself remember both the positives and negatives of a situation?



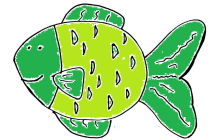
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CBT Animals



Which of these thoughts shows filtering?

- A) Nothing ever goes right
- B) I am dumb
- C) It is not fair



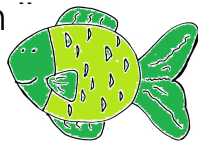
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Change this thought to a positive self-talk:

“Even though I got mostly good grades, I did not get a good grade in math.”



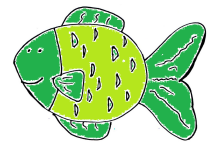
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Change this thought to a positive self-talk:

“My team won the soccer game, but I made too many mistakes.”



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HOW TO USE COLORING PROMPTS:

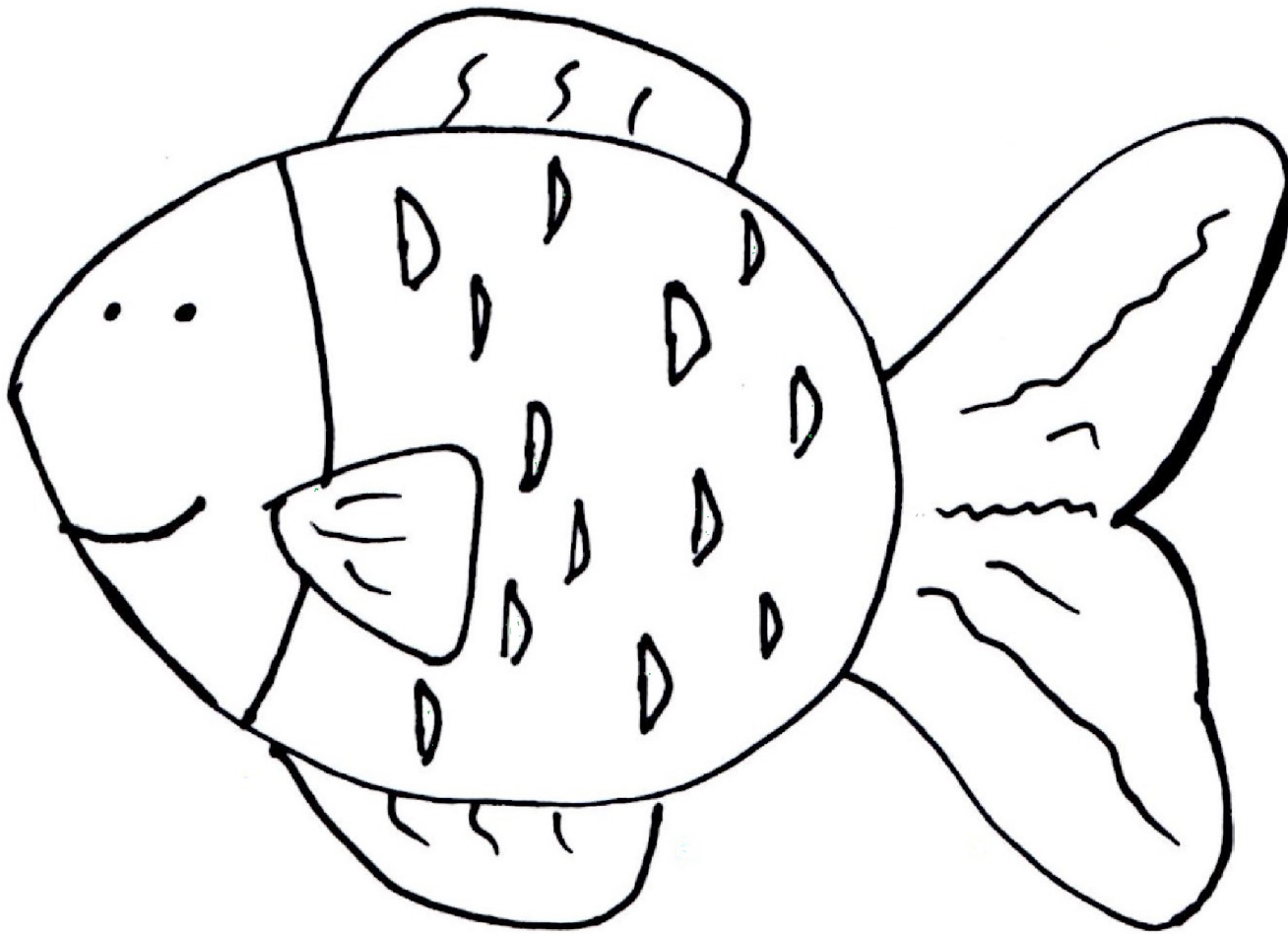
Color them for fun!

Create a collage of positive or negative words associated with that animal

Give the prompt to draw them somewhere they would have a negative thought

Write the negative thoughts in that animal, with the positive thoughts outside of the animal

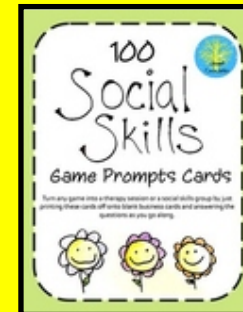
Color them somewhere they would feel positive



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