

CBT WORKBOOK

TEACHER INSTRUCTIONS

WELCOME!

This workbook was designed as a **whole-class** project to help children understand how their thoughts, feelings, and behaviours are connected. It's based on tried-and-tested Cognitive Behavioural Training (**CBT**) principles, presented in a simple, child-friendly format. While it can be used **one-to-one**, it was created especially for children who may not otherwise be introduced to CBT — giving **every child** practical tools to better understand and manage their emotions. **Here's what you need to know:**

- **No right or wrong answers:** Encourage open discussion but make sure students feel free of judgment. It's important that everyone feels they can participate without worrying about being 'correct.'
- **Focus on positivity and realism:** Help students balance unhelpful thoughts with more realistic, positive ones. It's about shifting perspectives to make positive change.
- **Respect privacy:** Allow students to use imagined scenarios or experiences of others instead of sharing personal details. If they don't wish to contribute, that's also okay.

How to Use the Workbook:

1. **Read through the workbook with the class:** Go through each section with the students to help them understand the concepts.
2. **Interactive sections:** Encourage students to discuss their ideas in pairs or small groups. This will help them feel more comfortable sharing thoughts and opinions.
3. **Class discussion:** After pair discussions, bring the class together to share their thoughts and answers.
4. **Worksheet:** The worksheet on pages 8-9 is for students to complete in private. They should be encouraged to fill it out whenever they're dealing with tricky emotions.
5. **Additional Resources:** To guide the class through the content, you can download a PowerPoint of the workbook. A4 copies of the **worksheet** are also available from the website: www.cbt-workbook.org

Quick Tips:

- Be patient and give students time to reflect and share.
- Keep the atmosphere relaxed and open—this is a learning experience for both you and the students!

That's it! The workbook is designed to be straightforward, but if you have any questions, don't hesitate to ask your Mental Health Lead. The workbook is useful for everyone, so feel free to use it for your own well-being as well!

Enjoy the process, and thank you for being part of this!

