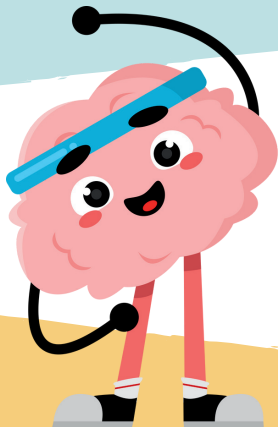


THE CBT

COGNITIVE BEHAVIOURAL TRAINING



WORKBOOK

FOR CHILDREN

INTRODUCING CBT

What is CBT?

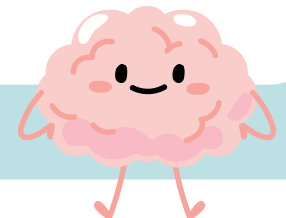
CBT stands for Cognitive Behavioral Training - but don't worry, that's just a fancy way of saying "how our thoughts, feelings, and actions work together!"

Have you ever felt really nervous before a test? Or upset because of a problem with a friend? CBT helps you notice tricky thoughts and turn them into more helpful ones so you can feel better and stay in control.

So, why should you learn about it?

Because it's like a superpower for your brain! It gives you tools to handle big feelings, solve problems, and feel happier.

With CBT, you can face challenges with a clear mind and a brave heart!



THE CBT TRIANGLE

THE CBT TRIANGLE: HOW THOUGHTS, FEELINGS, AND ACTIONS ARE CONNECTED!

The Three Points of the CBT Triangle are:

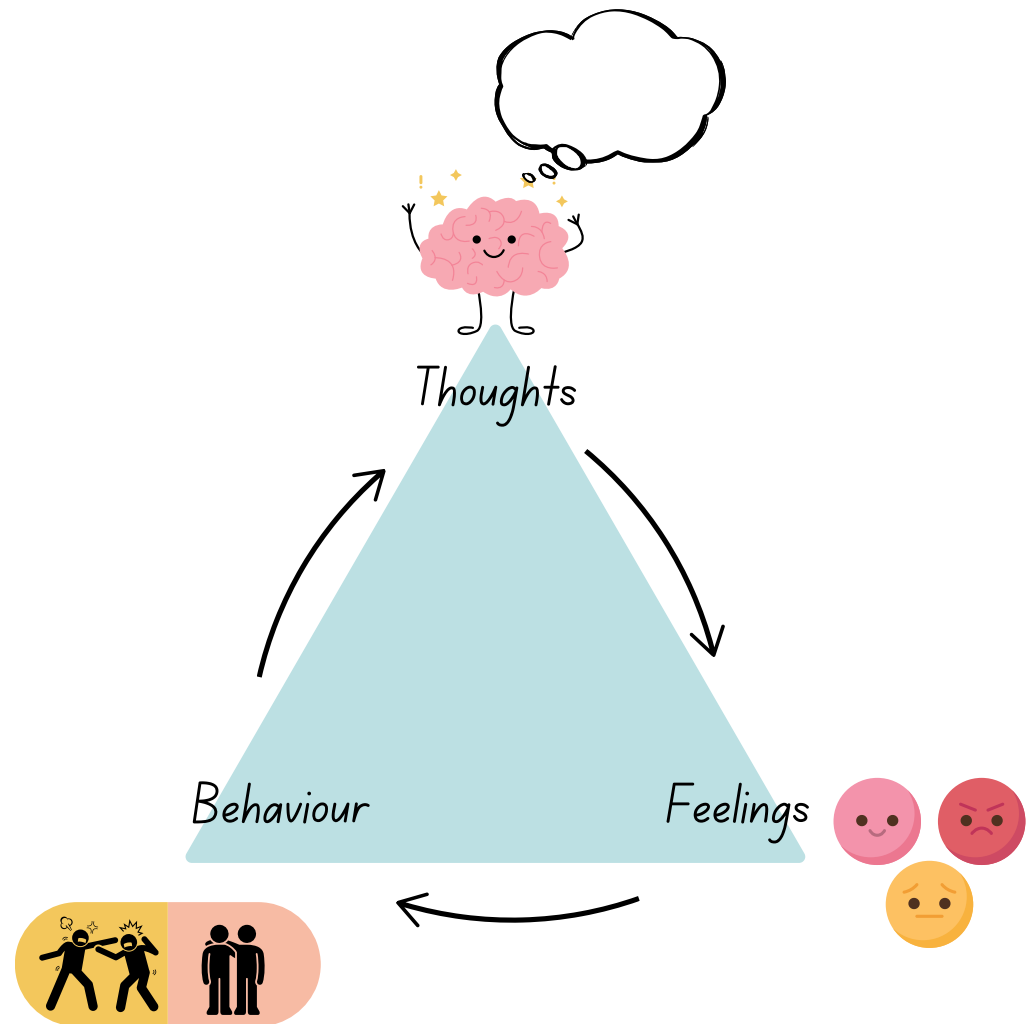
- **Thoughts:** What we say to ourselves in our head (like, "I can't do this!" or "I'll try my best!")
- **Feelings:** How those thoughts make us feel (like happy, nervous, or upset)
- **Actions:** What we do because of those feelings (like avoiding something, lashing out, or making a good choice).

All three are connected - like a team that works together! When we work on **one** point of the triangle, it can change the others too!

Next, we'll learn how to boss our thoughts by asking:

- "Is this thought true?"
- "Is it helpful?"

When we change unhelpful thoughts, we can feel better and make better choices!



A Football Example!

Imagine a football player thinking, "I'm going to mess up!"

- This **thought** makes them **feel** nervous.
- Because they feel nervous, they **hesitate** when the ball comes their way.
- Then, they miss the ball and **think**, "See? I knew I'd mess up!"
- This makes them **feel** even more nervous next time, and the cycle keeps going!

But here's the good news... we can break the cycle! If the player changes their thought to "I'll try my best!", they'll feel more confident, act braver, and play better!



MIND TRAPS

Did you know our brains don't always tell us the truth?
Sometimes our brains like to trick us!
Look out for these mind traps!

FORTUNE TELLING Thinking you can see into the future "I'm going to do so badly!"	MIND READING Assuming you know what others are thinking.	SHOULD STATEMENTS Shoulda, woulda, coulda! Stop 'should' statements.	BLAME Blaming others or yourself when that's not fair.
MAGNIFICATION Turning small things into a BIG deal.	BLACK & WHITE THINKING Most things aren't black or white: "I didn't get top marks so I FAILED."	CATASTROPHISING Imagining the worst possible thing to happen.	MENTAL FILTER Dwelling on the bad stuff and not counting the good stuff.
OVER - GENERALISATION Seeing one bad thing as a pattern: "This <u>always</u> happens to me!"	PERSONALISATION You take things personally when it wasn't meant that way.	FEELINGS AS FACTS "I <u>feel</u> stupid, so that means I must <u>be</u> stupid."	LABELLING Instead of saying: 'I made a mistake' you say: 'I'm a loser.'

ALWAYS ASK YOURSELF TWO QUESTIONS:

Is my thought true?
Is my thought helpful?

REMEMBER! YOU CAN CHANGE THE WAY YOU FEEL
BY CHANGING YOUR THOUGHTS



CAN YOU SPOT THE MIND TRAPS IN THESE THOUGHTS?

Circle the mind traps in the thoughts and label them

Mum always tells me off for not tidying my room!! She thinks I'm lazy and I'm not!!

I'm going to do so badly in the school play! Everyone's going to laugh at me! I'm an idiot!

My friend didn't sit next to me on the bus. I must have done something wrong. Why doesn't he like me any more?

ARE THESE THOUGHTS HELPFUL? ARE THEY TRUE?
CAN YOU THINK OF OTHER THOUGHTS WHICH ARE MORE HELPFUL AND REALISTIC?

FLIPPING TRICKY THOUGHTS




Once we spot a tricky thought, we can flip it into a more helpful one - just like flipping a pancake! But remember, the key is to keep it realistic and positive.

Now, take a minute to look at the example on the opposite page. The girl has noticed some mind traps in her thinking — but what could her new thought be?

She might think, "I'm so popular! Everybody likes me!" But wait - is it really possible for everyone to like us all the time? Here's a better flipped thought:

"Just because I haven't been asked to hang out lately doesn't mean people don't like me. Everyone is busy with their own stuff. I can always reach out and make plans!"

Look at the thoughts below. Spot the 'mind traps' then have a go at creating a more helpful 'flipped' thought.



I failed my spelling test. I'm so stupid.
The work at secondary is going to be too hard for me.



I'm going to get lost at big school. I'm never going to find my way around."

MIND TRAPS



EXAMPLE OF MIND TRAPS

MIND READING
You don't know what other people are thinking

OVER-GENERALISATION
No one? Ever?
Is that true?

SELF-BLAME
Don't blame yourself for other people's actions

LABELLING
Words like 'loser' draw on 'black & white thinking' and never tell the full story. Would you use this term to describe someone else?

FLIPPED THOUGHT

MIND TRAPS WORKSHEET



NOT FEELING GREAT?
FILL OUT THIS WORKSHEET TO REBOOT
YOUR THOUGHTS AND FEELINGS!

Before you start, how do you feel? Rate your emotions out of 10.

I am feeling SAD: ____ ANGRY: ____ WORRIED: ____ EMBARRASSED: ____ FRUSTRATED: ____ GUILTY: ____ NERVOUS: ____

	WHAT'S YOUR THOUGHT?	MIND TRAPS?	WHAT'S YOUR MORE HELPFUL THOUGHT?
Thought 1	_____ _____ _____	→ _____ _____ _____	→ _____ _____ _____
Thought 2	_____ _____ _____	→ _____ _____ _____	→ _____ _____ _____
Thought 3	_____ _____ _____	→ _____ _____ _____	→ _____ _____ _____

Finished? Do you feel a little better? Rate your emotions out of 10 again.

I am feeling SAD: ____ ANGRY: ____ WORRIED: ____ EMBARRASSED: ____ FRUSTRATED: ____ GUILTY: ____ NERVOUS: ____

OVER - GENERALISATION

Turning a negative event into a pattern: "This always happens!"

PERSONALISATION

You take things personally when it wasn't meant that way.

FEELINGS AS FACTS

"I feel like an idiot so I must be one."

LABELLING

Instead of saying: 'I made a mistake' you say: 'I'm a loser.'

MAGNIFICATION

Turning small things into a big deal.

BLACK & WHITE THINKING

Most things aren't black or white - they're on the greyscale.

CATASTROPHISING

Imagining the worst possible thing to happen.

MENTAL FILTER

Dwelling on the negatives and not counting the positives.

FORTUNE TELLING

Thinking you can predict the future.

MIND READING

Assuming you know what others are thinking.

SHOULD STATEMENTS

Shoulda, woulda, coulda! Stop 'should' statements.

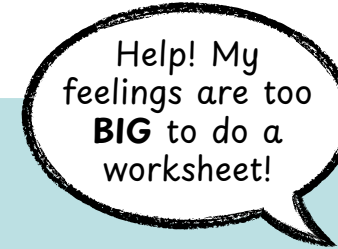
BLAME

Blaming others or yourself when that's not fair.

WHEN FEELINGS ARE TOO BIG

Sometimes, feelings can get really **big**, like when you're super angry or scared, and it can make it hard to focus on things like a worksheet. But remember - **big feelings don't last forever!**

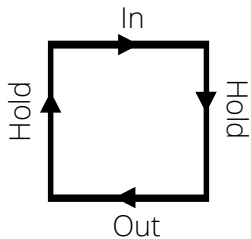
Here are some quick ways to help you feel calm again. (And when you're ready, you can try the worksheet!)



BOX BREATHING

1. Breathe in through your nose for 4 seconds.
2. Hold your breath for 4 seconds.
3. Breathe out slowly through your mouth for 4 seconds.
4. Hold again for 4 seconds.

Do this 3 to 5 times. It helps you feel calm and less panicky.



GROUNDING

The 5-4-3-2-1 grounding exercise:

- 5 things you can see – Look around and name five things you can see.
- 4 things you can touch – Feel four different things around you.
- 3 things you can hear – Listen for three sounds.
- 2 things you can smell – Focus on two smells (if you can).
- 1 thing you can taste – Notice any taste in your mouth.

This helps you feel more in the moment and calm again.

DISTRACTION

When you feel really angry or worried, it can help to distract your mind for a bit. You can try things like:

- Listening to music
- Playing with friends
- Going for a walk
- Counting to ten
- Drawing

These activities help you take a break from big feelings.

Even better, moving your body, like running or jumping, can help you feel better and clear your mind.

By doing something else, you can feel calmer and see things more clearly.

MUSCLE RELAXATION

- Sit or lie down comfortably
- **Make tight fists** with your hands. Hold for a few seconds, then let them go and relax.
- **Make your arms stiff.** Hold for a few seconds, then let them relax.
- **Shrug your shoulders** up to your ears. Hold, then let them drop and relax.
- **Scrunch up your face.** Hold, then let it go soft.
- **Stretch your legs out.** Hold, then let them relax.

Take a big breath and feel your body calm down!

KNOW YOURSELF

Knowing yourself is one of the most important things you can do.

It's about knowing what makes you feel happy, calm, or upset.

Does playing sports help you feel happy? Does spending too much time on your tablet make you feel drained? The more you know what helps or hurts how you feel, the better you can take care of yourself.

Think about things you do that make you feel good or bad. For example, staying up late might feel fun, but how do you feel the next day? Eating junk food is a treat, but does too much make you feel tired? Pay attention to how what you do affects how you feel.

Put a tick next to things that make you feel good, and a cross next to things that don't.

- | | |
|----------------------|------------------------|
| Watching TV | Watching online videos |
| Reading a book | Eating junk food |
| Going to bed late | Going for a walk |
| Playing with friends | Being by myself |
| Listening to music | Taking a bath / shower |
| Playing a sport | Having a tidy bedroom |
| Helping someone else | Getting up early |
| Writing a journal | Gaming |
| Homework | Playing an instrument |
| Dancing and singing | Sleeping |



FINAL NOTE

Well done for finishing this workbook!

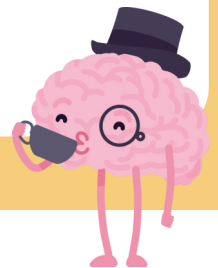
Remember, feelings aren't good or bad - they're just helpful or unhelpful. It's okay to feel angry, sad, or worried, but if those feelings make things harder, that's when you can change them.

As you keep going, ask yourself if your thoughts are really true. Always be on the look-out for mind traps! Be kind to yourself, just like you would be to a friend.

Negative thoughts can come back - but that doesn't mean CBT isn't working! It just means it's time to try a worksheet again. The more you practice, the easier it gets! You don't need this workbook every time - just a pen and paper to keep practicing.

And remember - if you ever feel really sad, angry, or worried, it's really important to talk to a trusted adult. You are never alone - there are always people who care about you and want to help.

You've got this!





**THIS WORKBOOK IS BASED ON THE WORK OF
DR AARON T. BECK, FATHER OF CBT, AND DR DAVID
BURNS, AUTHOR OF 'THE FEELING GOOD HANDBOOK'**

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