

TRUE OR TRAP

We have thoughts pop in our head all the time! Sometimes the thoughts are true. But sometimes the thoughts are actually thinking traps. Solve the unicorn mystery by figuring out which thoughts are true and which are traps!

1. Print the True or Trap packet.
2. Cut out all the cards and shuffle them up.
3. Go through each card and ask the questions on the clouds. Figure out if the thought is true or a trap!
4. If it's a trap, how would you restructure that thought?

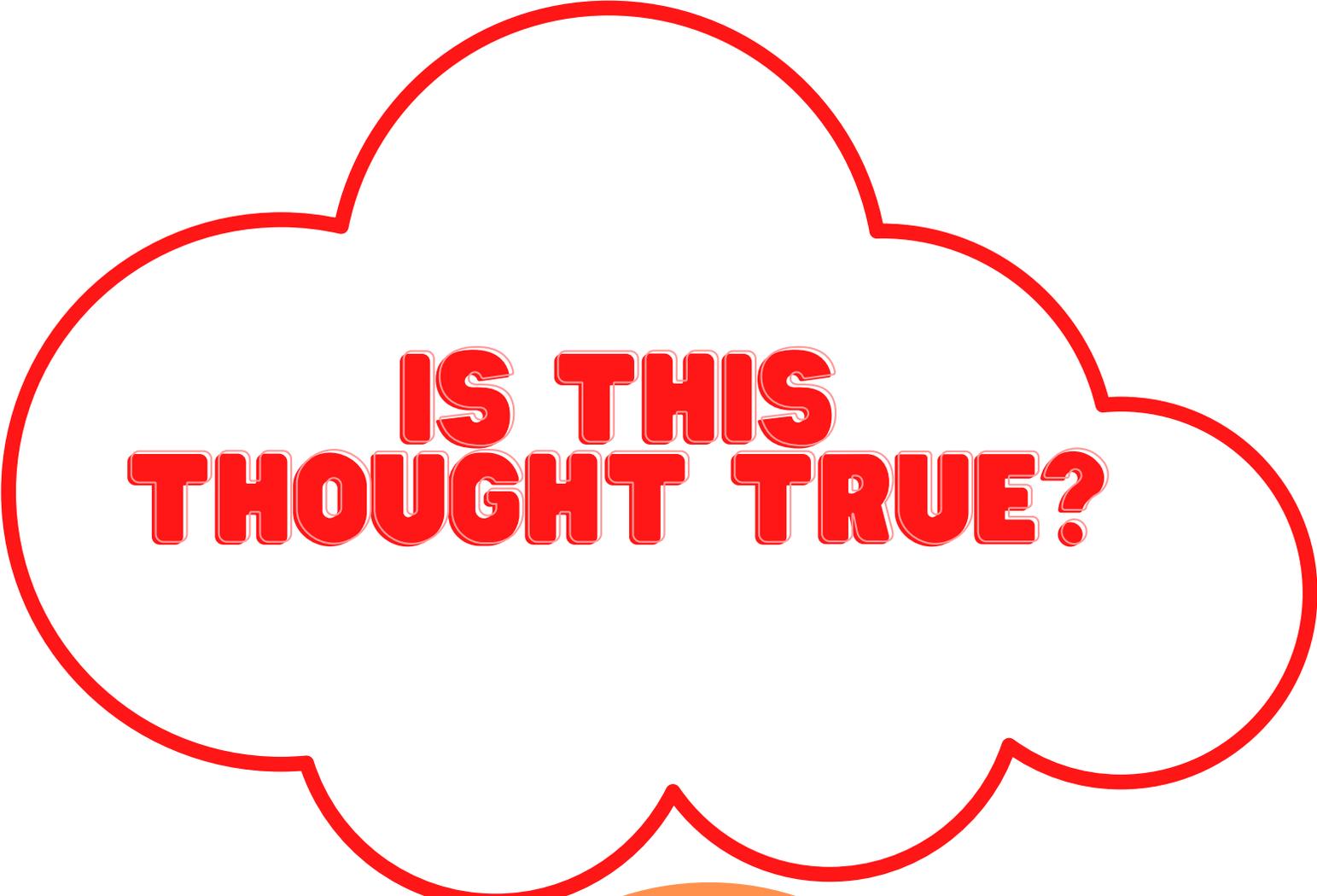
TRUE
OR
TRAP



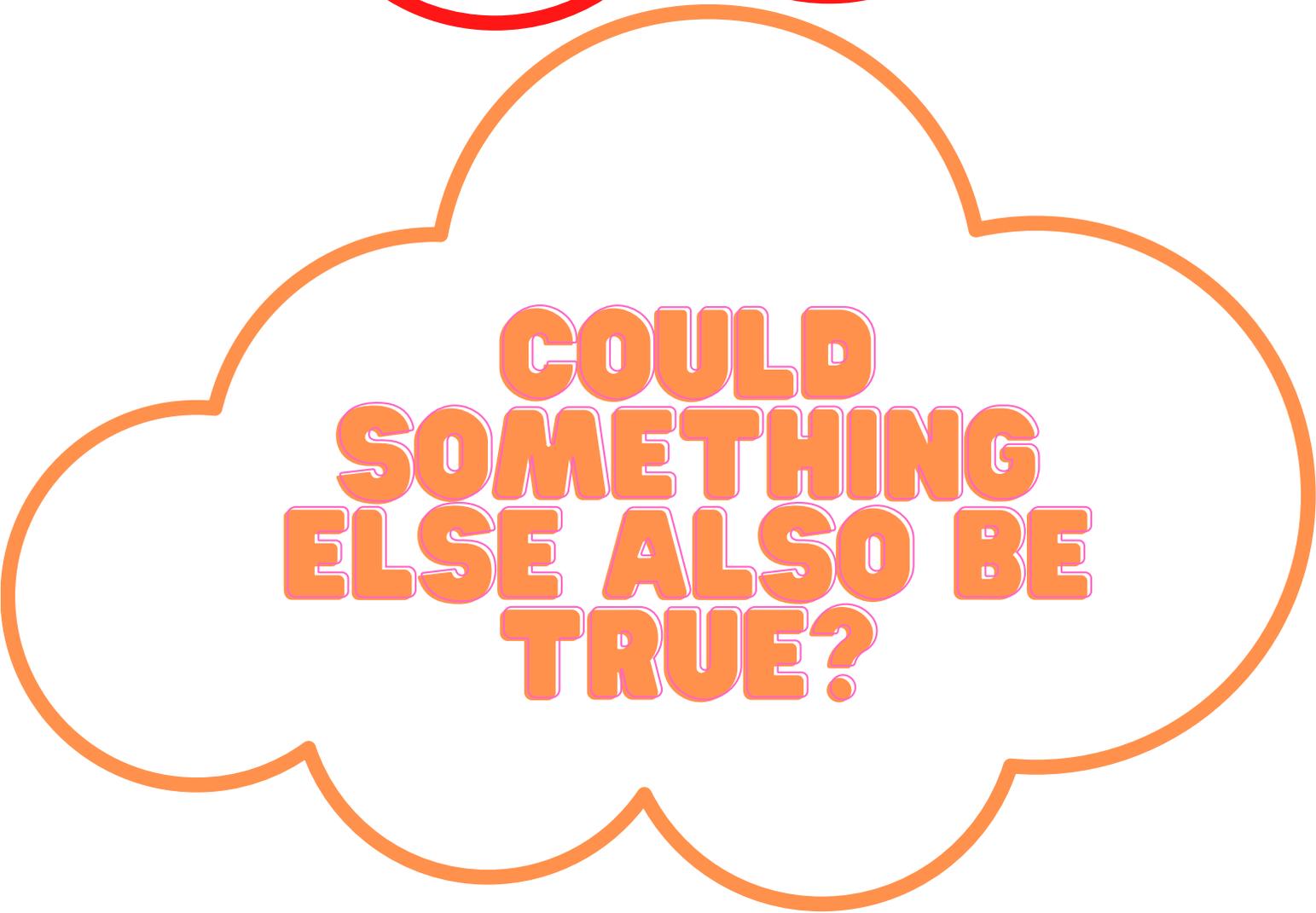
TRAP



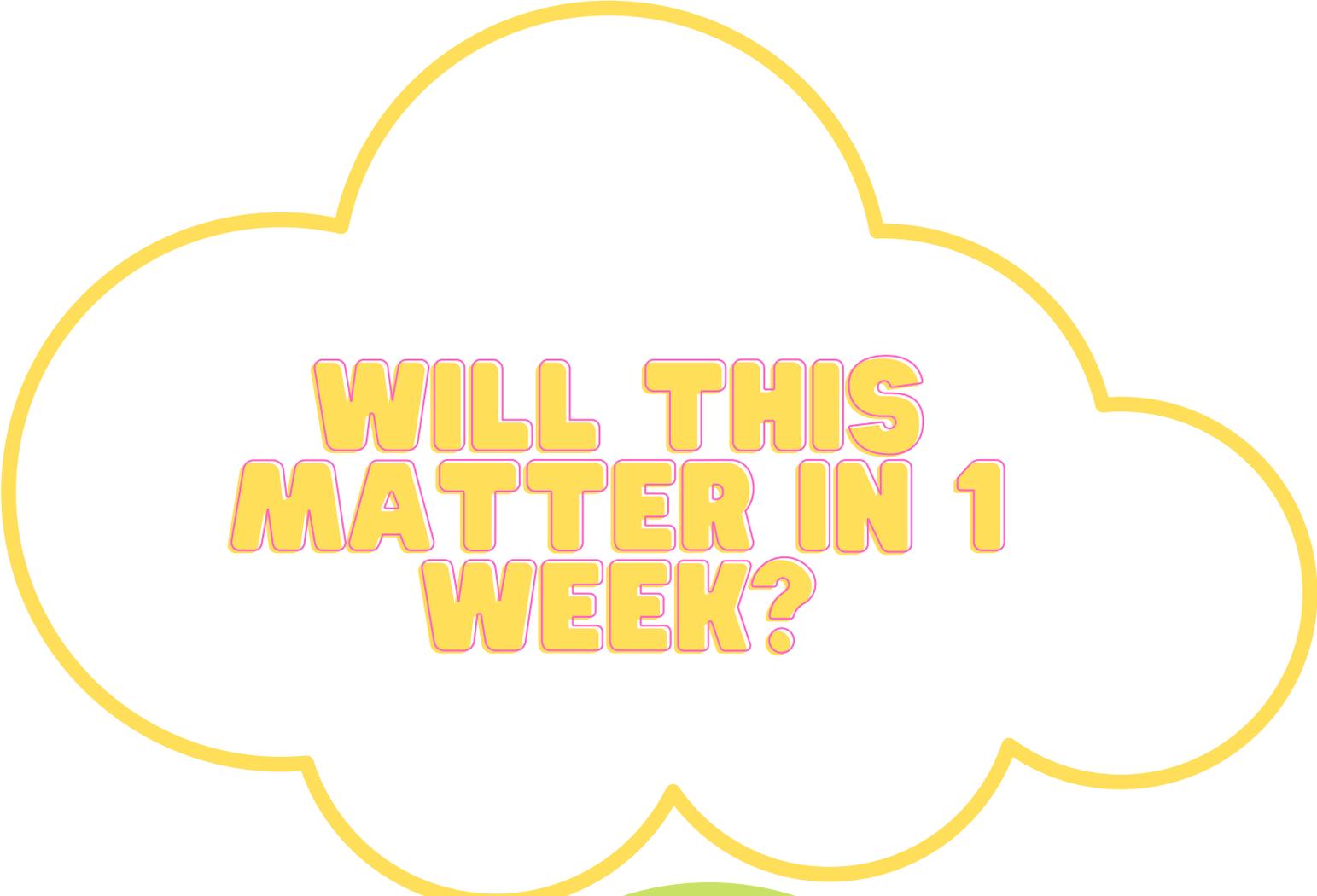
TRUE

A red-outlined thought bubble with a scalloped bottom edge. Inside, the text "IS THIS THOUGHT TRUE?" is written in a bold, red, sans-serif font with a white outline.

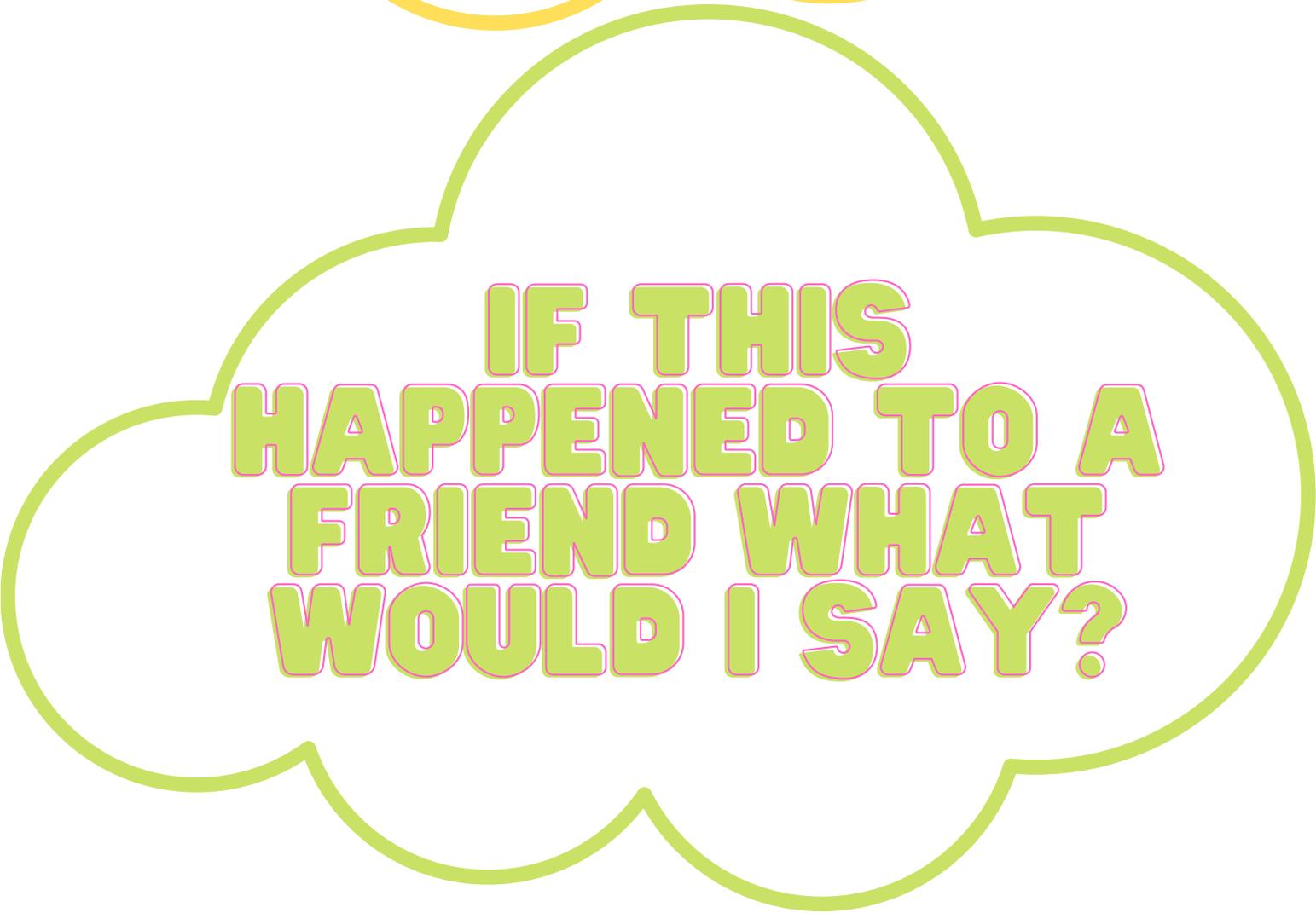
**IS THIS
THOUGHT TRUE?**

An orange-outlined thought bubble with a scalloped bottom edge. Inside, the text "COULD SOMETHING ELSE ALSO BE TRUE?" is written in a bold, orange, sans-serif font with a white outline.

**COULD
SOMETHING
ELSE ALSO BE
TRUE?**



**WILL THIS
MATTER IN 1
WEEK?**



**IF THIS
HAPPENED TO A
FRIEND WHAT
WOULD I SAY?**

**DO I HAVE
EVIDENCE TO
SUPPORT THIS
THOUGHT?**

**IS THIS A
THINKING TRAP?**

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

While giving a class speech, I messed up a few of my words. I still tried my best and am proud I remembered most of the words.

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

I think my test is going to be hard next week. I will study and try my best.

I didn't get an A on my math test. I tried my best and it's okay to not get perfect grades.

I am nervous to present my class project. It's okay to feel nervous and I know I am prepared.

While running, I tripped and ripped my new pants. Accidents happen.

I have a soccer game tomorrow. I hope I score a goal but know it's okay if I don't.

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

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

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

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

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

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

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

I will forget my lines during the play tomorrow.