

... was sitting on the bench during recess. Alex asked him if he wanted to play. How might Gene feel? What about Alex?

FREE SPY!
plus

Player can spy on 1 player by peeking at their cards and then choose a new color for the discard pile... and go again.

1

COPING THOUGHTS
When would it be helpful for you to think:
It's not as horrible as it feels right now.

5

HOW MY FEELINGS INFLUENCE MY BEHAVIOR
"I might act hyper or wild if I felt..."

6

HELPFUL OR HURTFUL?
"I always get in trouble. What's the point?"

3

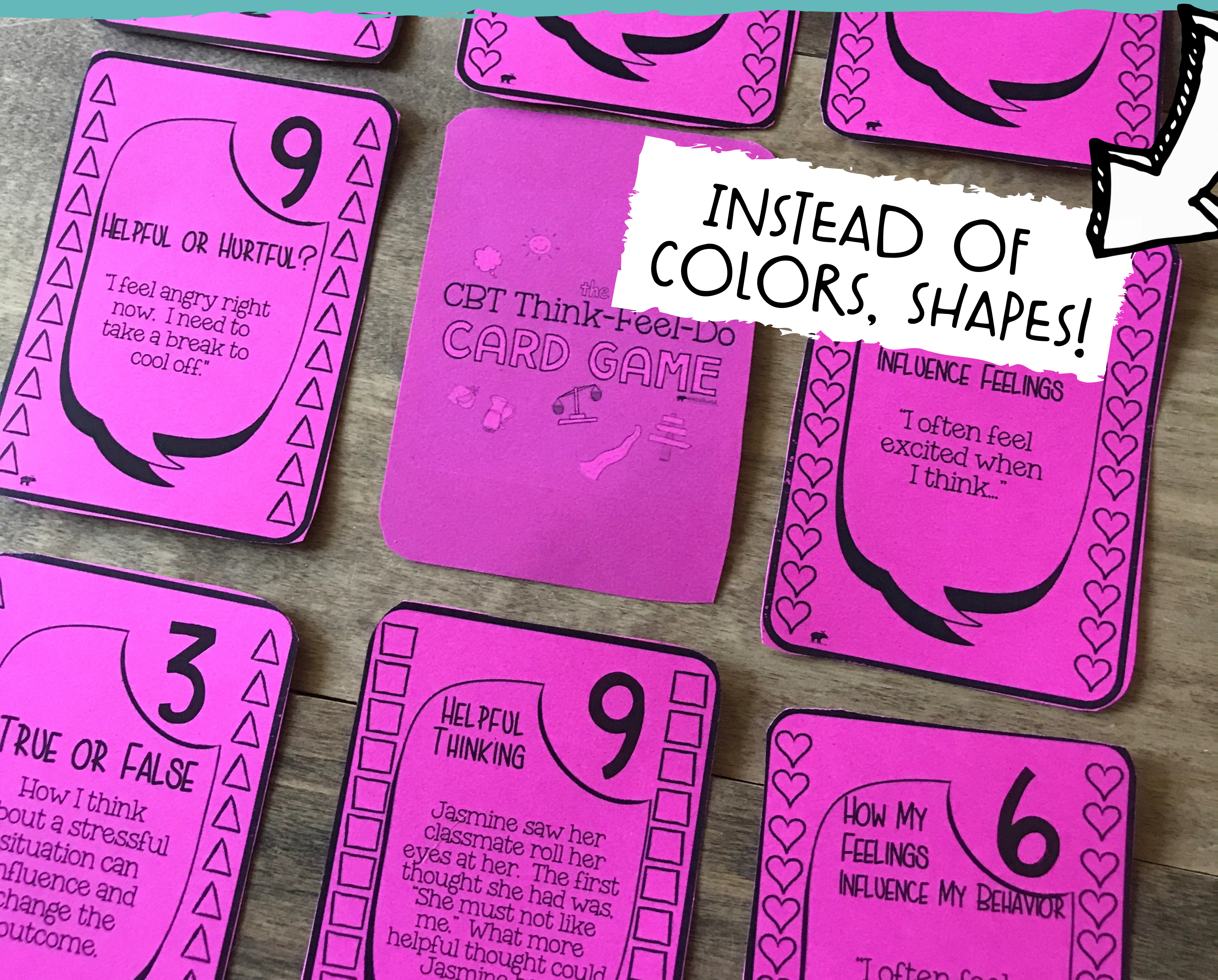
TRUE OR FALSE
How I think about a stressful situation can influence and change the outcome.

the
CBT Think-Feel-Do CARD GAME



- BUILD RAPPORT & CONNECTION
- COUNSELING ASSESSMENT TOOL
- GREAT ICEBREAKER GAME!

INCLUDES A BLACK & WHITE SET, TOO!



INSTEAD OF
COLORS, SHAPES!

9

HELPFUL OR HURTFUL?

"I feel angry right now. I need to take a break to cool off."

the
CBT Think-Feel-Do
CARD GAME

INFLUENCE FEELINGS

"I often feel excited when I think..."

3

TRUE OR FALSE

How I think about a stressful situation can influence and change the outcome.

9

HELPFUL THINKING

Jasmine saw her classmate roll her eyes at her. The first thought she had was, "She must not like me." What more helpful thought could Jasmine...

6

HOW MY FEELINGS INFLUENCE MY BEHAVIOR

"I often feel..."