

THE THINKING TRAP SUPER HERO

Thinking traps can really get our brains stuck! Good thing you are a thinking trap super hero here to save the day! Use your thought restructuring powers to wipe out the thinking traps and get to sunny skies!



1. Spin the the spinner.
2. Pick the thinking trap card from the deck that the spinner lands on.
3. Read the card and use your thought restructuring powers to solve the thinking trap.
4. Once you solve the problem, move your player on the board.
5. Save the day and get to sunny skies!

THINKING TRAPS



MAGNIFYING

Focusing on a small event and assuming the worst outcome will happen. If you forget your homework, you might think you will fail the class and be kicked out of school



MIND READING

Trying to read other people's thoughts and assuming people are thinking bad things about you. You might think someone doesn't like you.



ALL OR NONE THINKING

Thinking situations can only be 100% good or 100% bad and ignoring the other possibilities. You might think if I don't get an A on the test I am stupid.



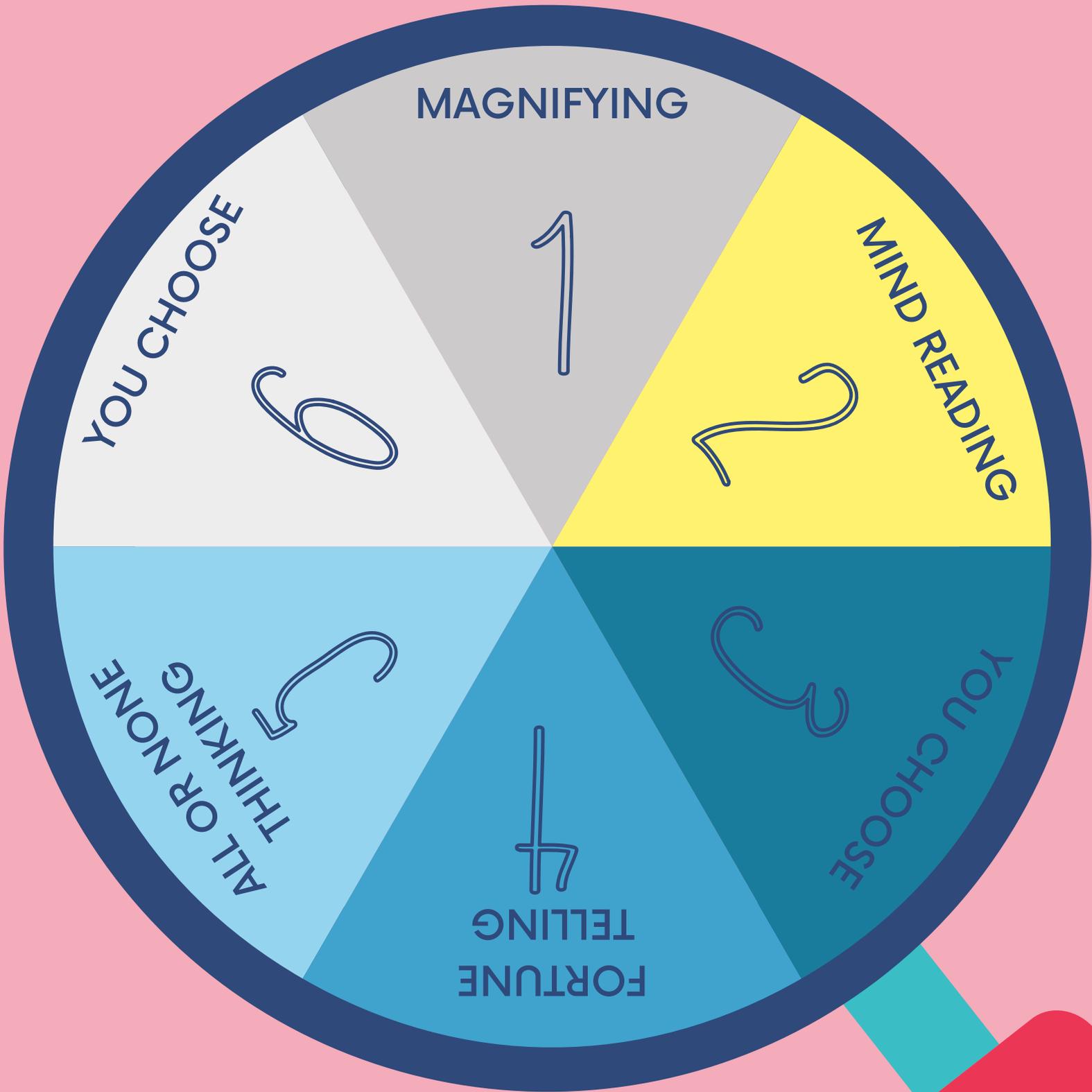
FORTUNE TELLING

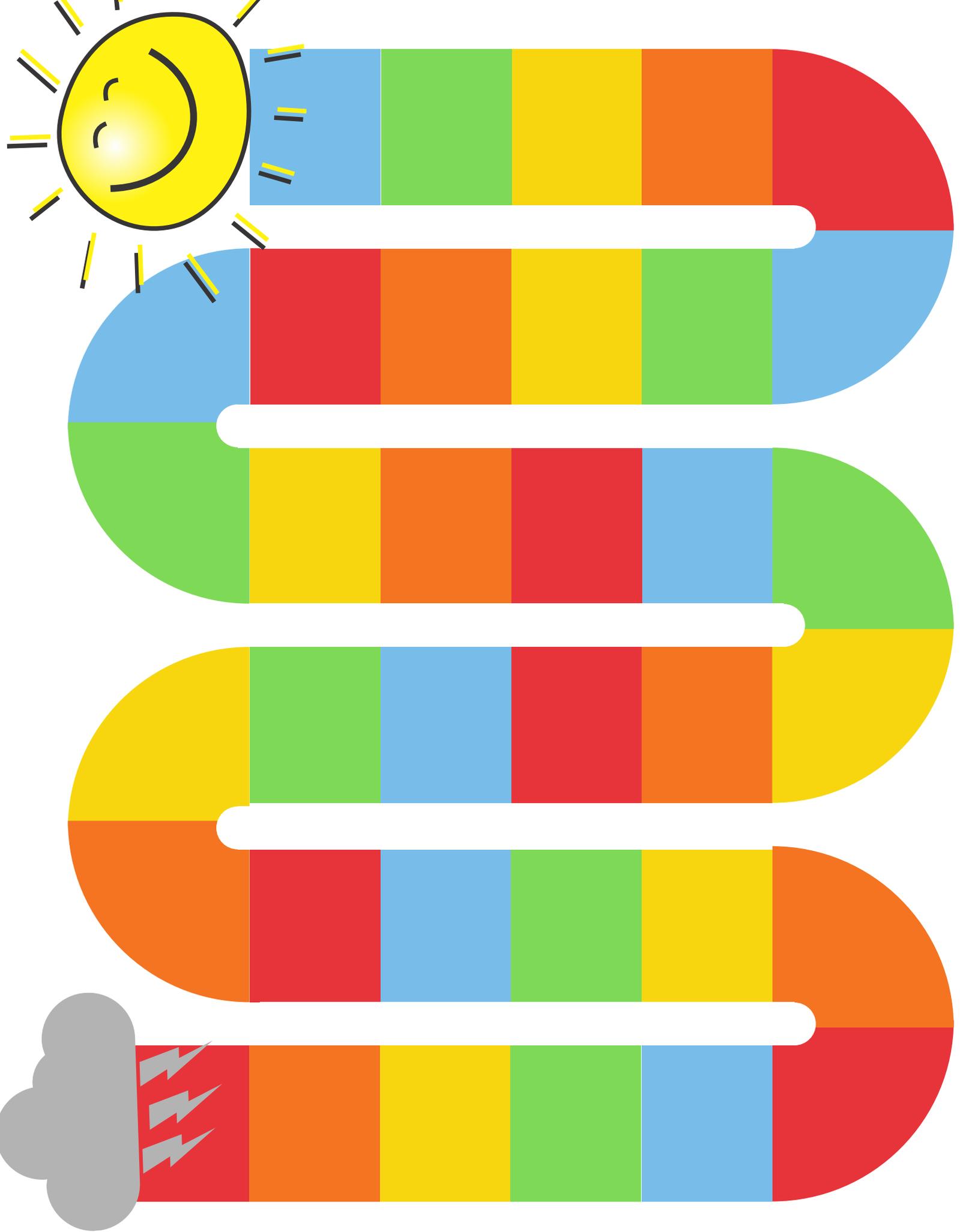
Trying to predict what will happen in the future and assuming it will be bad. You might think you will mess up your class presentation.



FILTERING

Only looking at the negative parts of a situation and ignoring the positives. You might get 10 compliments and 1 insult but you will only focus on the insult.







MIND READING



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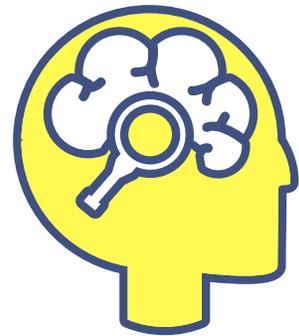
MIND READING



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I got a C on my spelling test. My teacher must think I am stupid.

My classmate didn't compliment my new shoes. She must think they are ugly.

Those kids at recess didn't invite me to play their game. They must think I'm weird.

My neighbor didn't wave to me when I saw her at the grocery store. She must not like me.

My best friend chose to work with someone else on the group project. She must be mad at me.

I asked my friend to play but he said he already had plans with someone else. He doesn't like me anymore.

I messed up my lines during the school play. The other actors must be so embarrassed by me.

I can't try out for the school musical. Everyone will think I have a bad singing voice.

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**ALL OR NONE
THINKING**

If I don't get an A in this class, I won't ever get into college.

I came in second place in the race. I never get anything right.

I only scored one goal during my soccer game. I am a terrible athlete.

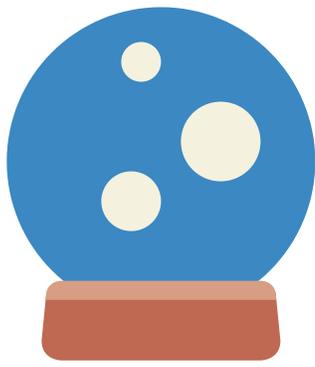
Why bother studying for my test. I never get a good grade anyways.

I spilled my juice on my shirt today. This has been a terrible week.

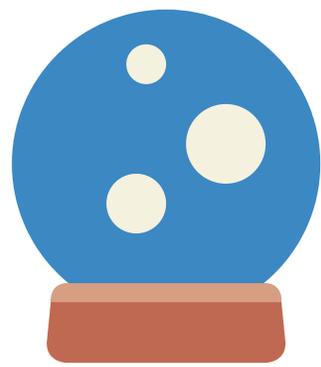
If I don't win the perfect attendance award, I am not a good student.

No one asked to be my partner in class. I am a loser.

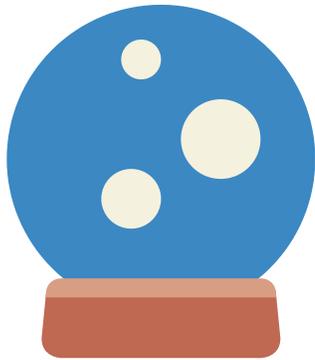
I set a goal to practice my guitar everyday but only practiced three days this week. I am a total failure.



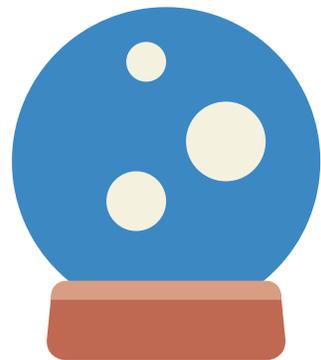
FORTUNE TELLING



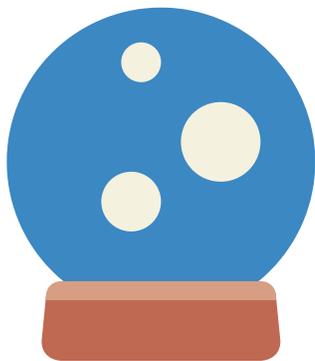
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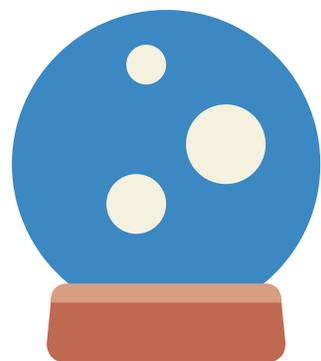
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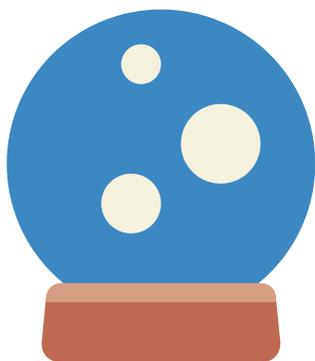
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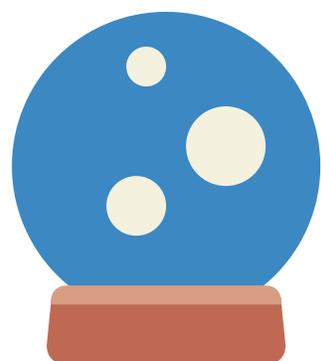
FORTUNE TELLING



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I am going to fail my test next week.

I will forget my lines during the play tomorrow.

I won't score a goal at my soccer game, I just know it!

I'm going to forget everything I studied when I take the test tomorrow.

I am going to mess up when I present my class project.

I won't make any friends when I move to my new school.

My mom is going to yell at me for not getting an A on my test.

I will never be able to become a doctor because I'm not smart enough.



MAGNIFYING



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While giving a class speech, I stuttered on a few of my words. I ruined the whole presentation.

I didn't make a friend on the first day of camp. I will never make any friends.

While running, I tripped and ripped my new pants. I keep thinking about how stupid I was to ruin my new pants.

When I got home I realized I had something in my teeth all day. I am such an embarrassment.

I can't believe I called my teacher "mom". My life is over.

I dropped my lunch tray and spilled everything. I can never get anything right.

I can't believe I wore two different shoes by mistake. I am a loser.

I forgot to turn in my homework. I am a failure.