



CBT Animals: Activities and Handouts

Teaching aids
for cognitive
distortions



FACT SHEET: Terrible News Turtle (Catastrophizing)

Example of these thoughts:

What if? The worst thing that can happen is...

Wise Words

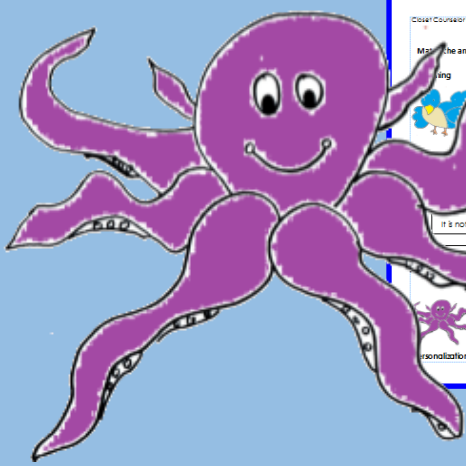
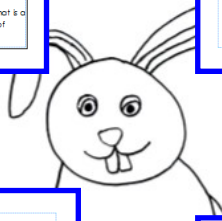
Sometimes we think about what are the worst things that can happen in a situation. When thinking about these worst things, it can get in the way of enjoying the things we really love. If we can remind ourselves that it will be okay we will be much happier.

Vocab

Catastrophizing- thinking about the worst thing that could happen in a situation.

Questions to ask yourself...

What proof do I have that this will happen? Is this a real concern? If this is not a real concern what is a more realistic scenario? Is this a helpful thought or concern? Is this thought getting in the way of something I enjoy?



CBT Animals

Match the animal with the positive thought that would defeat the negative thought. Some may work for more than one.

Positive Thoughts: Everything will be okay, I will pay attention to all details, Not everything is fair and that's okay, There is no point in regret. I will learn from my past, It is not my fault, It doesn't matter if I'm right or wrong, I am in control of my own feelings, There are shades of gray, I cannot read other people's minds.

Negative Thoughts: Unfairness, Lack of Control, Filtering, Black and white thinking, Overgeneralization, Personalization, Should or Must, Blame, Jumping to conclusions, Catastrophizing, Labeling.

CBT Animals

Talk about a time when you feared but the positive things that happened during an event or conversation.

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

CBT Animals

Which of these thoughts shows "fearing"?

A) Nothing ever goes right
B) I am dumb
C) It is not fair
D) Oh, but...

CBT Animals

Change the thought to a positive sentence:

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

CBT Animals

Change the thought to a positive sentence:

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

Pairs with
CBT Animal
Stories

Description Page/ Puppet Pictures

(as found in the other CBT animal story animals)

CBT Animals

- External Control Fantasy:** A sense of feeling in control of things going on outside you.
- Blaming:** Right: Always needing to be right. Wrong: 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.
- Back and White Thinking:** Things are all good or all bad.
- Filtering:** Only paying attention to the good or bad things.
- Personalization:** Blaming yourself for something that was not your fault.
- Should and Must:** Using words like "should" and "must" can make you feel guilty.
- Labeling:** Giving labels to yourself or others.
- Jumping to Conclusions:** Thinking you can read people's minds or know the future.

12 Fact Sheets

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

FACT SHEET: Terrible News Turtle (Catastrophizing)

Vocab
Catastrophizing- thinking about the worst thing that could happen in a situation.

Questions to ask yourself...
What proof do I have that this will happen? Is this a real or more realistic scenario? Is this a helpful thought or does something I enjoy?

FACT SHEET: Toxic Tiger (Overgeneralization)

Vocab
Overgeneralization- thinking that a thought or rule applies to situations it does not; words like always, never, nothing, etc....

Wise Words
Very few things always happen or never happen. When you think or feel that it can make you more angry than is true. Be careful with your thoughts and words.

Questions to ask yourself...
Does it REALLY never/always happen? Just because it happened before does that mean it will happen again? What is the proof? Would it happen again? Am I exaggerating?

Dice Activity

Create your own stories

"I can do it!" "It is okay not to know" "I made choices" "I am in control" "I am not perfect" "I am not acting"

Matching Activity

CBT Animals

Match the animal with the positive self-talk that would defeat the negative thought. Some may work for more than one.

Blaming Fairness Outside Control Filtering Black and White Thinking Overgeneralization

Personalization Should or Must Right Jumping to conclusions Catastrophizing Labeling

52 Task Cards

CBT Animals

Talk about a time when you had troubles seeing the gray areas in a situation?

What do you think to help you see the gray areas?

CBT Animals

Which of these thoughts shows black and white thinking?

A) This is not fair
B) What?...
C) The sky has been all black.

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?

A) Nothing ever goes right
B) I am dumb
C) It's not fair
D) I'm but...

CBT Animals

Change this thought to a positive self-talk:

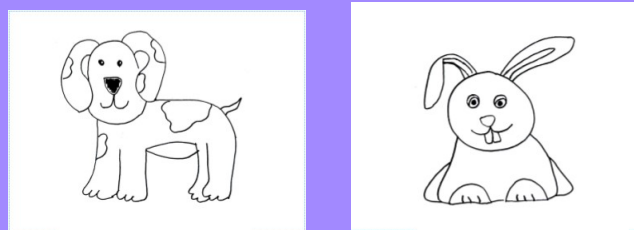
"Even though I got mostly good grades, I did not get a good grade in math."

CBT Animals

Change this thought to a positive self-talk:

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

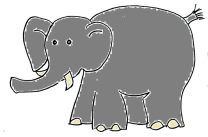
12 Coloring Sheet Prompts



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Filtering Fish	<u>4</u>	<u>5</u>	<u>8</u>	<u>17</u>	<u>31</u>	<u>45</u>
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Toxic Tiger/ Overgeneralization	<u>4</u>	<u>6</u>	<u>8</u>	<u>26</u>	<u>36</u>	<u>50</u>
Jumping to Conclusions Rabbit	<u>4</u>	<u>6</u>	<u>8</u>	<u>27</u>	<u>39</u>	<u>53</u>
Blank/ other			<u>10,11, 12</u>		<u>41</u>	

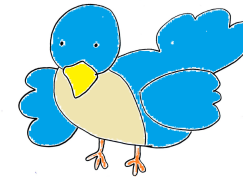
CBT Animals



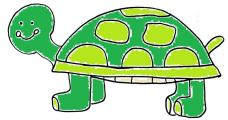
External Control Fallacy
Giving control of feelings to the outside world.



Right
Always needing to be right



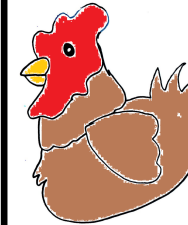
Blaming
Not taking responsibility for actions



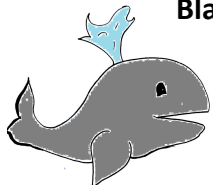
Catastrophizing
Thinking things are going to be way worse than they really are



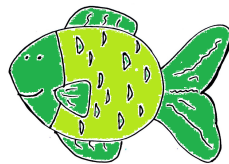
Overgeneralization
Using words like always, never and nothing



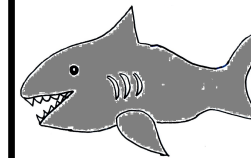
Fairness
Thinking things are not fair to you



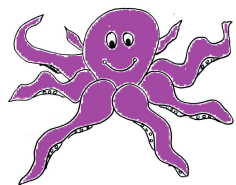
Black and White Thinking
Things are all good or all bad



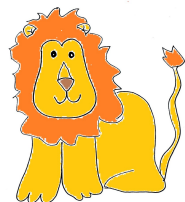
Filtering
Only paying attention to the good or bad things.



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

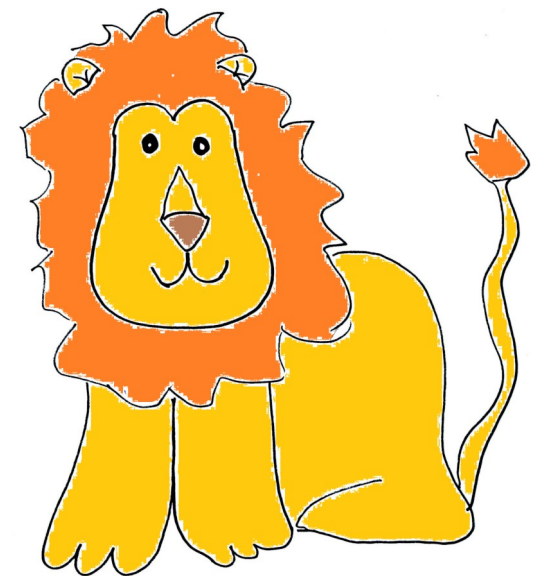
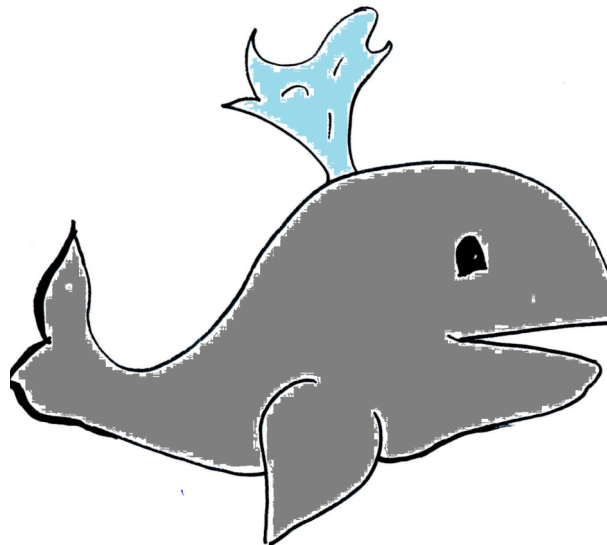
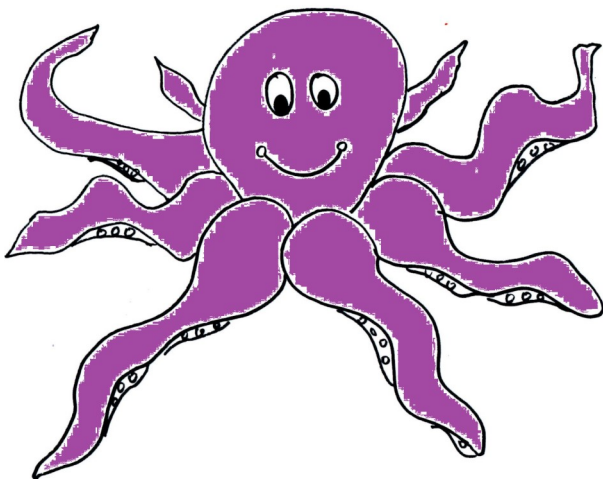
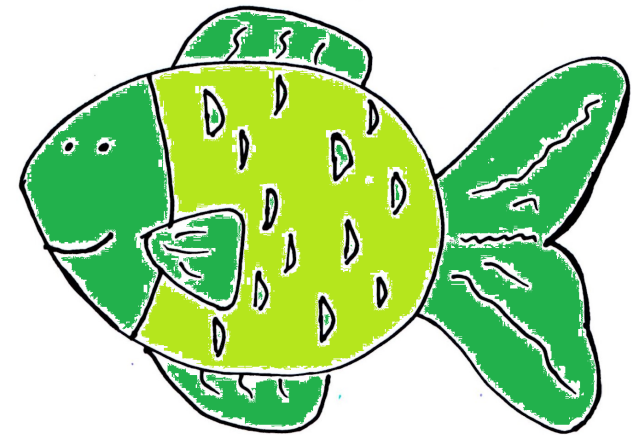
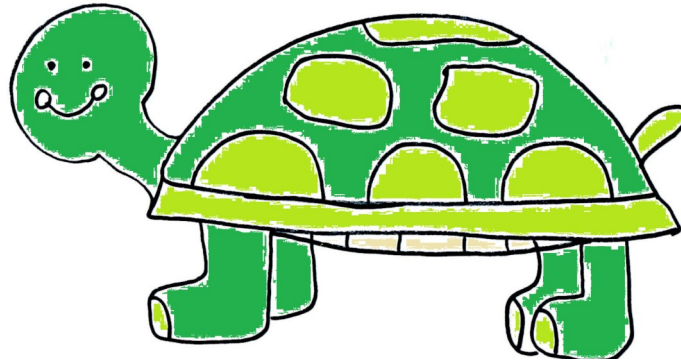
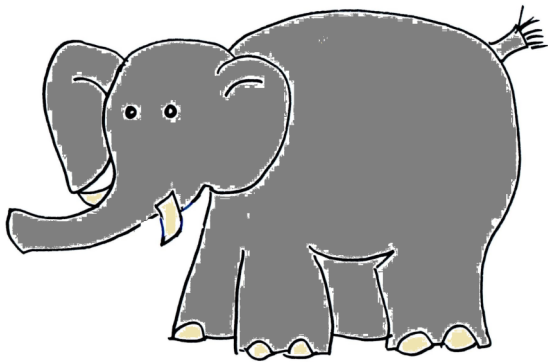


Jumping to Conclusion
Thinking you can read people’s minds or know the future.

CBT Animals

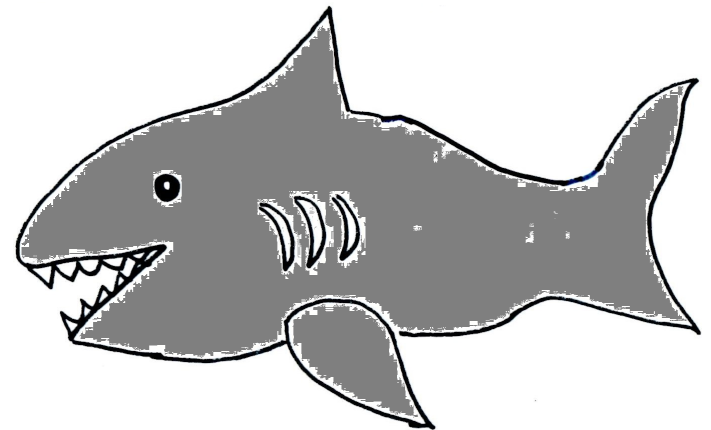
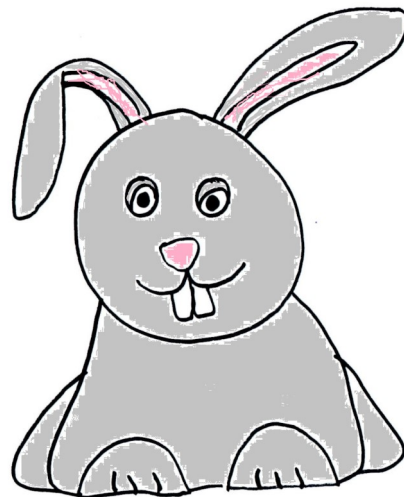
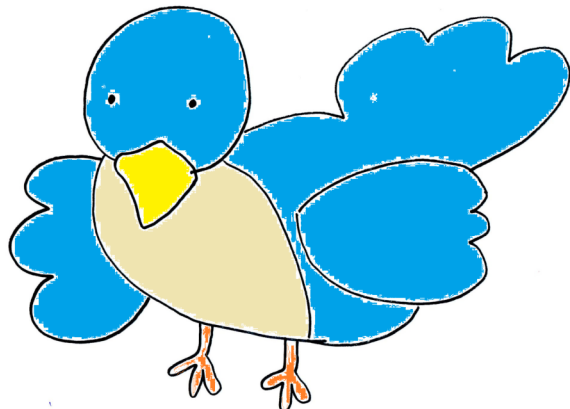
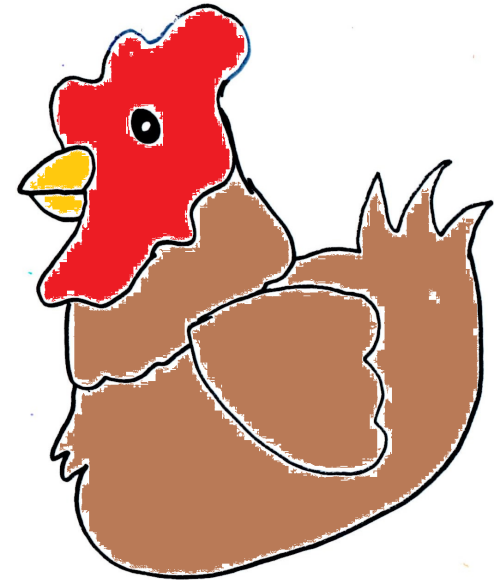
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Cut out the animals, laminate them and either display them in your office/ classroom or tape them to popsicle sticks for puppets.



CBT Animals

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



HOW TO USE DICE:

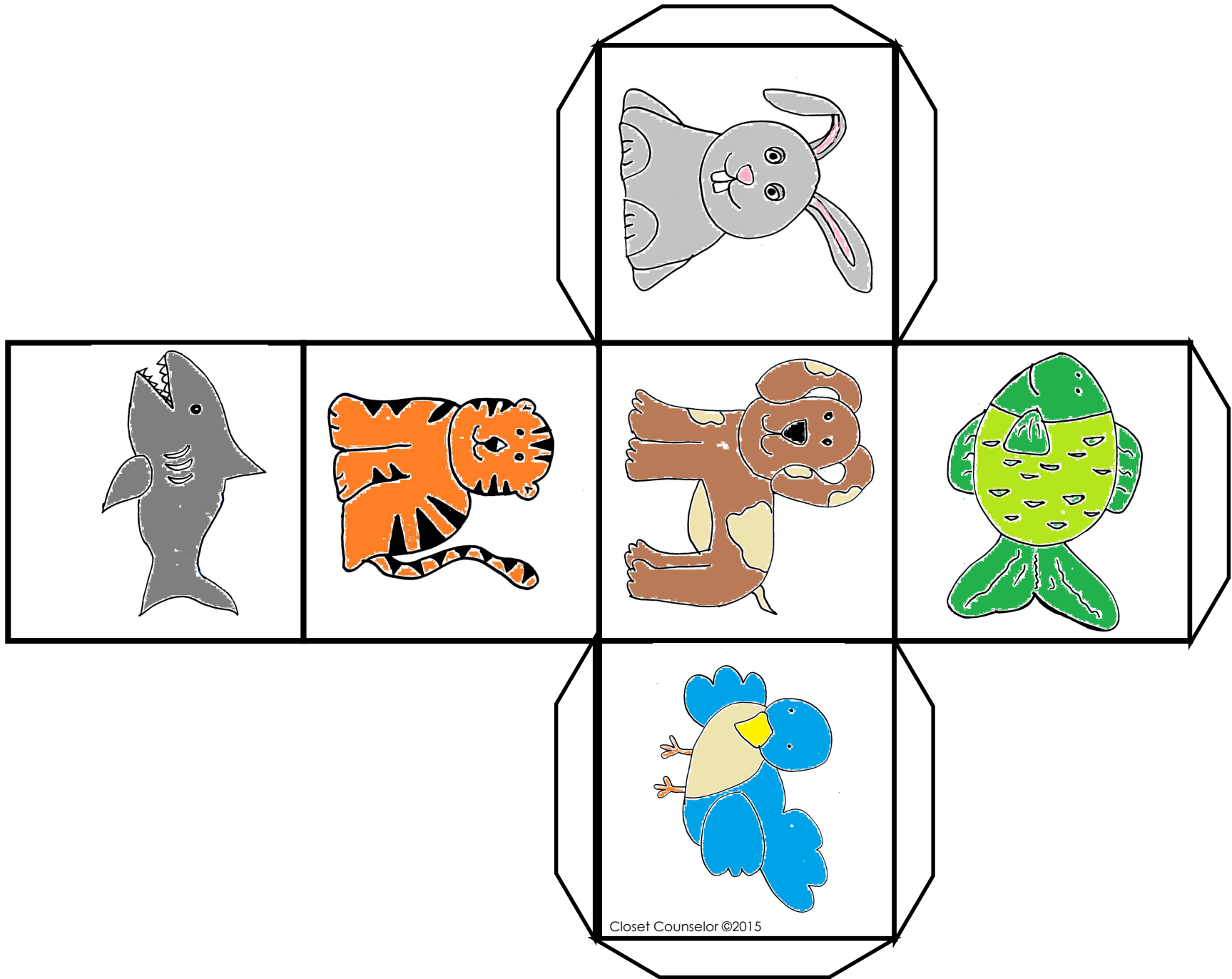
Cut the shapes out and fold on lines.
Glue or tape along tabs to create die.

Use text dice to prompt a story that has the self-talk identified during the role.

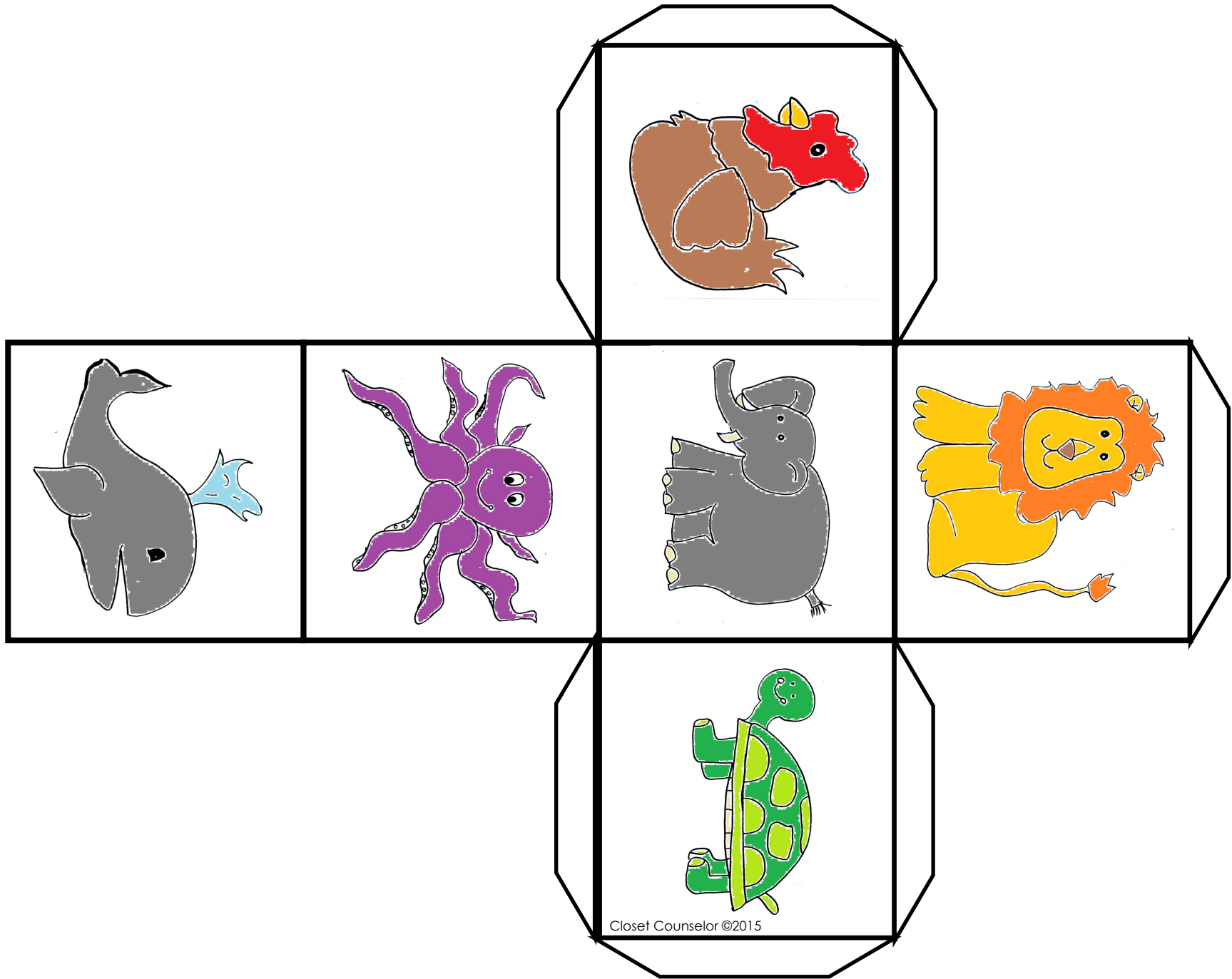
Use the blank dice to have the children identify either positive coping skills or positive self-talk they can use when upset.

Role animal die to prompt child to either review the animal, talk about their self-talk or to identify their counter thought.

Use the blank dice how you see fit or to write feelings. As a silly feelings game role the animal and feelings dice and act out the pairings.

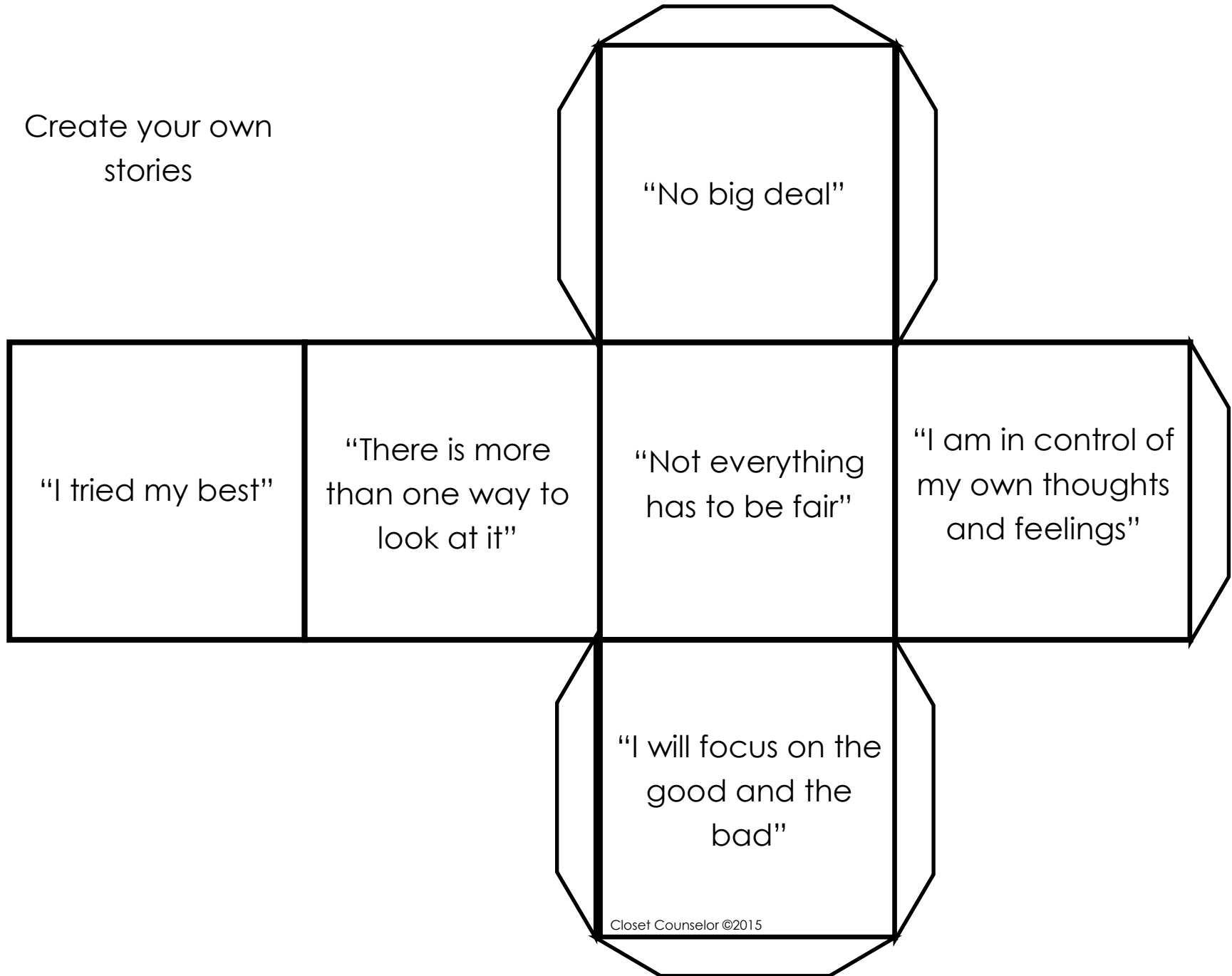


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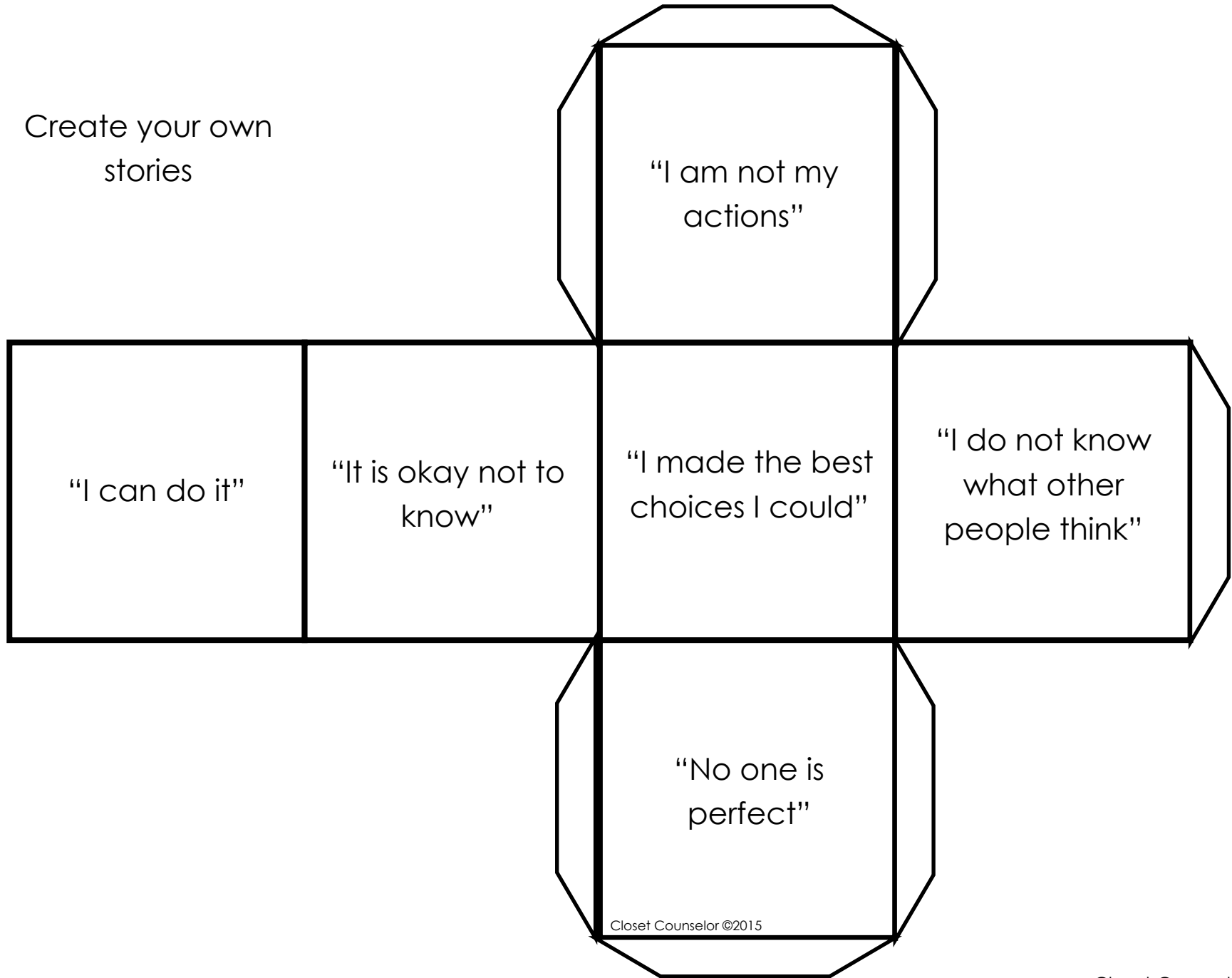
Create your own stories



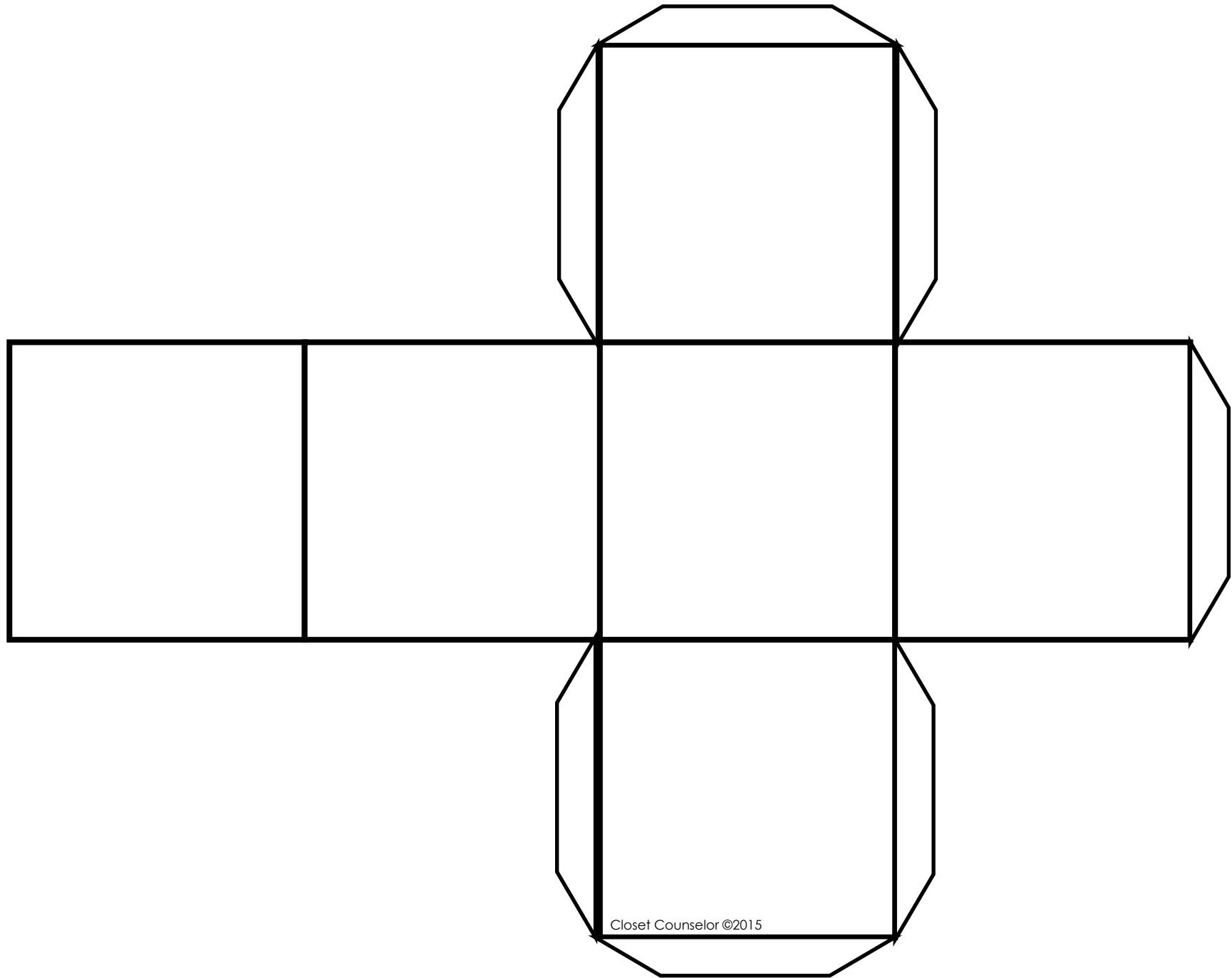
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Create your own stories



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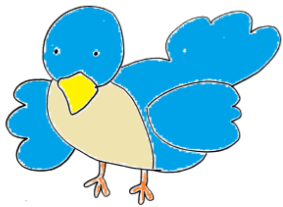


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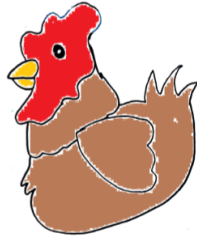
CBT Animals

Match the animal with the positive self-talk that would defeat the negative thought. Some may work for more than one.

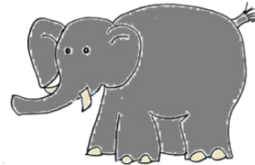
Blaming



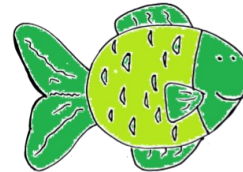
Fairness



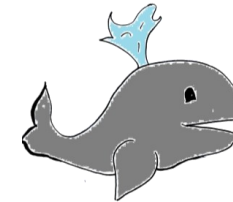
Outside Control



Filtering



Black and White Thinking



Overgeneralize



Even when I mess up does not mean I am a mess up

Everything will be okay

I will pay attention to all details

Not everything is fair and that is okay

There is no point in regrets. I will learn from my past.

It is not my fault

Sometimes things happen and things they don't

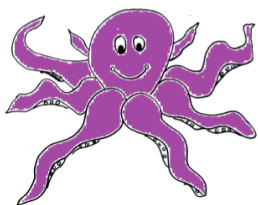
There are "shades of gray"

I am in control of my actions

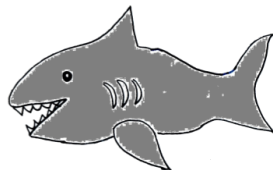
It doesn't matter if I am right all the time

I am in control of my own feelings

I cannot read other people's minds



Personalization



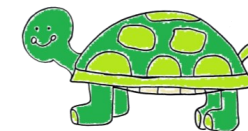
Should or Must



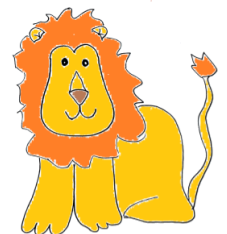
Right



Jumping to conclusions



Catastrophizing

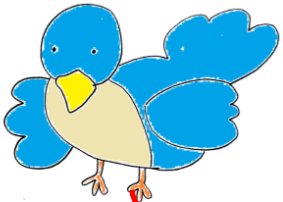
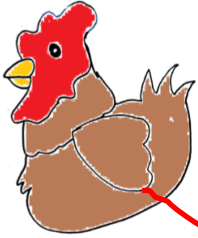
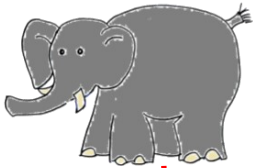
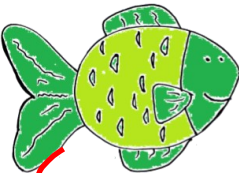
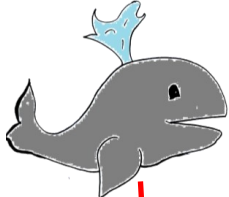

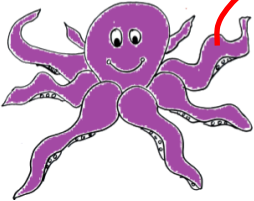
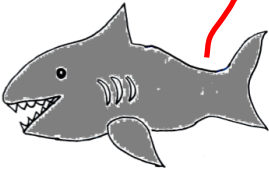


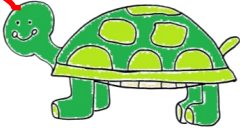
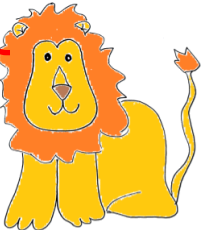


Labeling

Answer Key

CBT Animals

Match the animal with the positive self-talk that would defeat the negative thought. Some may work for more than one.

Blaming	Fairness	Outside Control	Filtering	Black and White Thinking	Overgeneralize
					
<p>Even when I mess up does not mean I am a mess up</p>	<p>Everything will be okay</p>	<p>I will pay attention to all details</p>	<p>Not everything is fair and that is okay</p>	<p>There is no point in regrets. I will learn from my past.</p>	
<p>It is not my fault</p>	<p>It doesn't matter if I am right all the time</p>	<p>Sometimes things happen and things they don't</p>	<p>There are "shades of gray"</p>	<p>I cannot read other people's minds</p>	
<p>I am in control of my actions</p>		<p>I am in control of my own feelings</p>			
					
Personalization	Should or Must	Right	Jumping to conclusions	Catastrophizing	Labeling

HOW TO USE FACT SHEETS:

Use one sheet a week or every other week to teach about the distortion

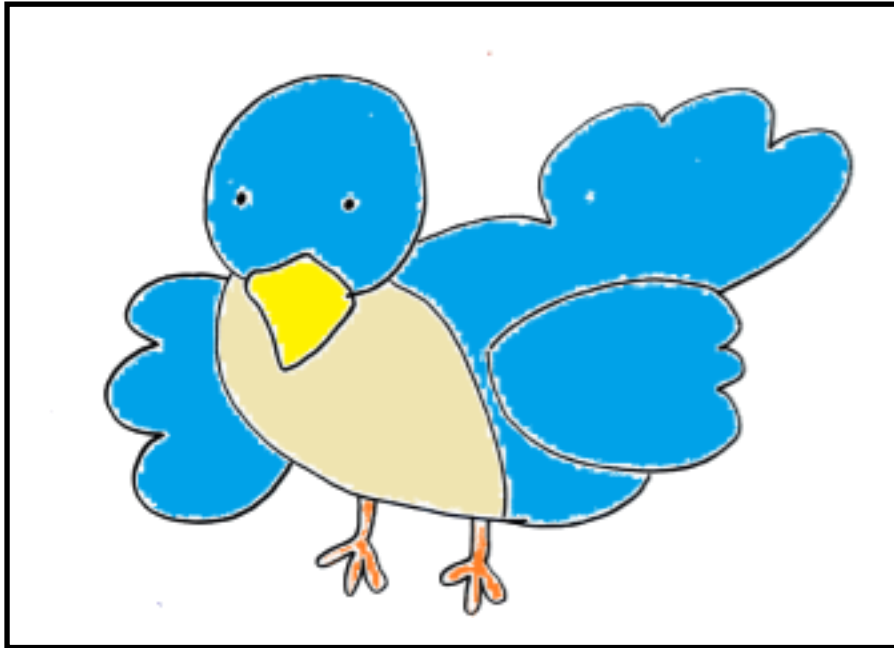
Use Fact Sheets to teach in more detail the distortions

Use these as posters

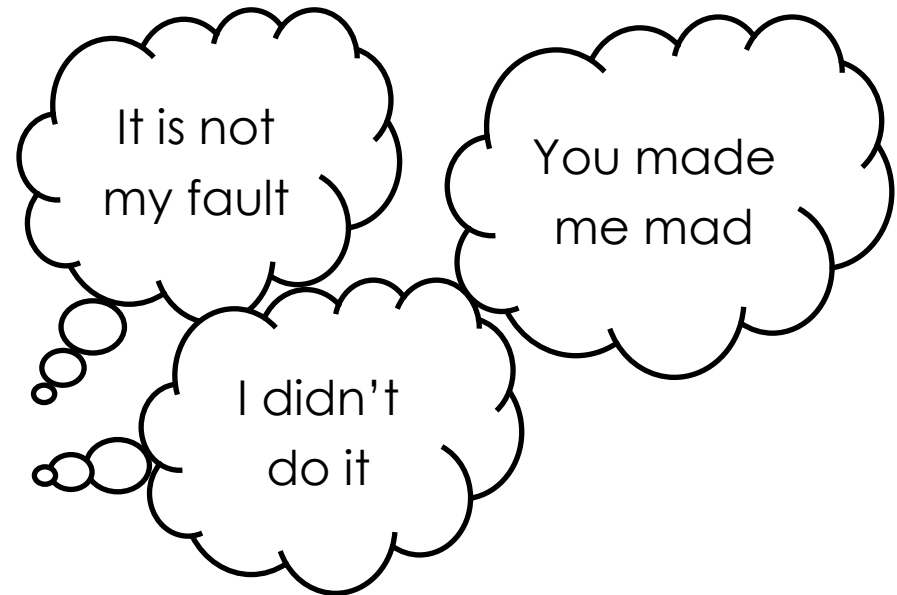
Add these to the CBT Animal Stories

Use as a discussion guide for a child or groups

FACT SHEET: Blaming Bird



Example of these thoughts:



Vocab

Blaming– to say or think that a person or thing is responsible for something bad that happened

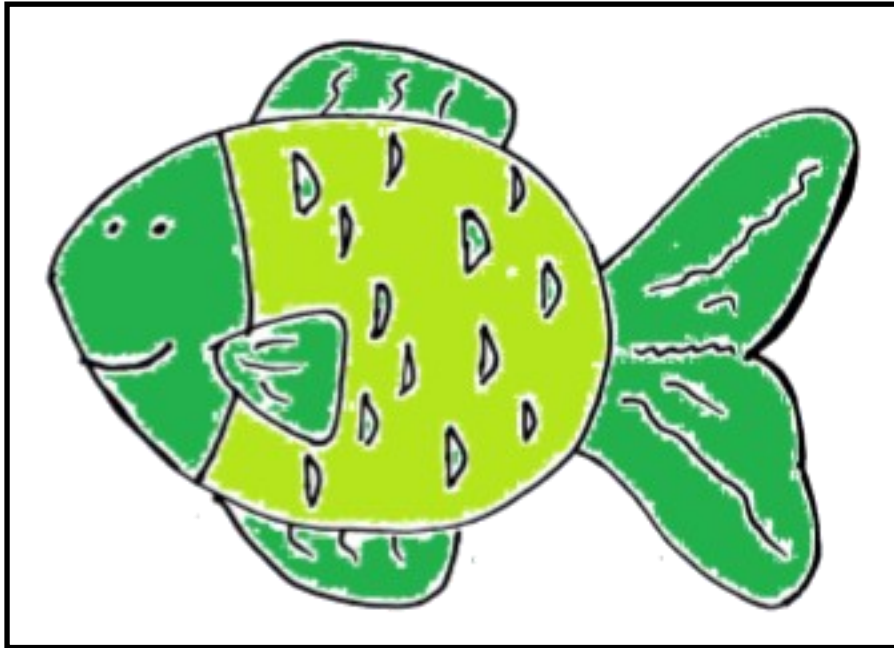
Wise Words

A part of growing older means that you take responsibility for your own thoughts, feelings and actions. This is a sign of maturity.

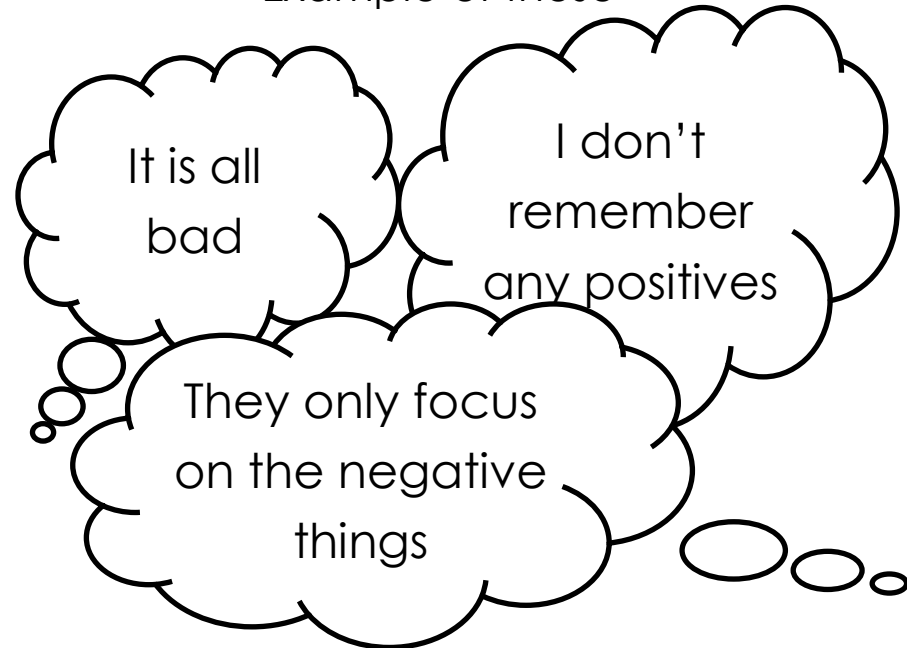
Questions to ask yourself...

Am I in control of my feelings? ♥ Who am I giving control to if I do not take control? ♥ Do I need to take responsibility for my actions? ♥ What do I need to do to gain control of my thoughts, feelings and actions?

FACT SHEET: Filtering Fish



Example of these



Vocab

Filtering— paying attention to somethings and ignoring other things

Questions to ask yourself...

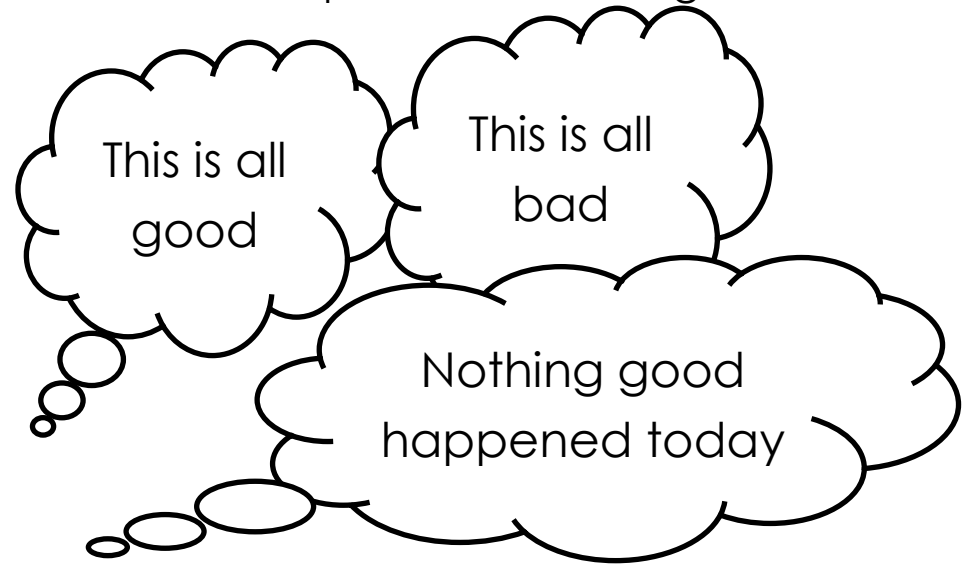
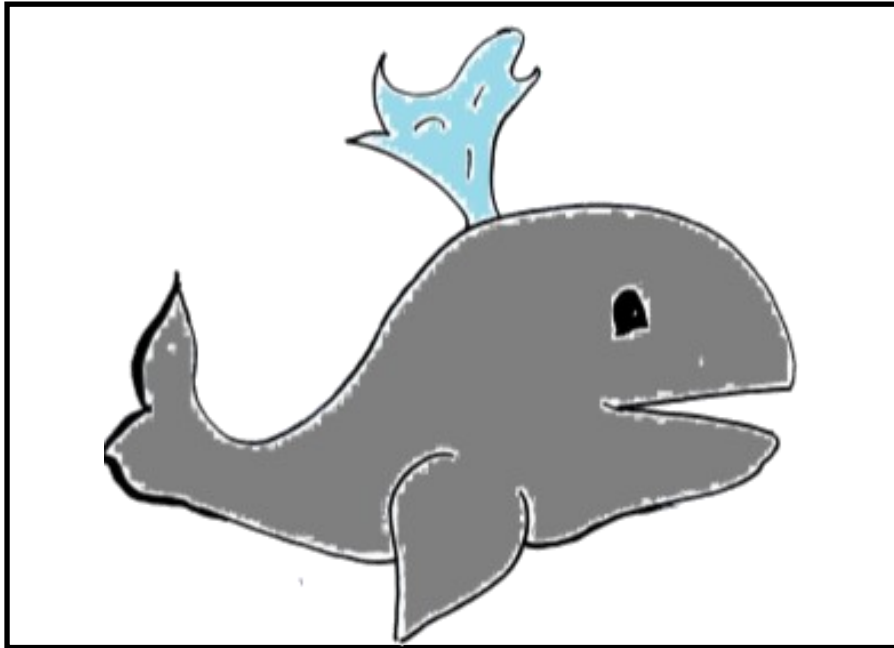
Am I really listening to what they are saying? ♥
Is it possible I am focusing on the negative things?

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.

FACT SHEET: Wendy the Whale: Black and White Thinking

Example of these thoughts:



Questions to ask yourself...

Was there even one little thing that happened that was positive♥ Is there a way to solve my problem without focusing on the negative

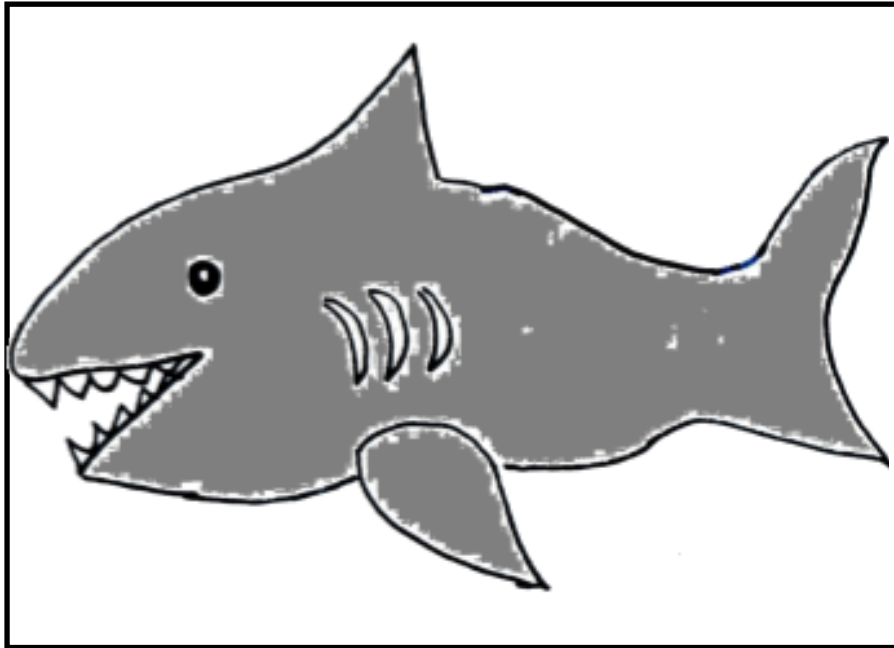
Vocab

Black and White Thinking- not finding the “gray” feelings or solutions. Being stuck with all or nothing thinking

Wise Words

There is good in every day. Trying to find the positives can be difficult, but there is always something positive to take away. When you find yourself thinking about the negative things about your day, take time to try and find a couple good things too.

FACT SHEET: *Should Shark*



Example of these thoughts:



Wise Words

Some people do not believe in having regrets. Thinking about the things you could have done or should have done is not helpful and can leave you feeling sad. Try and learn from your mistakes without feeling regret.

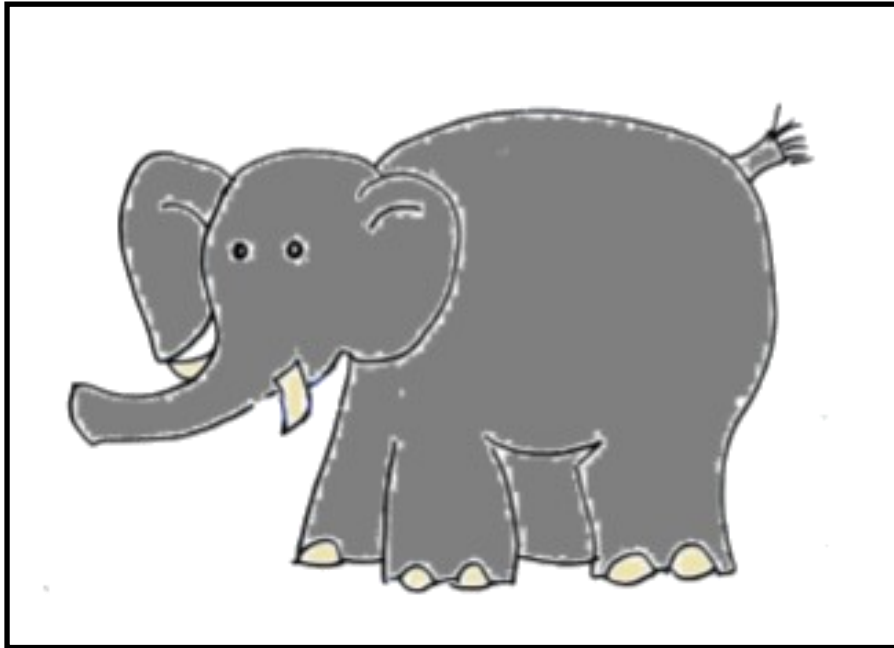
Vocab

Regret— feeling sad or disappointed about something that has happened, wishing you could do something differently

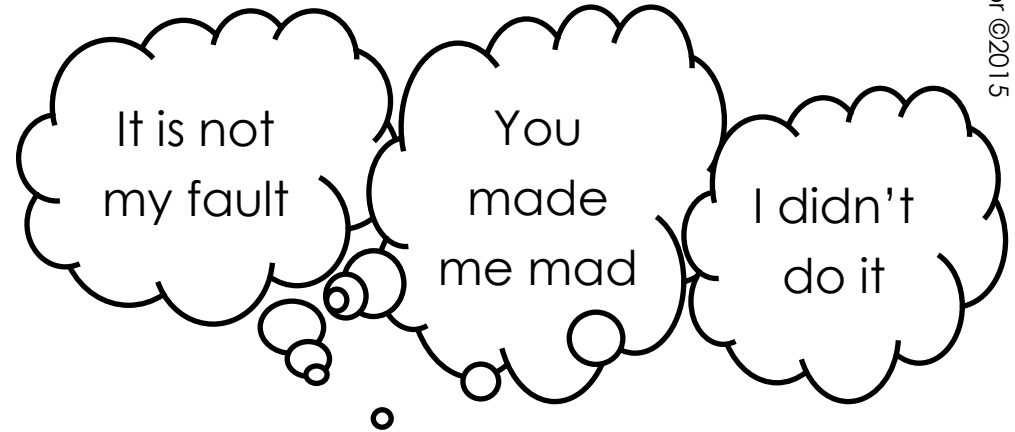
Questions to ask yourself...

Can I change my situation? ♥ What do I gain if I hold on to the feelings of sadness and disappointed? ♥
Am I comparing myself to other people? ♥ What can I learn from this? ♥ Am I putting pressure on myself?

FACT SHEET: Not My Fault Fabio (*External Control Fallacy*)



Example of these thoughts:



Wise Words

Many people blame other people for his/her feelings. When you say "they made me mad" you are giving your power over your emotions to the other person. Keeping the power over your own emotions is a powerful thing.

Vocab

External– outside

Control– to have power over something

Fallacy– not true

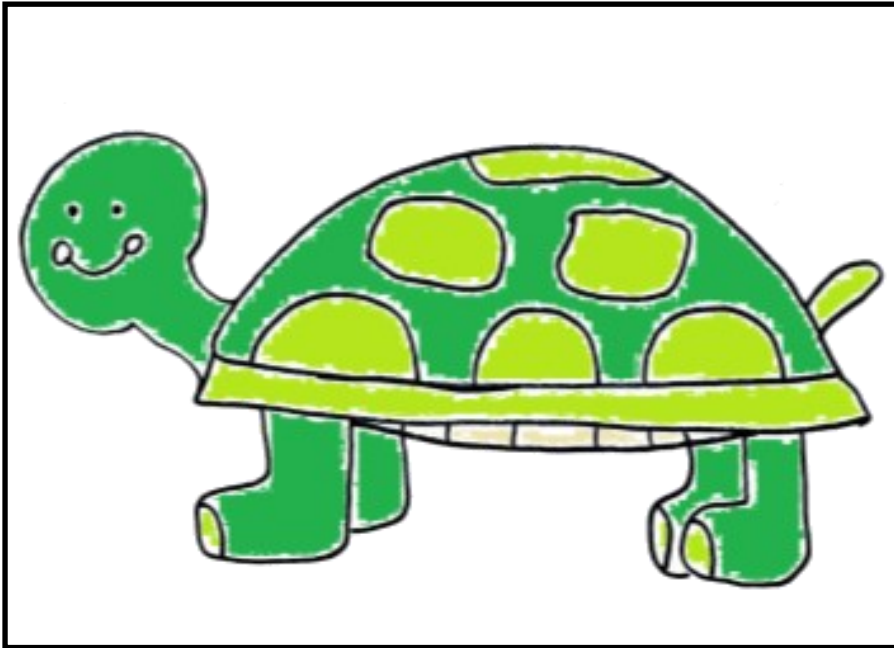
Put all together

Giving control of your feelings to something or someone outside of you that is not true

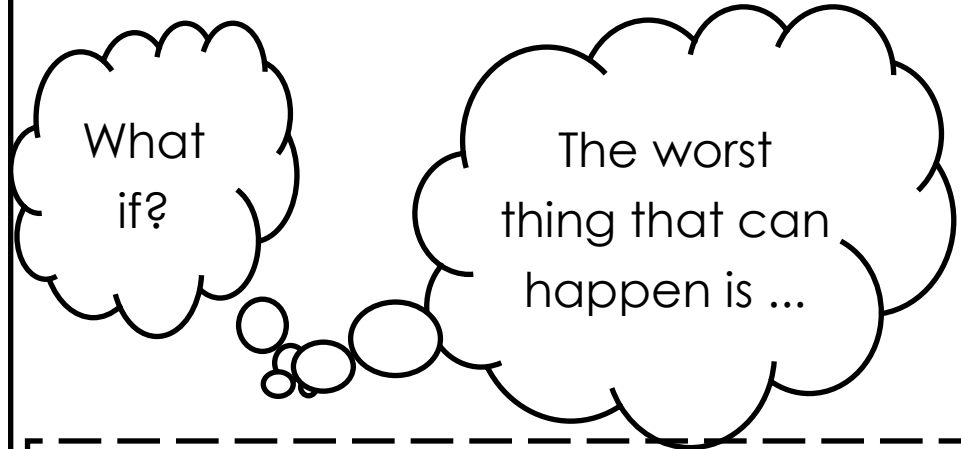
Questions to ask yourself...

Am I giving my power to someone else? ♥ What do I lose by giving my power away? ♥ Am I showing maturity? ♥
What can I do take control over my actions?

FACT SHEET: Terrible News Turtle (Catastrophizing)



Example of these thoughts:



Wise Words

Sometimes we think about what are the worst things that can happen in a situation. When thinking about these worst things, it can get in the way of enjoying the things we really love. If we can remind ourselves that it will be okay we will be much happier.

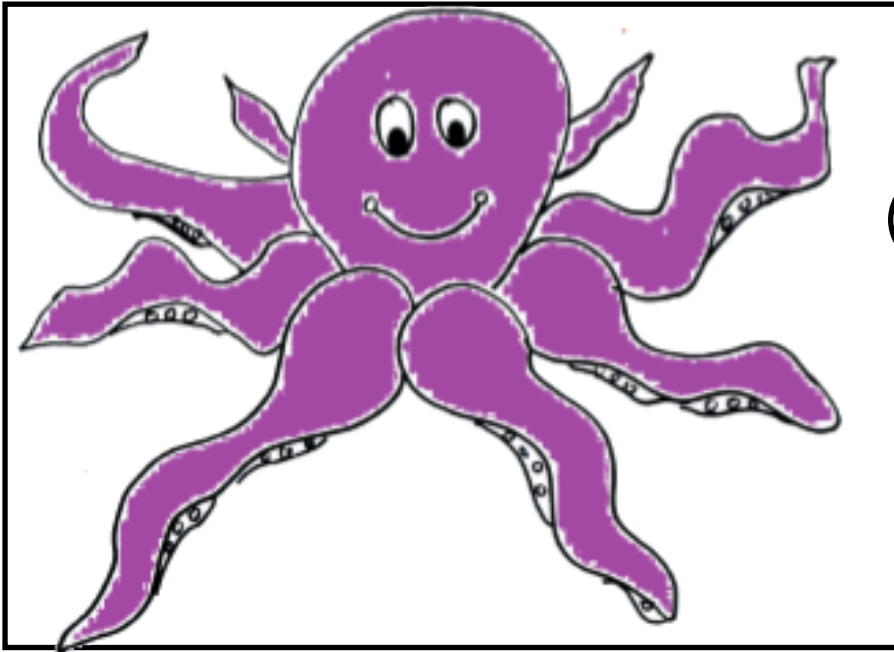
Vocab

Catastrophizing- thinking about the worst thing that could happen in a situation.

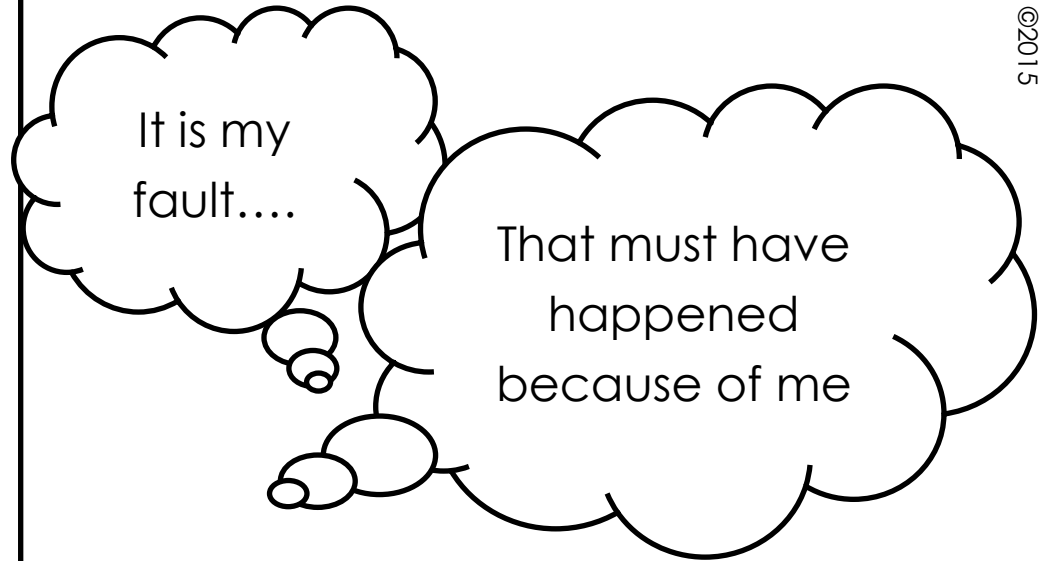
Questions to ask yourself...

What proof do I have that this will happen? ♥ Is this a real concern? ♥ If this is not a real concern what is a more realistic scenario? ♥ Is this a helpful thought or concern? ♥ Is this thought getting in the way of something I enjoy?

FACT SHEET: Personalization Pricilla



Example of these thoughts:



Vocab

Personalization– to feel that something is happening because of you

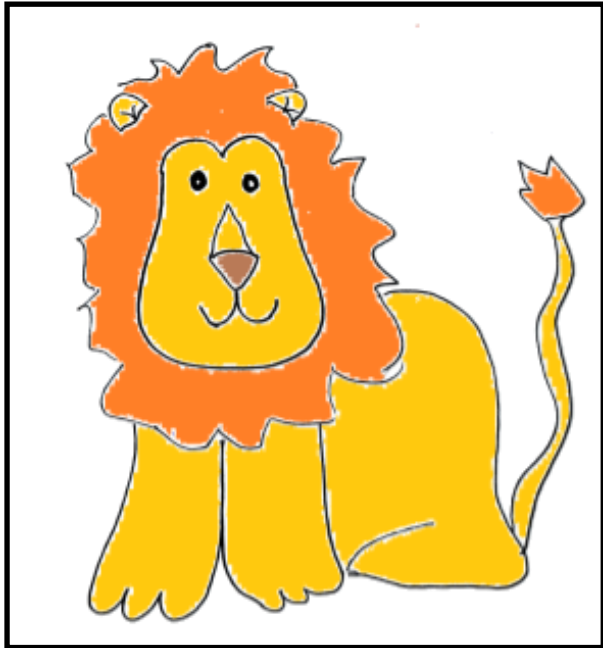
Questions to ask yourself...

What proof do I have that it is my fault♥ Am I being sensitive? ♥ If I were to look at the situation with someone else's eyes what would they say?

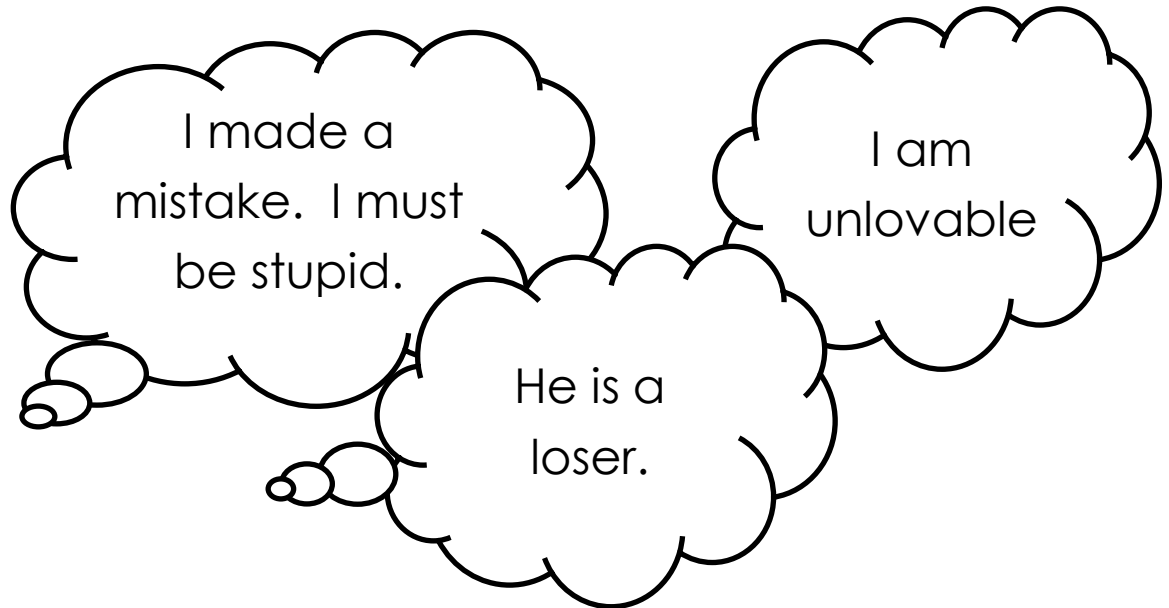
Wise Words

It may feel like things are happening because of you or that someone is upset because of you without knowing why. When we feel this way it is important to stop and think about what proof we have that it is our fault or that we may have made someone act the way they are.

FACT SHEET: Labeling Lonnie



Example of these thoughts:



Vocab

Labeling– giving a description of a person or situation based on an action or feeling

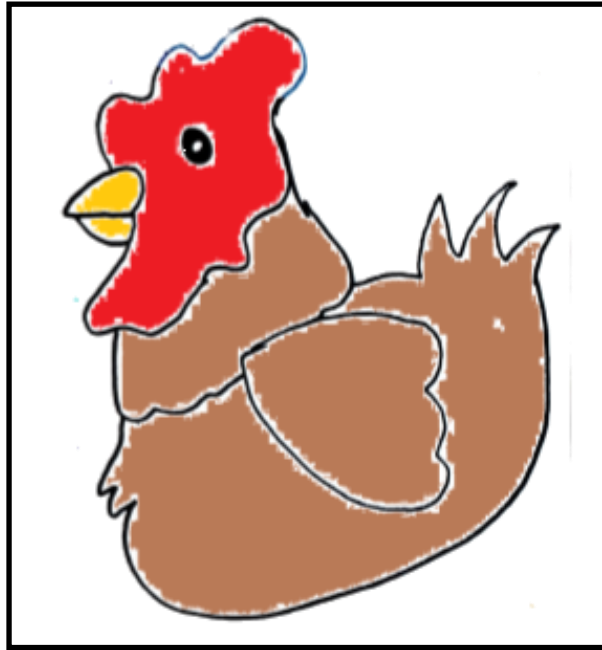
Questions to ask yourself...

What labels am I giving myself right now? ♥ Do these labels make me feel bad? ♥ Am I my label?

Wise Words

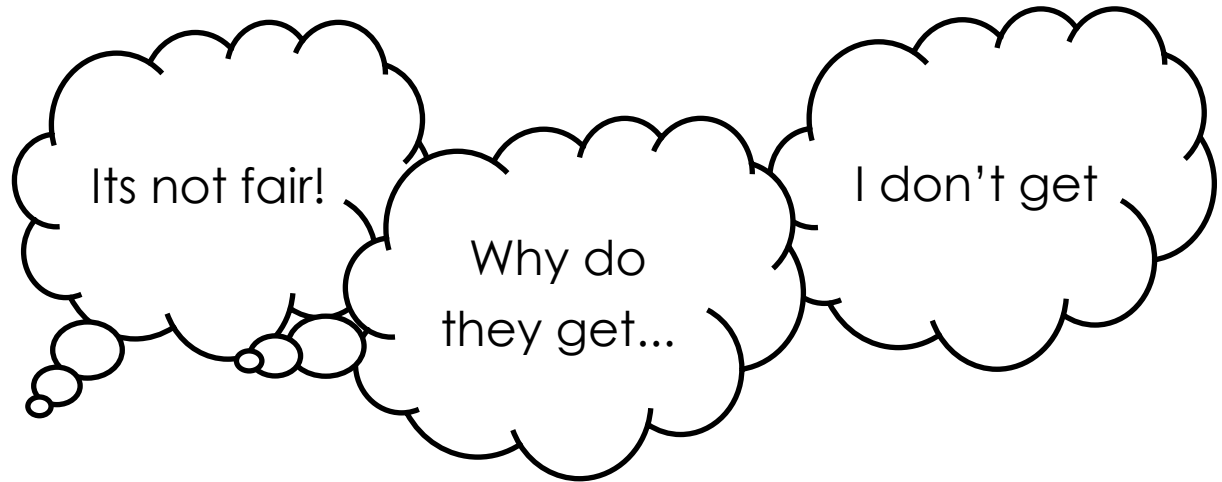
Because you make a mistake or because someone else does not do what you like, does not mean that they are that thing. People are more than just labels. At times people make mistakes, but this does not make all of them stupid, it means that made a mistake. Because someone may treat you a certain way, does not make you anything. The way you are treated says more about that person than it does about you.

FACT SHEET:



Fairness

Example of these thoughts:



Vocab

Fair– everyone getting the same thing, to be treated exactly the same

Wise Words

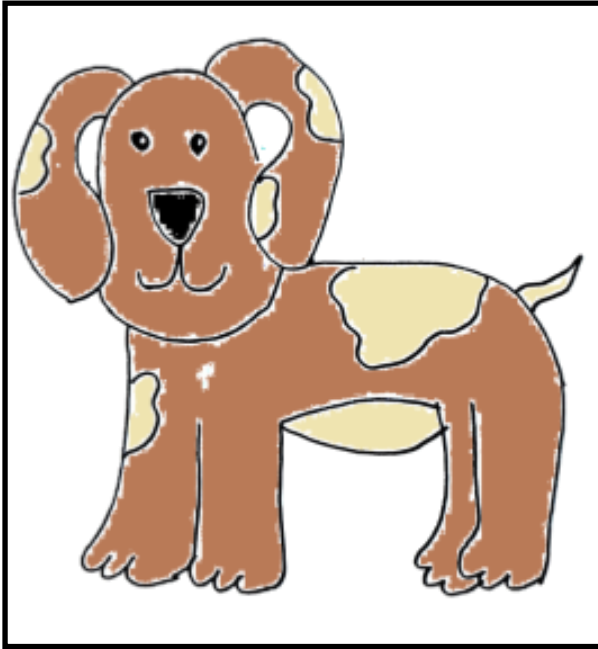
Fairness is not everyone getting the same thing, but fairness can be everyone getting what they need. Comparing what you have to other people can leave you feeling frustrated and jealous. Sometimes things just are not fair and learning to cope with that is a part of life.

Questions to ask yourself...

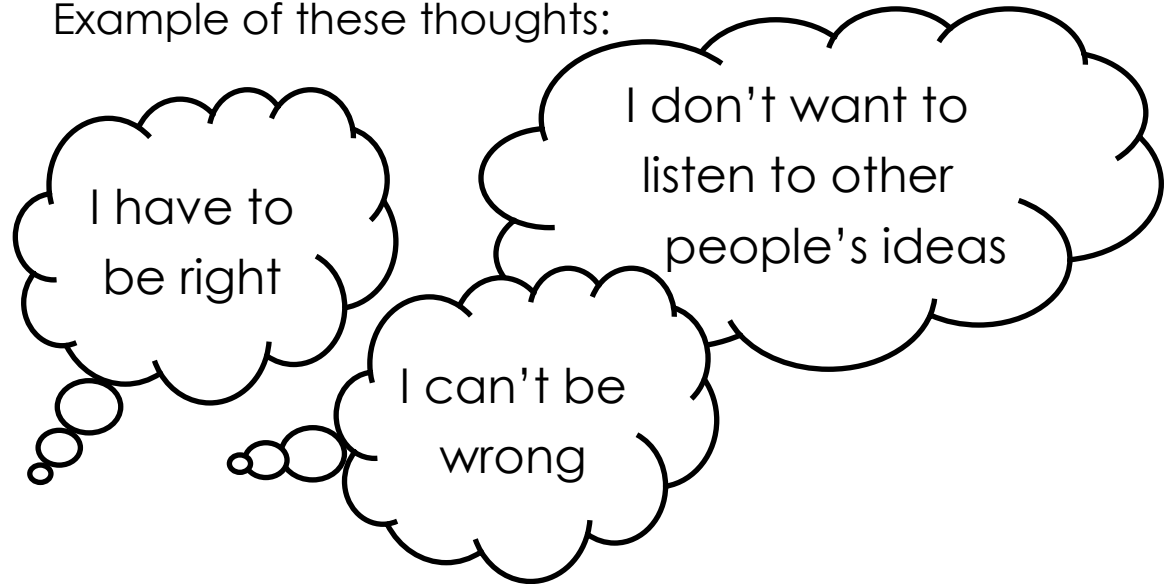
Am I getting what I need? ♥ Could there be reasons why things seem unfair? ♥ How can I cope with things are when I feel that they are unfair? ♥ What makes me feel that things are not fair?

FACT SHEET:

Right Richard



Example of these thoughts:



Vocab

Right– to be correct

Questions to ask yourself...

Am I being stubborn?♥ Am I keeping an open mind about what other people are saying?♥ Why is it such a big deal for me to be right?

Wise Words

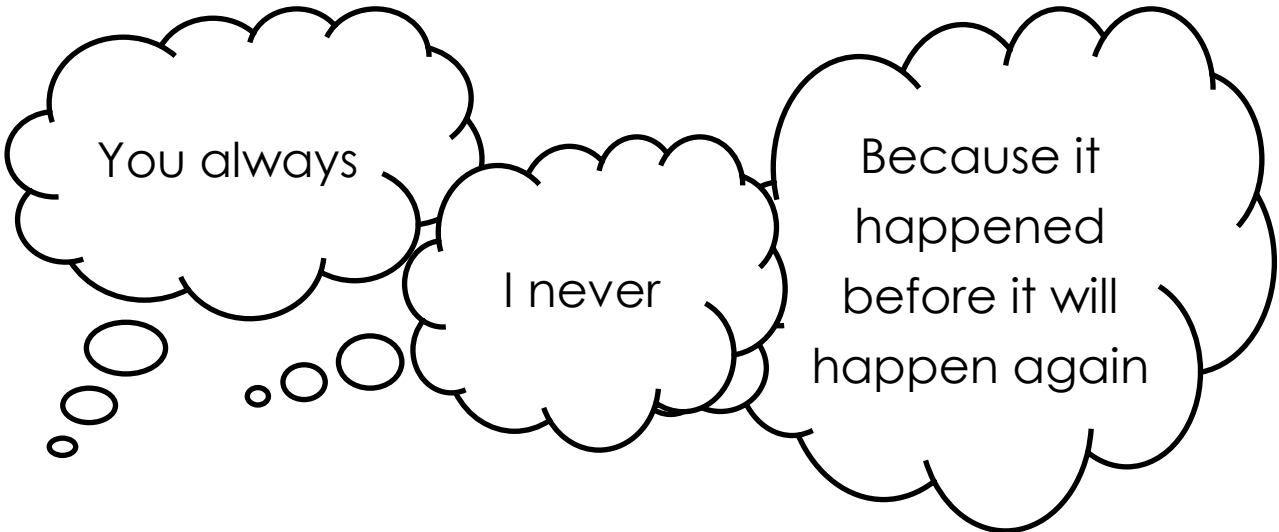
People like to be right. Sometimes when we think we are right we are not able to keep an open mind to what another person is saying. By keeping an open mind we are better able to judge if we are right. When we are able to calmly listen to what other people have to say it helps with our relationships and we may even learn something.

FACT SHEET:

Toxic Tiger (*Overgeneralization*)



Example of these thoughts:



Vocab

Overgeneralization— thinking that a thought or rule applies to situations it does not; words like always, never, nothing, etc....

Wise Words

Very few things always happen or never happen. When you think or feel that it can make you more angrier than is true. Be careful with your thoughts and words.

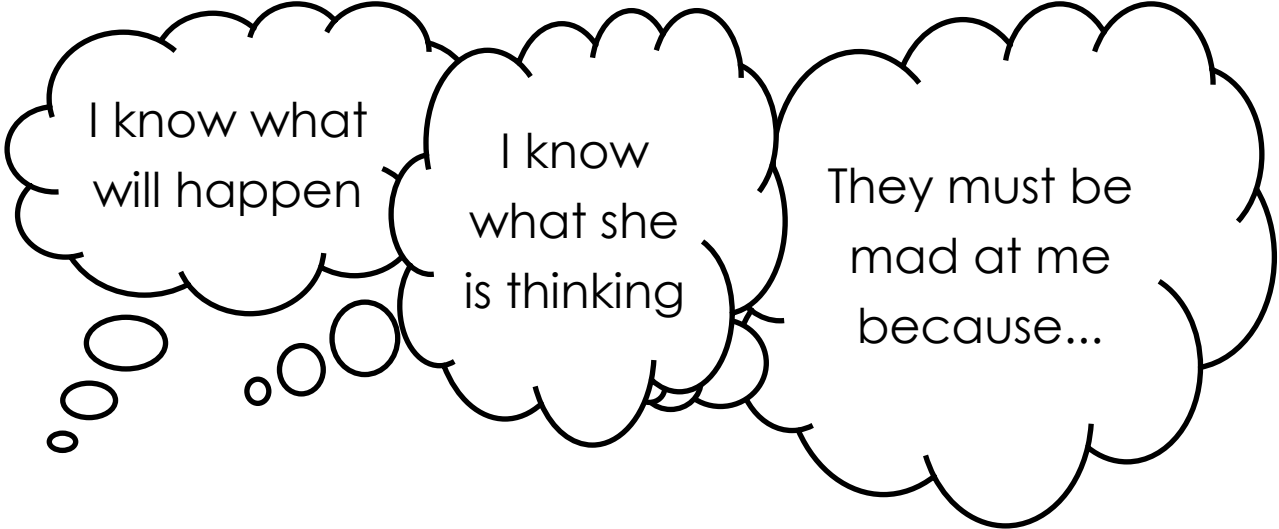
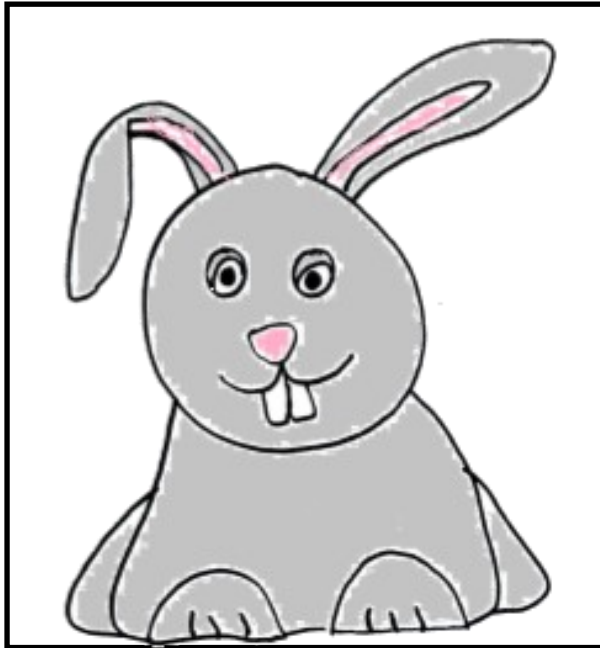
Questions to ask yourself...

Does it REALLY never/always happen? ♥ Just because it happened before does that mean it will happen again? ♥ What is the proof it would happen again? ♥ Am I exaggerating?

FACT SHEET:

Jumping to Conclusions Rabbit

Example of these thoughts:



Vocab

Conclusion- can be a guess based on a feeling

Wise Words

Sometimes we think we know what is going to happen or know what someone is thinking. It is important that we remember we can't predict the future and do not know what others are thinking.

Questions to ask yourself...

What proof do I have that this will happen? ♥ Why do I think that will happen? ♥ What makes you feel like you know what will happen? ♥ How could I prove or disprove my thoughts?

HOW TO USE TASK CARDS:

Use them as prompts on games– when you land of a red square answer a question

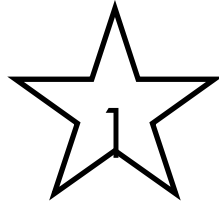
They are helpful because there is only one activity per card which helps children that feel overwhelmed by more

Use them as conversation starters

Have the child or group create a game using the cards

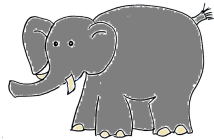
Use them for quiz activities

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Talk about a time when you gave control of your feelings or actions to someone else?

What can you do next time to stay in control of your emotions?



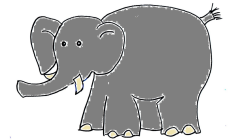
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Which of these thoughts shows External Control Fallacy?

- A) I am a loser
- B) It is all my fault
- C) You made me do it!
- D) My day has been all bad



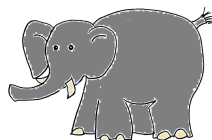
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Change this thought to a positive self-talk:

"I can't help it that my teacher hates me."



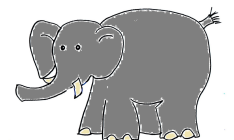
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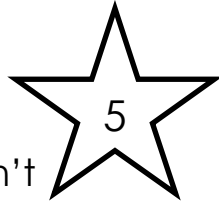
Change this thought to a positive self-talk:

"It is not my fault I didn't do the dishes. My parents forgot to remind me."



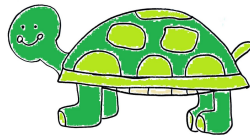
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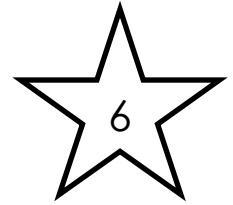
Talk about a time when you couldn't stop thinking about something bad that would happen.

What can you do next time to stay in control of your thoughts?



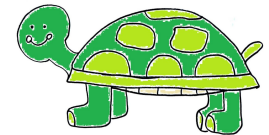
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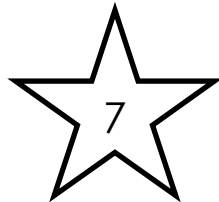
Which of these thoughts shows catastrophizing?

- A) What if....
- B) I know what they are thinking
- C) You never..
- D) I am unlovable



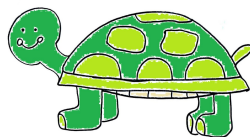
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Change this thought to a positive self-talk:

“What if I get hurt?”



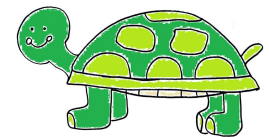
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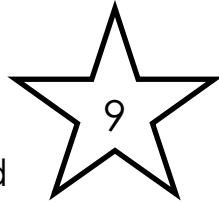
Change this thought to a positive self-talk:

“What if other kids laugh at me?”



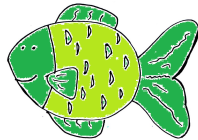
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Talk about a time when you filtered out the positive things that happened during an event or conversation?

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



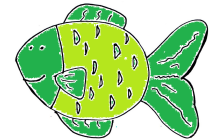
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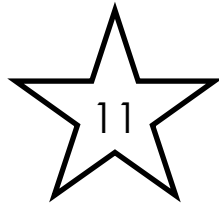
Which of these thoughts shows filtering?

- A) Nothing ever goes right
- B) I am dumb
- C) It is not fair
- D) Ya, but...



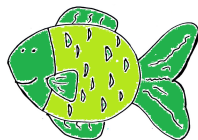
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Change this thought to a positive self-talk:

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



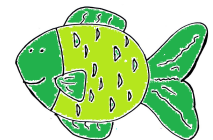
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Change this thought to a positive self-talk:

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



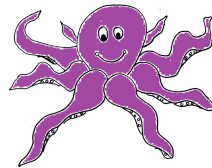
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Talk about a time when you felt like something happening had to do with you, but didn't?

How can you help stop yourself from assuming that things are about you or your fault?



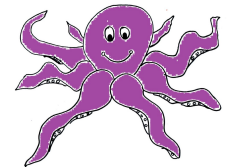
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Which of these thoughts shows personalization?

- A) It is my fault
- B) I should have...
- C) This is going to be horrible
- D) I am stupid!



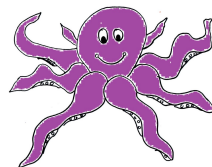
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Change this thought to a positive self-talk:

"Because my friend didn't want to play, I know I did something wrong."



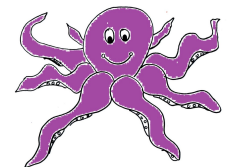
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Change this thought to a positive self-talk:

" My friend didn't wave to me at the store because he doesn't want to be my friend."



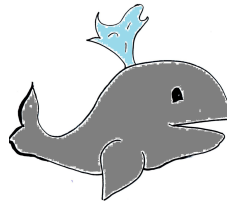
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Talk about a time when you had troubles seeing the gray areas in a situation?

What can you think to help you see the gray areas?



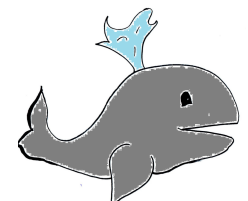
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Which of these thoughts shows black and white thinking?

- A) This is not fair
- B) What if...
- C) This day has been all bad
- D) You make me so mad



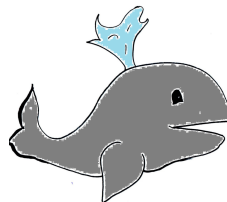
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Change this thought to a positive self-talk:

"I have to be perfect. I can't make any mistakes!"



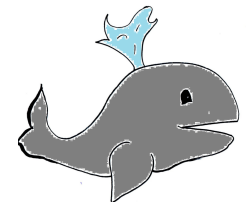
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Change this thought to a positive self-talk:

"Since I didn't sing the best, I am a failure."



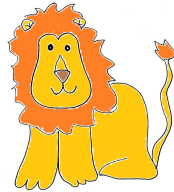
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Talk about a time when you labeled yourself negatively?

What types of labels make you feel good and which are negative?



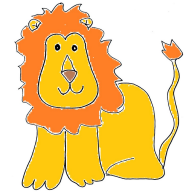
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Which of these thoughts shows labeling?

- A) Nothing good happened
- B) I am right!
- C) I am a failure
- D) It is your fault



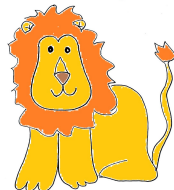
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Change this thought to a positive self-talk:

"The kid who took my pencil and didn't give it back is a bully."



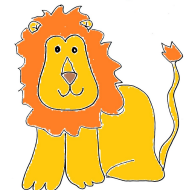
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Change this thought to a positive self-talk:

"I am stupid because I got 5 wrong on my spelling test."



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Talk about a time when you had to be right and it turned into an argument.

What can you think to help you remember that you do not always need to be right?



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Which of these thoughts shows the need to be right?

- A) You are wrong
- B) I should have done better
- C) Nothing good ever happens
- D) I am stupid



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Change this thought to a positive self-talk:

"I don't care how bad this argument makes us fight, I have to be right."



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Change this thought to a positive self-talk:

"You are wrong!!!!"



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Talk about a time when you overgeneralized a situation?

Why do you think words like always and nothing can make you feel bad or harm relationships?



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Which of these thoughts shows overgeneralization?

- A) It is going to happen again
- B) What if...
- C) It is not my fault
- D) It is all your fault



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Change this thought to a positive self-talk:

"I will never learn multiplication."



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Change this thought to a positive self-talk:

"You always forget to pack my lunch!"



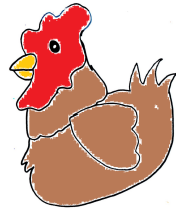
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Talk about a time when you felt like something wasn't fair. Was this a helpful thought?

What can you think next time you feel like something is unfair?



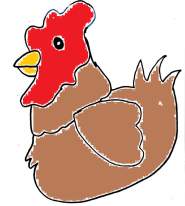
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Which of these thoughts shows the need to be fair?

- A) I am the worst
- B) You made me do it
- C) Things aren't equal!
- D) My party was all bad



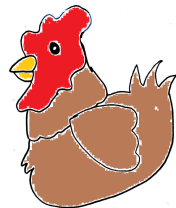
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Change this thought to a positive self-talk:

"It is not fair my brother gets more ice cream than me!"



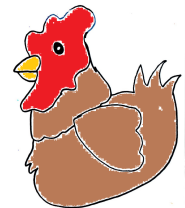
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Change this thought to a positive self-talk:

"It is not fair my sister gets to stay up later than me!"



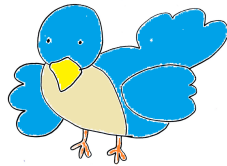
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Talk about a time when you blamed others for your actions or feelings?

Why do you think it is important to not blame others for your actions?



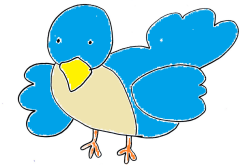
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Which of these thoughts shows blaming behaviors?

- A) Things are going to be terrible
- B) I didn't do it
- C) It is my fault
- D) I shouldn't have done that



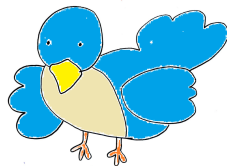
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Change this thought to a positive self-talk:

"I couldn't help it. You made me do it!"



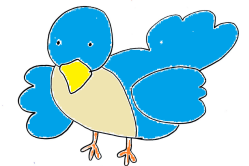
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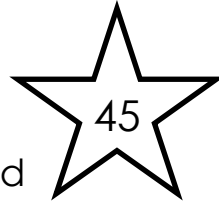
Change this thought to a positive self-talk:

"You make me so mad!"



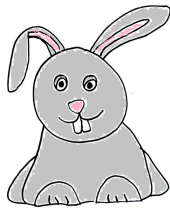
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Talk about a time when you jumped to conclusions about something.

How can you slow your thoughts down so you don't jump to conclusions?



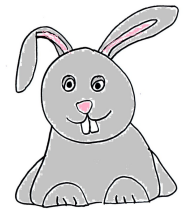
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Which of these thoughts shows jumping to conclusions?

- A) It is going to happen again
- B) I can't do anything right
- C) It is not fair!
- D) I know what they are thinking



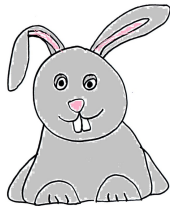
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CBT Animals



Change this thought to a positive self-talk:

"My mom is going to be so mad at me."



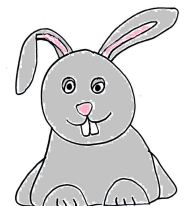
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Change this thought to a positive self-talk:

"My new class is going to be terrible!"



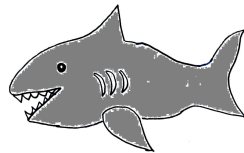
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Talk about a time when you felt like you 'should' or 'should not' have done something.

Why do you think 'should' can be a bad thing?



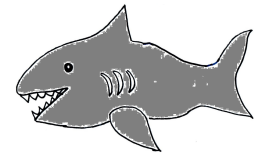
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Which of these thoughts shows the "should" thoughts?

- A) I regret my choices
- B) No one loves me
- C) I don't think I can do it
- D) My life is all bad



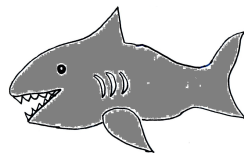
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Change this thought to a positive self-talk:

" I should have spent more time studying for my spelling test."



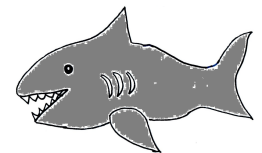
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Change this thought to a positive self-talk:

" I wish I wouldn't have talked so much."



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CBT Animals



Talk about the distortions/animal that you struggle with the most.

How does these thoughts harm you?

CBT Animals



Talk about the type of thoughts you have the most of these:

- A) What if...
- B) It is my fault.
- C) I am stupid.
- D) Never/ Always

CBT Animals



When could you use this thought:

"I am trying the best I can."

CBT Animals



When could you use this thought:

"I can always try again."

HOW TO USE COLORING PROMPTS:

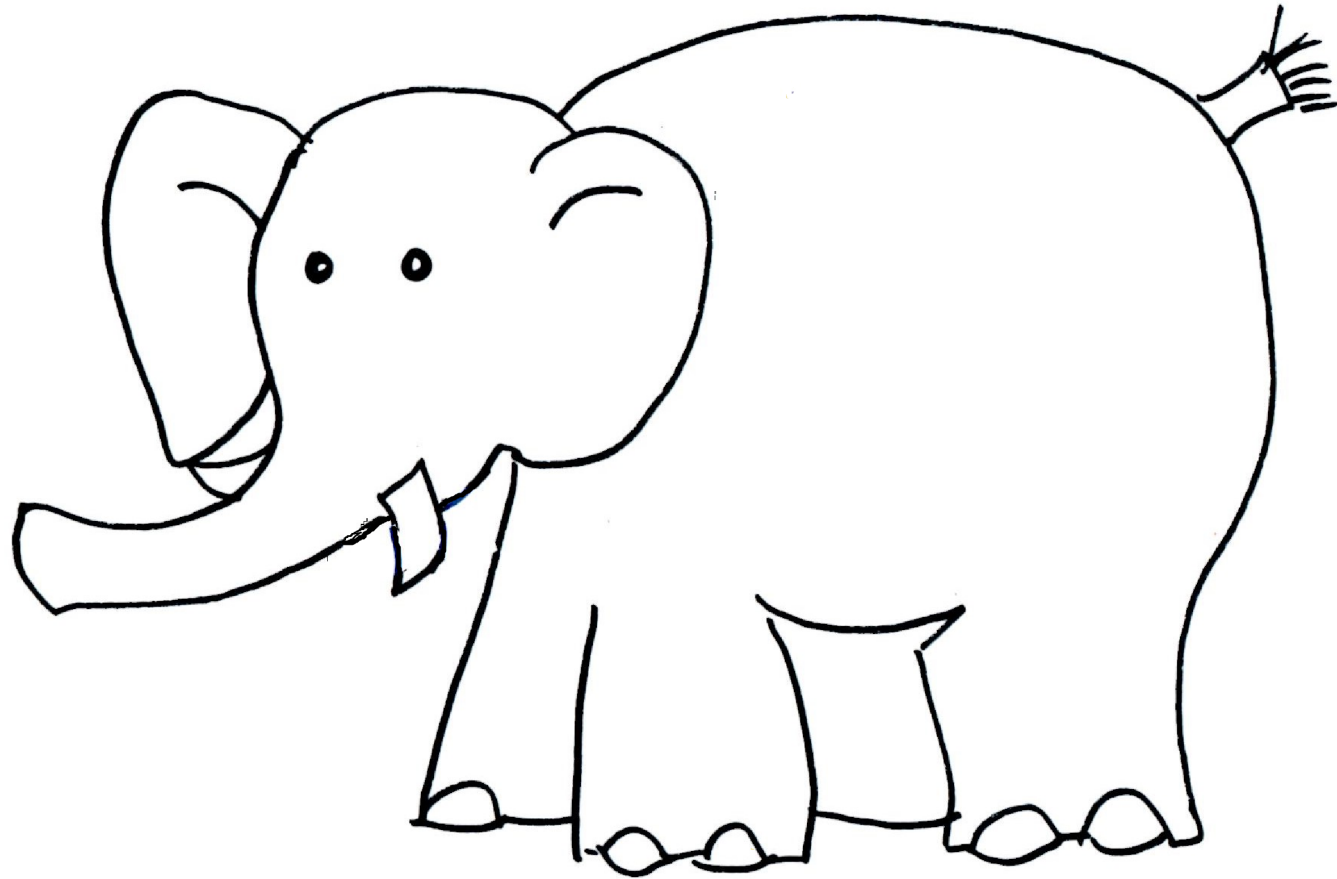
Color them for fun!

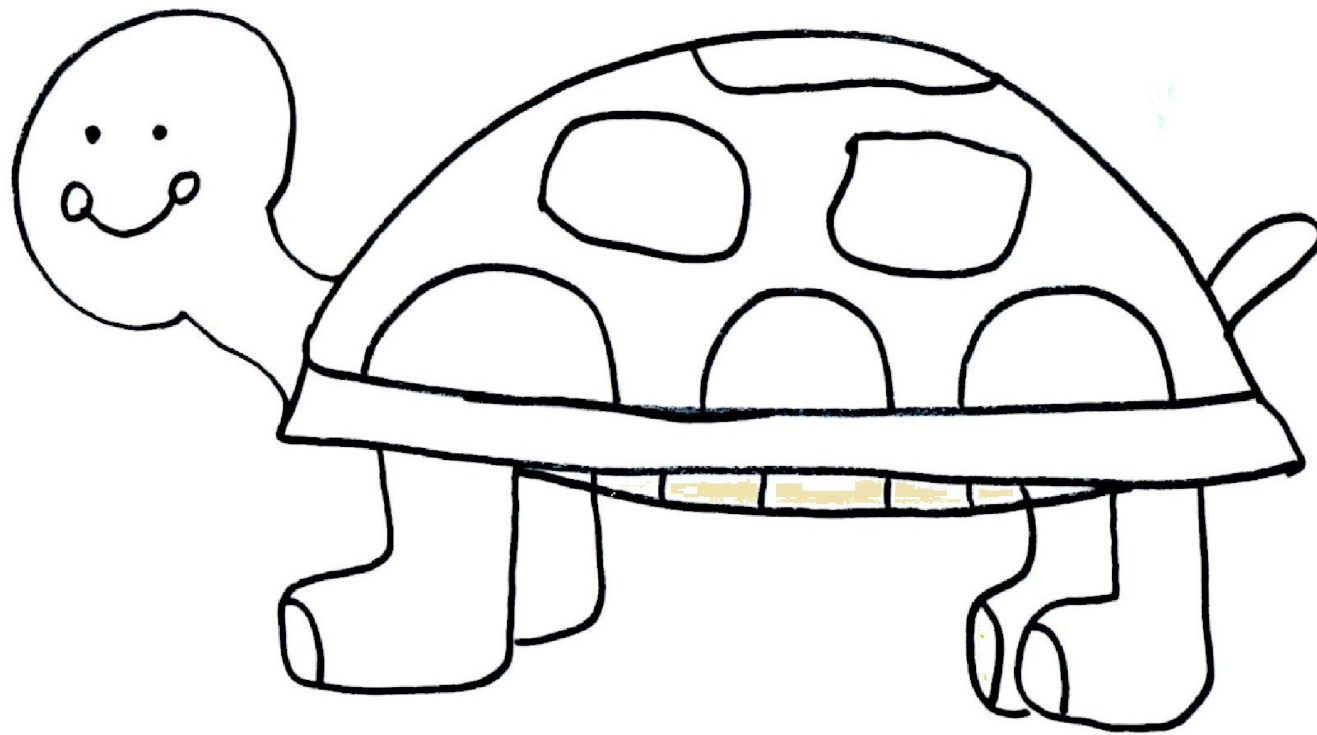
Create a collage of positive or negative words associated with that animal

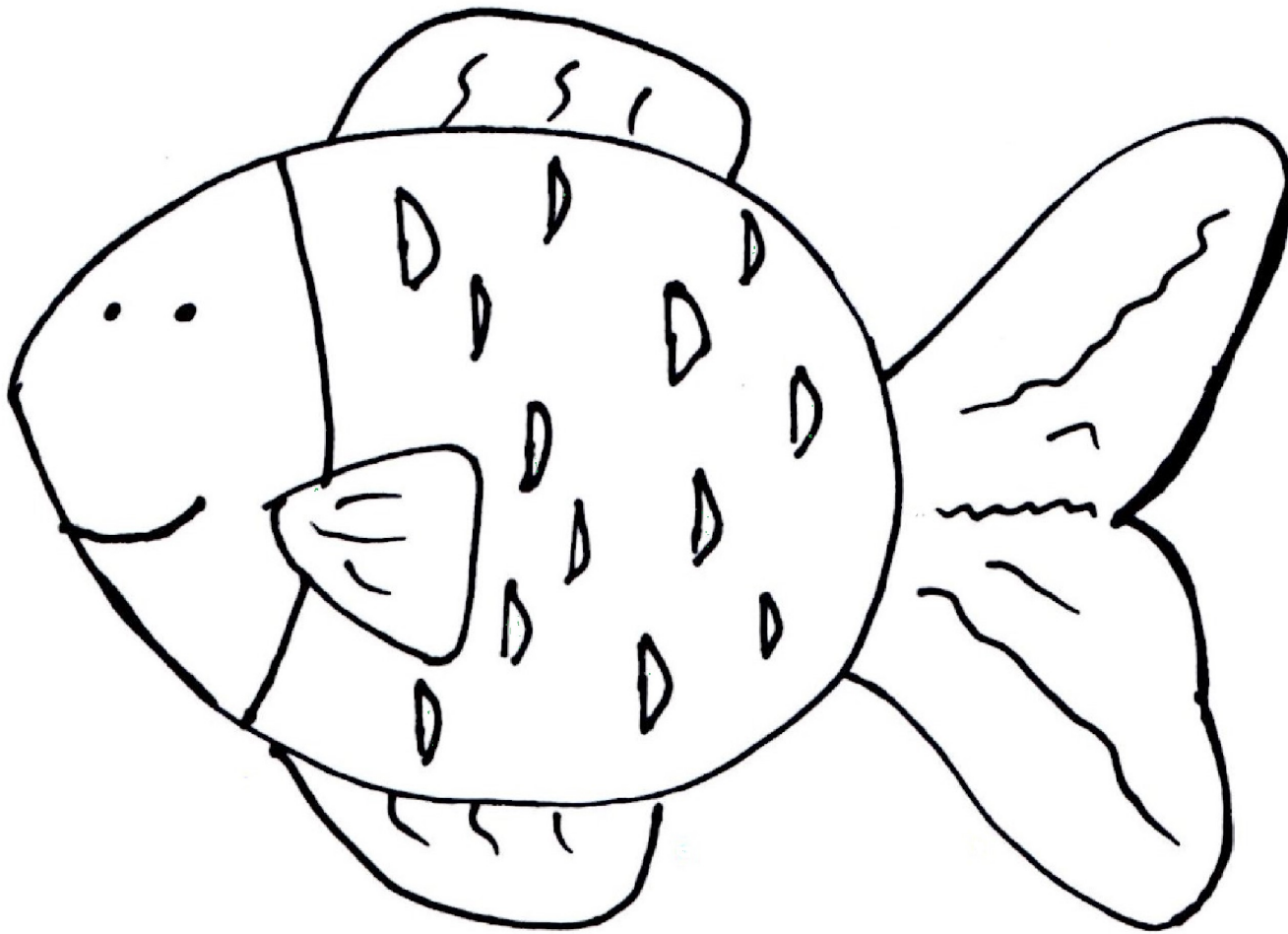
Give the prompt to draw them somewhere they would have a negative thought

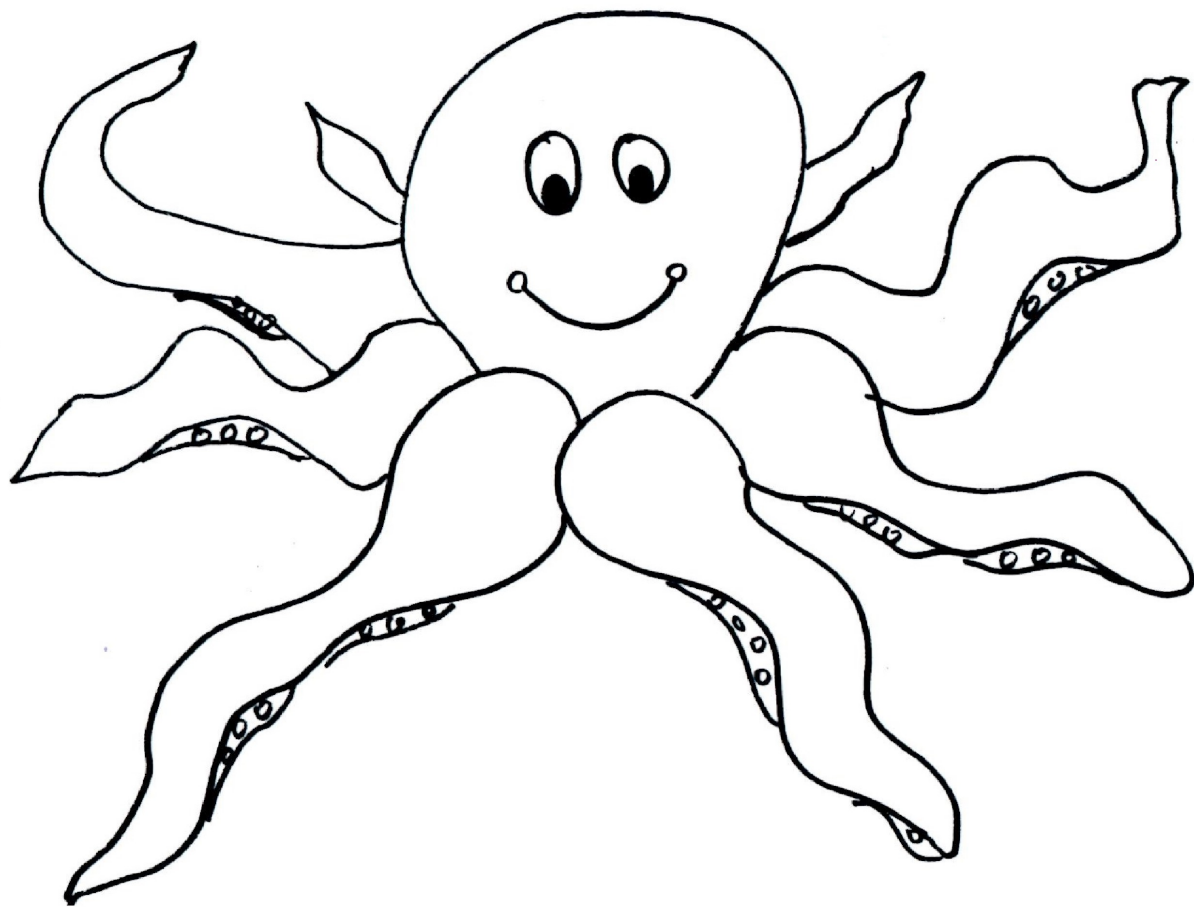
Write the negative thoughts in that animal, with the positive thoughts outside of the animal

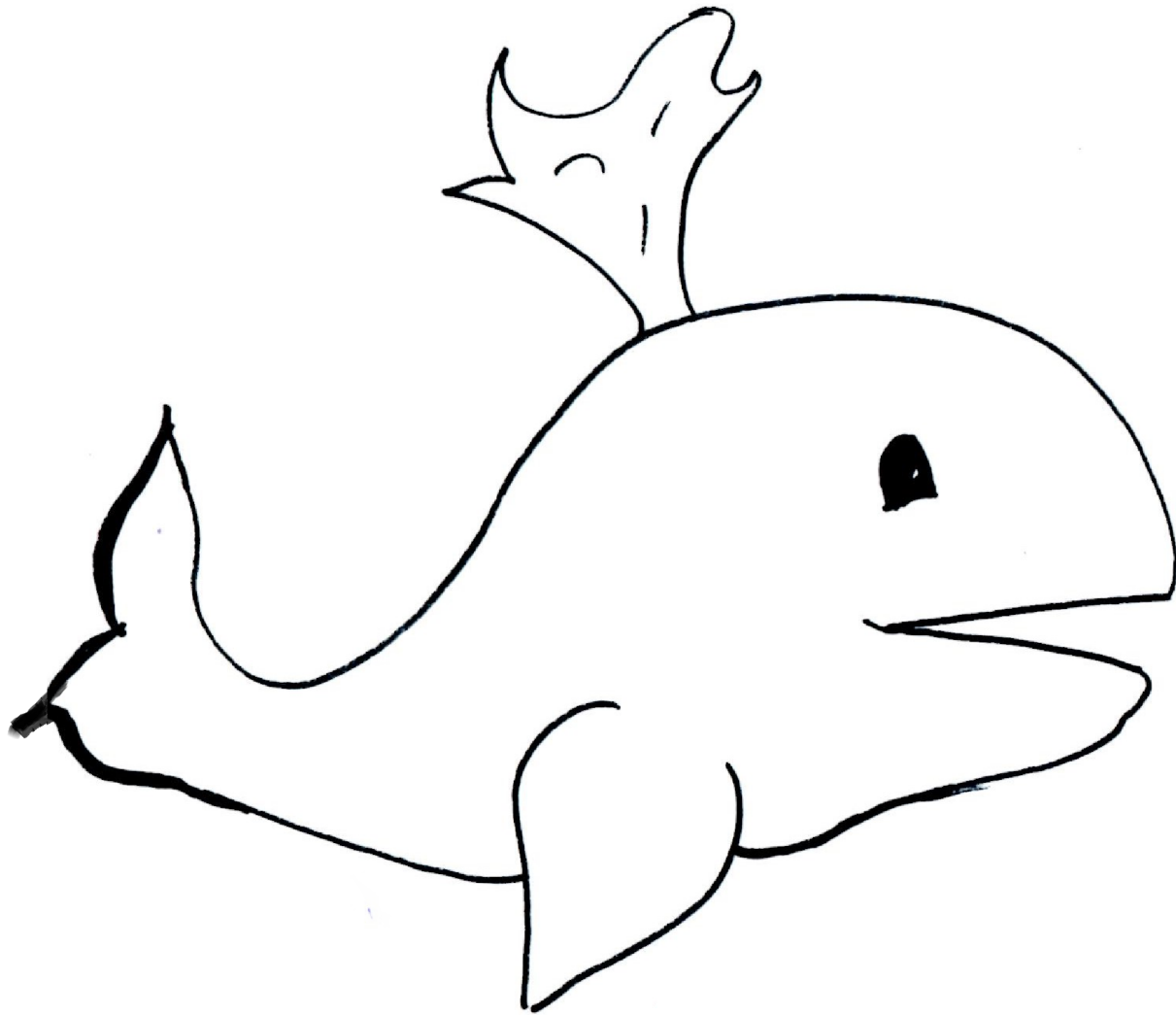
Color them somewhere they would feel positive



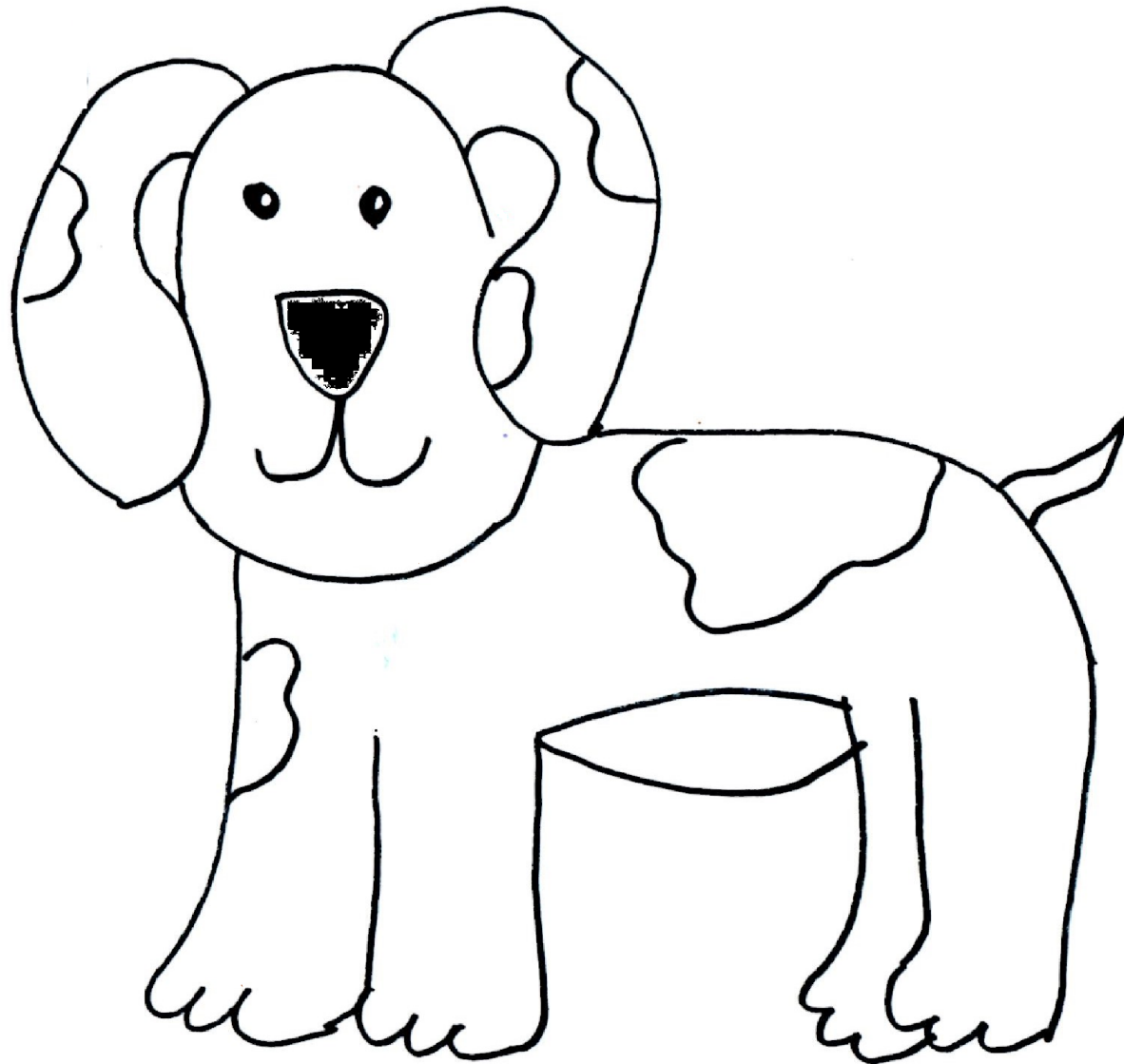




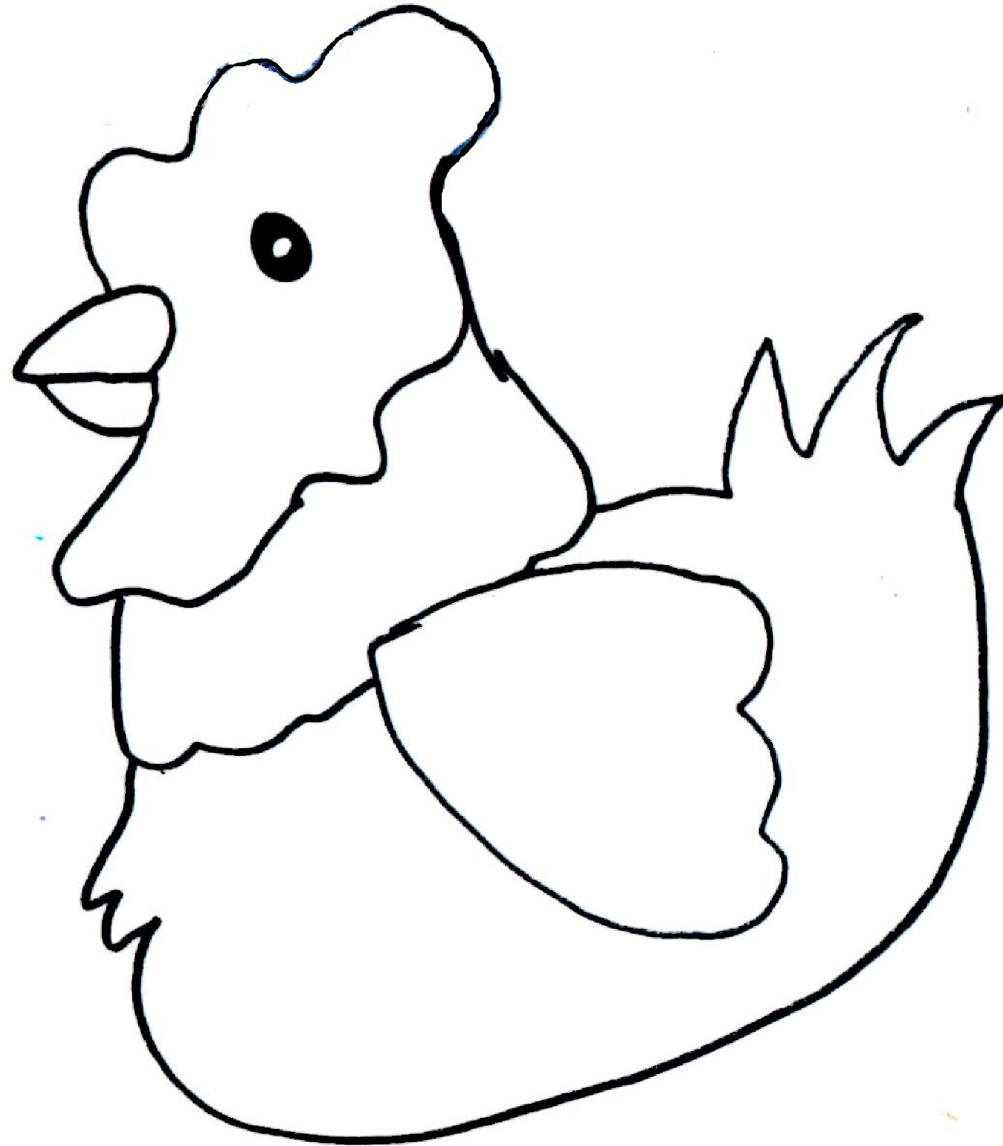


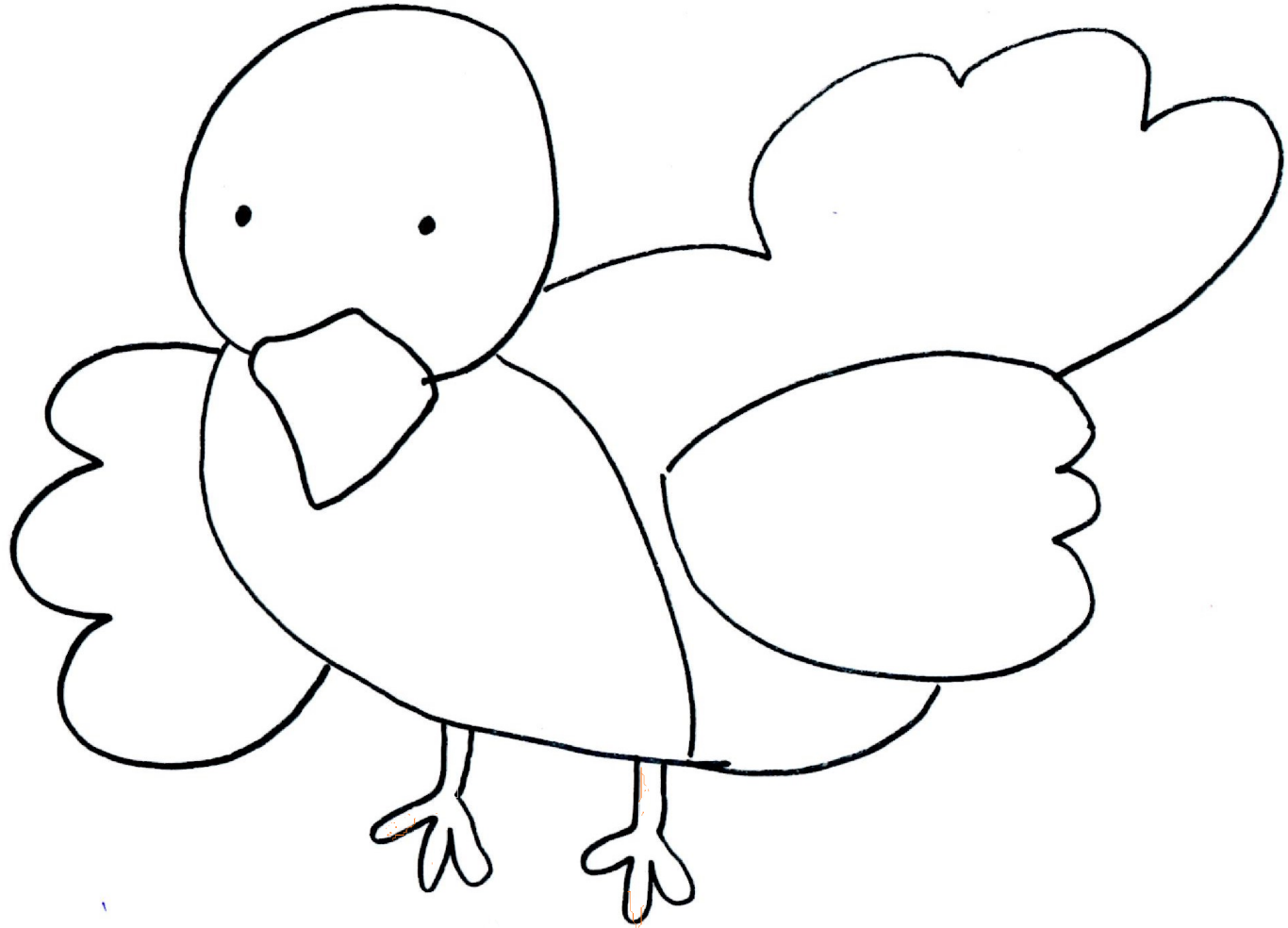


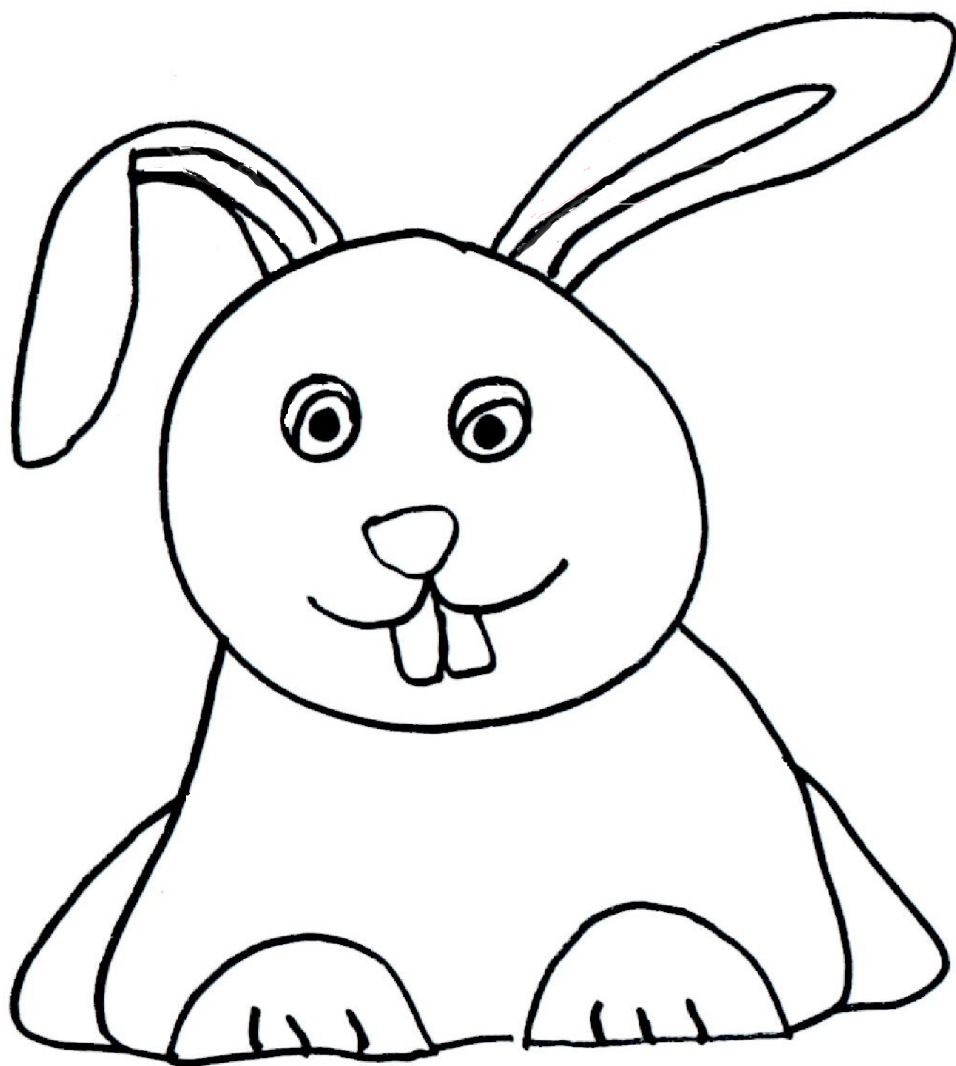


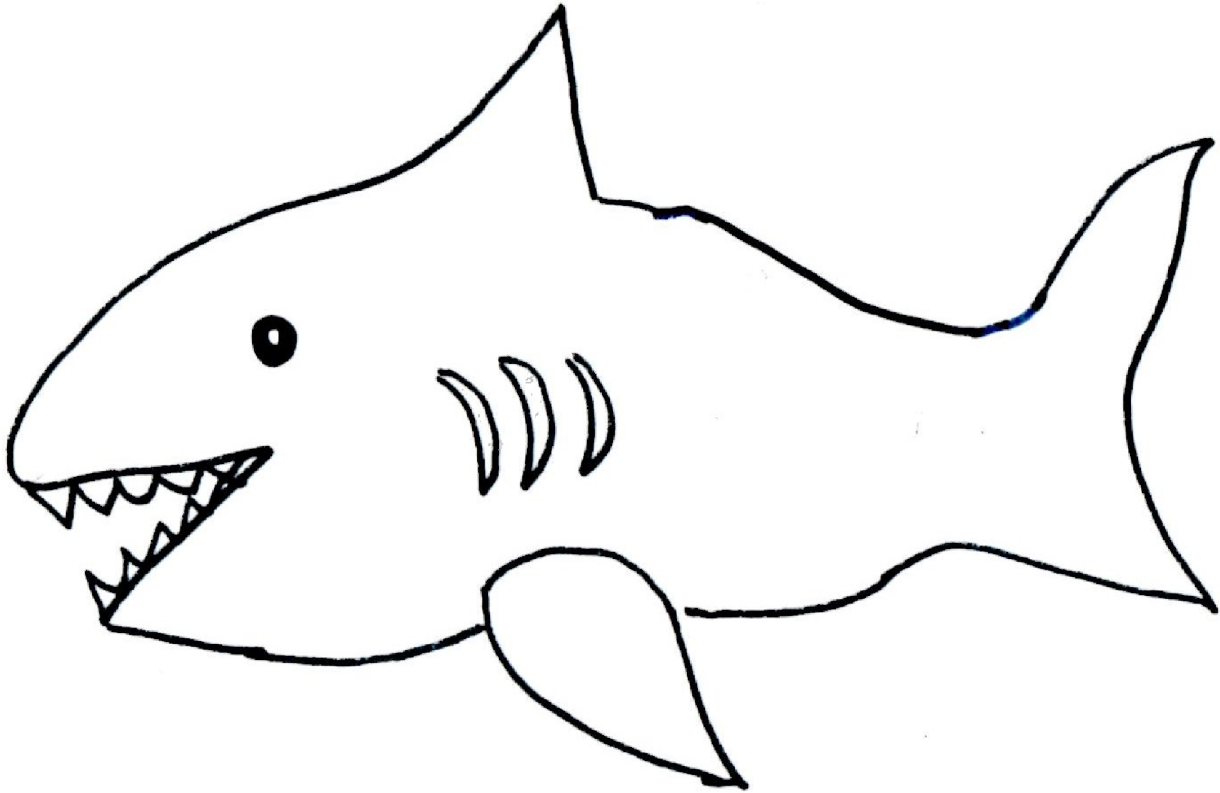






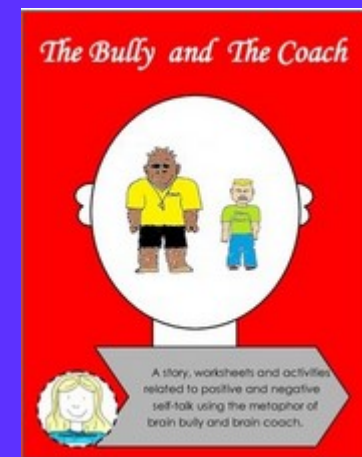
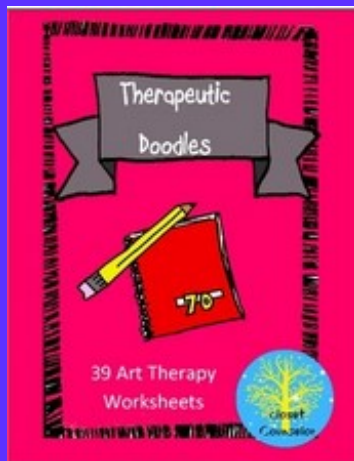
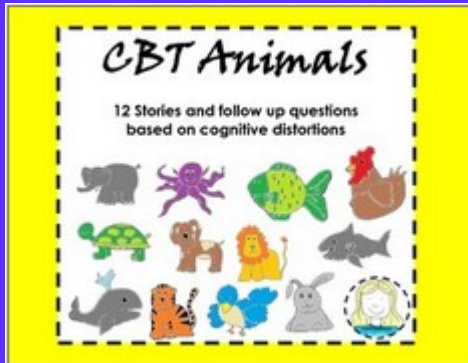






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