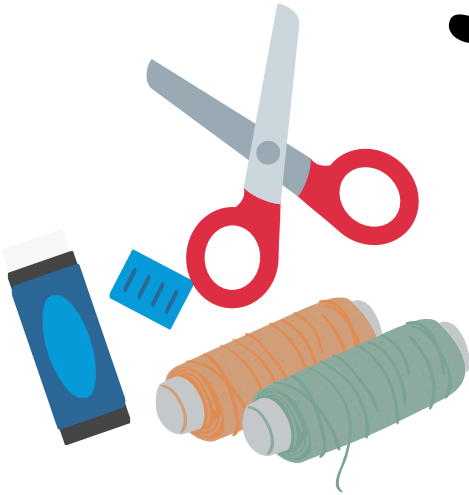


CBT SNOWFLAKE

Learning to challenge our negative thoughts takes a lot of practice! By identifying our initial thoughts, feelings, and behaviors, we can understand how events influence us. Then, we can restructure our thoughts and see how this might shift our feelings and behaviors. Practice the CBT triangle using this activity!

1. Get your supplies ready!
2. With the first bag, identify an event that might trigger a negative response.
 - a. Bag 2 - identify the thoughts you would have.
 - b. Bag 3 - identify the feelings you would have.
 - c. Bag 4 - identify the behaviors you would have.
3. Now, practice restructuring your negative thought.
 - a. Bag 2 - identify the new thoughts you would have.
 - b. Bag 3 - identify the new feelings you would have.
 - c. Bag 4 - identify the new behaviors you would have.
4. Practice again with a new event using the remaining bags!

SNOWFLAKE HOW TO



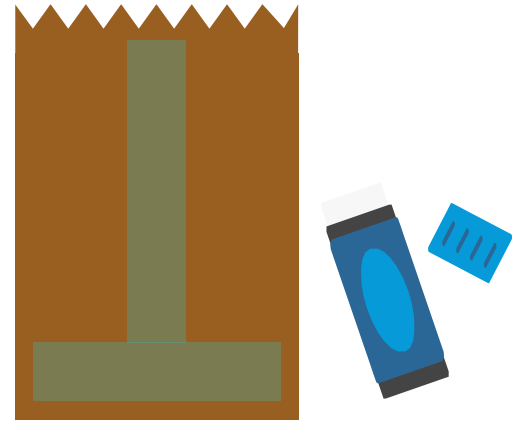
Step 1. Get your supplies. 7 paper bags, 1 glue stick, scissors, and string.

Step 2. Complete the CBT activity

Bag 1	Bag 2	Bag 3	Bag 4
Event	Original Thought	Feeling	Behavior
	Restructured Thought	Feeling	Behavior
Side 1			

Bag 1	Bag 5	Bag 6	Bag 7
Event	Original Thought	Feeling	Behavior
	Restructured Thought	Feeling	Behavior
Side 2			

Step 3. Once the CBT activity is complete, assemble the snowflake. Glue one side of bag 1 then place a second bag on top. Repeat until all bags are stacked and glued together.



Step 4. Cut off the top two corners to make a point. Use the scissors to cut out designs on the bag.

Step 5. Once the cutting is complete, glue one side of the stack. Open the stack of bags like an accordion and stick the two faces together



Step 6. Tape a piece of string to the top of the snowflake to hang it up!