

CBT HOPSCOTCH

Our thoughts, feelings, and behaviors are all connected! When events happen around us, our body reacts. Practice connecting your thoughts, feelings, and behaviors using the CBT Hopscotch game!

1. Set up a hopscotch! You can do this using sheets of paper, masking tape, or an indoor hopscotch mat! Get creative!
 2. Put the "Thought", "Feeling", and "Behavior" cards on each square like shown in the picture below.
 3. Get ready to hopscotch! Choose one of the "CBT hopscotch" cards and read it out loud.
 4. As you hop, shout out the thought you would have, the feeling you would experience, then act out the behavior you would have.
 5. For added fun, hop on the Finish box and shout words of affirmation! You can brainstorm examples on the worksheet below.
- TIP: You can get a pre-made indoor hopscotch here and here!

Step 5

For extra fun,
hop on the
Finish box and
shout words of
affirmation!

FINISH

Step 4

Hop on the
penguin and act
out the **ACTION**
you would do

BEHAVIOR



Step 3

Hop on the
heart and say
the **EMOTION**
you have

FEELING



Step 2

Hop on the
brain and say
the **THOUGHT**
you have

THOUGHT



Step 1

Read the CBT
hopscotch card

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

IT IS RAINING

**MY BIRTHDAY IS
NEXT WEEK**

**I FORGOT MY
HOMEWORK AT
HOME**

**MY FRIEND IS
COMING OVER TO
PLAY**

**MY DOG KEEPS
BARKING**

**I DIDN'T GET A TOY
AT THE STORE**

**MY SISTER SAID SHE
DOESN'T WANT TO
PLAY WITH ME**

**WE HAVE TO WEAR
A MASK AT SCHOOL**

**TODAYS SCHOOL
LUNCH IS TACOS**

**THE DOG LICKED
MY FACE**

**IT IS 100 DEGREES
OUTSIDE**

**MY MOM IS ON THE
PHONE AND CAN'T
TALK TO ME**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**I PLAYED ON THE
SWING SET**

**MY TEACHER TOLD
ME TO WASH MY
HANDS**

**I HAVE A CLASS
PRESENTATION
TOMORROW**

**I TRIPPED IN THE
HALLWAY**

**A BUG IS FLYING
AROUND MY HEAD**

**I HAVE A RUNNY
NOSE**

**I HAVE TO DO MY
HOMEWORK
BEFORE I CAN PLAY**

**I HAVE ART CLASS
TODAY**

**TOMORROW IS THE
FIRST DAY OF
SCHOOL**

**IN 6TH GRADE, I
WILL HAVE
SPANISH CLASS**

**HALLOWEEN IS IN
TWO WEEKS**

**I DON'T KNOW
HOW TO DO MY
HOMEWORK**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

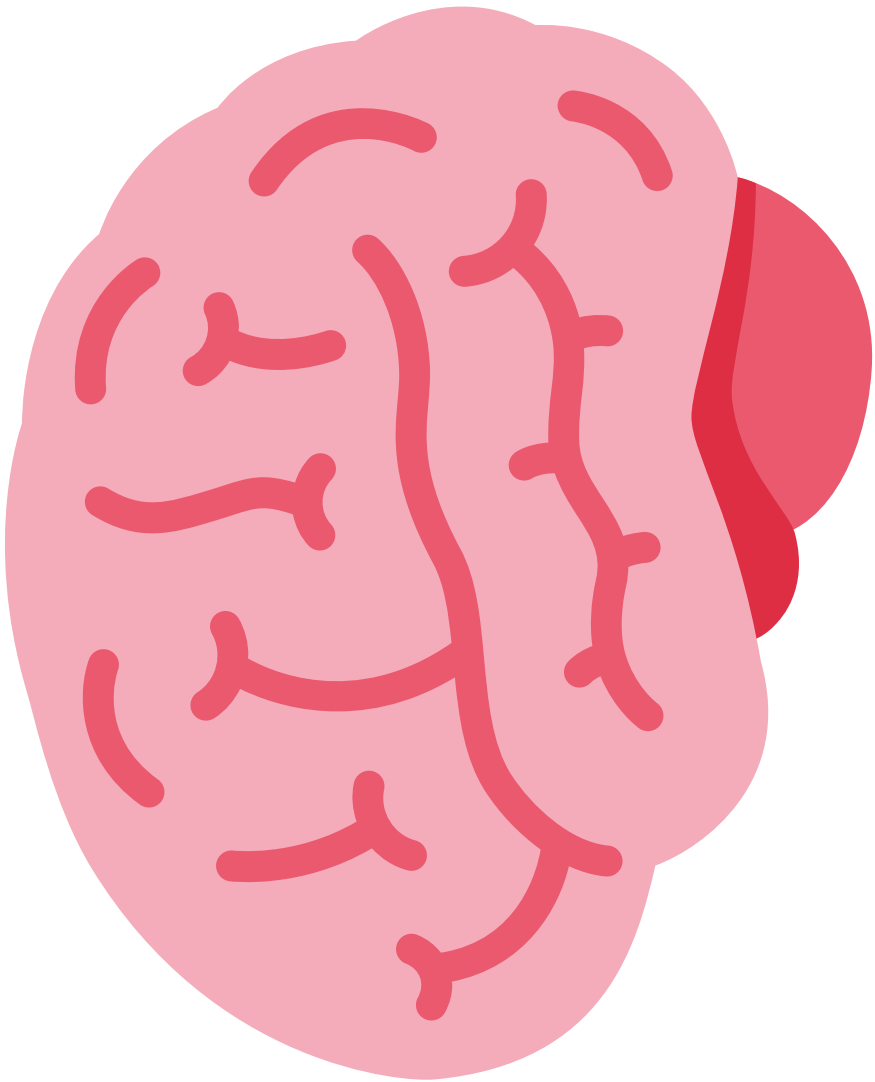
**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

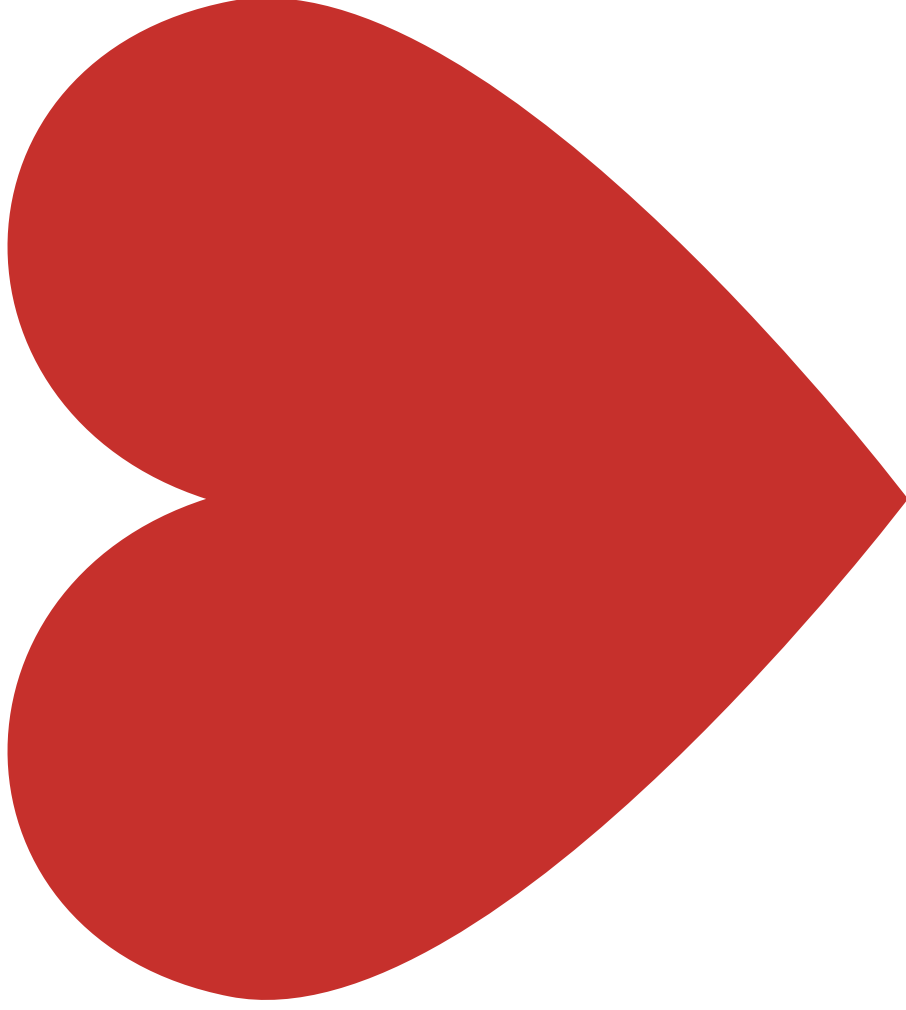
**CBT
HOPSCOTCH**

**CBT
HOPSCOTCH**

THOUGHT



FEELING

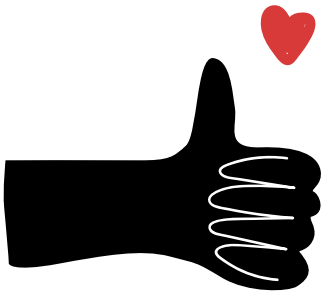


BEHAVIOR

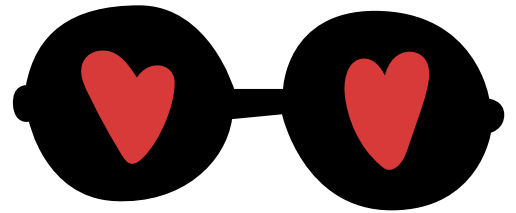


CBT HOPSCOTCH WORDS OF AFFIRMATION

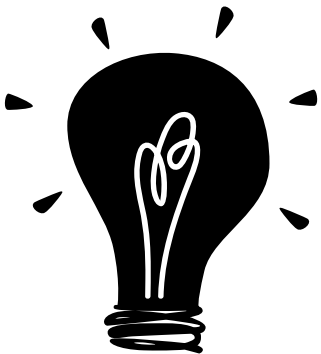
I AM...



I AM...



I AM...



I AM...

