

CBT HOOPS

Our thoughts, feelings, and behaviors are all connected! Practice connecting your thoughts, feelings, and behaviors using the CBT Hoops game!

1. Cut out the emotions cards and tape them to the walls around the room. Crumple up some paper balls or find a soft foam ball.
2. Find two hoops, buckets, or empty trash cans to use as a basketball hoop. Tape the "Thought" sign above one bin and the "Behavior" sign above the other bin.
3. Pick an "Events" card from the deck and read it out loud.
4. Throw the ball at the emotion on the wall that goes with the event.
5. Then, identify the thought you would have and take a shot in the "Thought" basket.
6. Finally, identify the behavior you would have and take a shot in the "Behavior" basket. Try and get as many points to win the game!

Your sister borrows your shirt and rips it while playing.

You asked your friend to hang out but they said they already had plans with someone else.

Your friends have been ignoring you at school all week.

A kid in class laughs at you for liking tennis.

Your friend chose to work with someone else on the group project instead of you.

You complimented someone on their outfit and they didn't say anything back to you.

You tripped in the hallway in front of everyone.

You can't find the toy you wanted to play with.

You hear your classmate say something mean about another student.

You told your best friend a secret and found out they have been telling other kids in your class.

Your friend only want to play basketball but you aren't very good at it.

You get a C on your spelling test.

A kid at school says your shoes are ugly.

At lunch, there is no room left at the table with your friends.

Your mom yells at you for not cleaning your room.

A classmate invites everyone in the class to their birthday party except you,

**You broke your favorite
game.**

**You tripped in the
hallway in front of
everyone.**

**You have a test
tomorrow.**

**You don't understand
how to do your
homework.**

**You tried out for a
sports team at school
and didn't make it.**



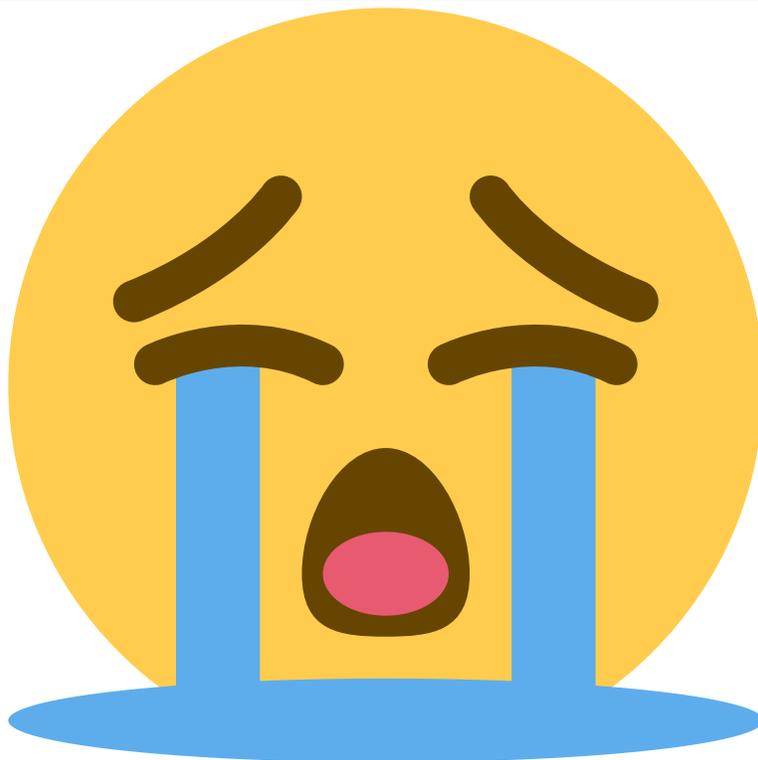
HAPPY



ANGRY



FRUSTRATED



SAD



EMBARRASSED



DISAPPOINTED



PROUD



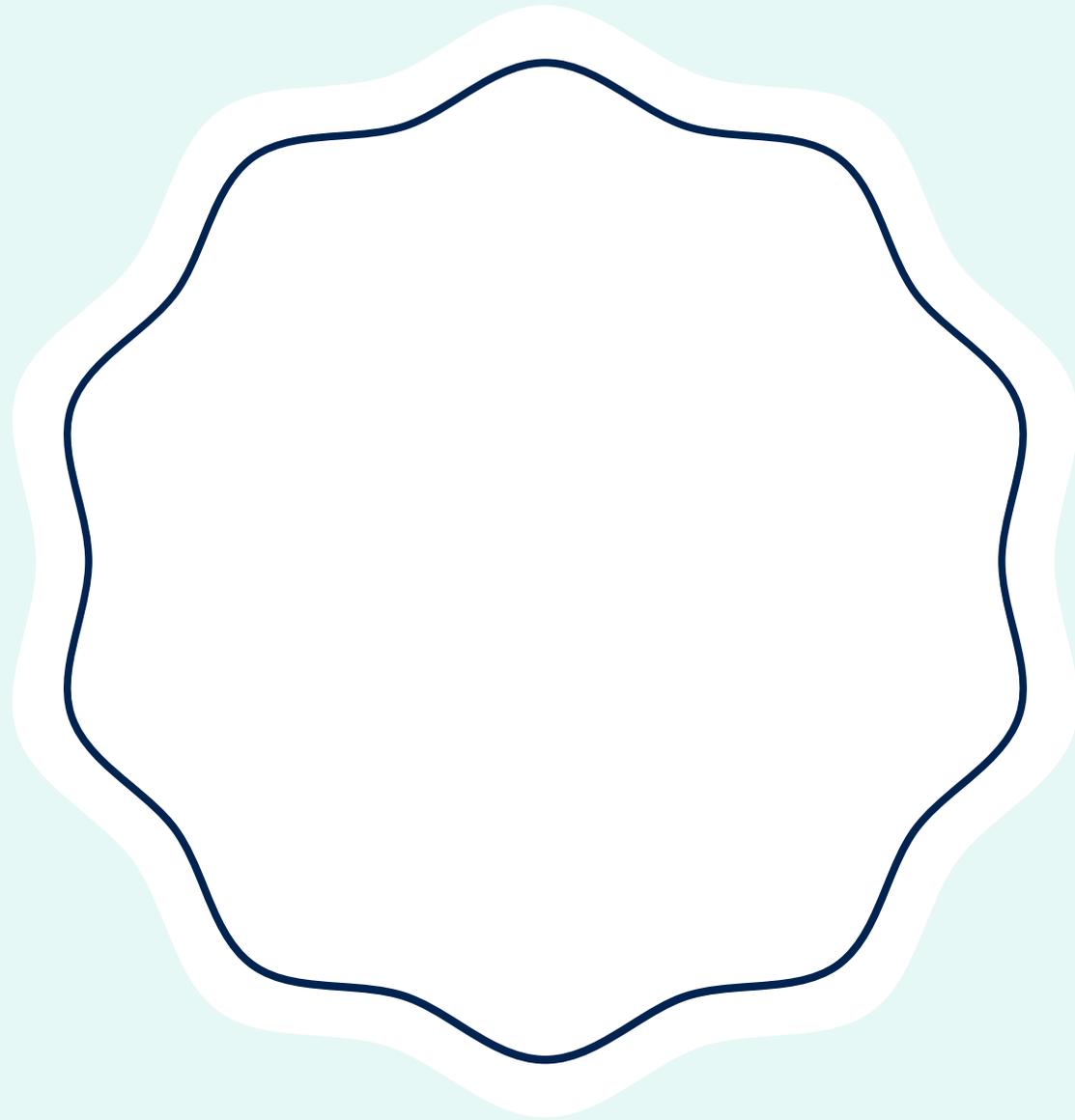
CONFUSED



SCARED



EVENT



THOUGHT



FEELING



BEHAVIOR

