

ANSWER KEY FOR THE ON SECOND THOUGHT PROGRAM

by Teresa Busto, Psy.D Paula Busto, M.S.

Answer Key Table of Contents

Activity 1: Where Do Feelings Come From?.....	2
Activity 2: What's On Your Mind?.....	3
Activity 3: How Do Your Thoughts Make You Feel?.....	8
Activity 4: What Do You Do With Your Feelings?.....	14
Activity 5: From Thoughts to Feelings to Behaviors	17
Activity 6: Behaviors Lead to Consequences.....	24
Activity 7: Train of Thought.....	31
Activity 8: Train of Thoughts.....	40
Activity 9: Iffy Thoughts.....	50
Activity 10: Targeting Iffy Thoughts.....	51
Activity 11: Searching for Iffy Thoughts.....	54
Activity 12: Expanding Your View of Iffy Thoughts.....	57
Activity 13: Witty Thoughts.....	60
Activity 14: Targeting Witty Thoughts.....	61
Activity 15: Exploring Witty Thoughts.....	64
Activity 16: Witty Quotes.....	67
Activity 17: Iffy and Witty Thoughts.....	70
Activity 18: More Iffy and Witty Thoughts.....	73
Activity 19: Even More Iffy and Witty Thoughts.....	76

Where Do Feelings Come From?: Activity 1

Slide 2: happy

Slide 3: sad

Slide 4: worried

Slide 5: angry

Slide 6: greedy

Slide 7: confused

Slide 8: excited

Slide 9: guilty

Slide 10: surprised

Slide 11: helpless

Slide 12: impatient

Slide 13: shameful

Slide 14: jealous

Slide 15: confident

Slide 16: amused

Slide 17: annoyed

Slide 18: frustrated

Slide 19: arrogant

Slide 20: hurt

Slide 21: disappointed

Slide 22: discouraged

Slide 23: humiliated

Slide 24: lonely

Slide 25: embarrassed

Slide 26: shocked

Slide 27: our thoughts

What's On Your Mind?: Activity 2

Slide 2:

Situation

1. I don't make the team
2. Tomorrow is the first day of school
3. They gave me the wrong order at the diner
4. I got a 50 on my math test
5. My family is going on vacation
6. My friend didn't call me back
7. I got a 95 on my science test
8. I left my new bike out in the rain

Thought

1. Maybe next time I'll get picked
2. I hope I get my favorite teacher
3. Maybe I can try something new
4. Perhaps I could have studied more
5. We're going to have a great time
6. Maybe she's at soccer practice
7. Mom will be very happy
8. We all make mistakes

Slide 3:

Situation

1. I was in the hallway on the first day of school and the bell rang before I got to my class
2. I went to the pool to meet my friends and no one was there
3. There wasn't any toothpaste left this morning
4. When I got home from school, my mom told me to clean my room
5. Dad said that we're going out to dinner tonight
6. Someone just burped
7. Mom and dad are fighting
8. My dad bought me a jacket for my birthday

Thought

1. I'm going to get in so much trouble with my teacher
2. They all hate me
3. I know my sister used it all
4. She never tells my sister to clean her room
5. They never go where I want to go
6. People are so rude
7. It's all my fault
8. He should've known I wanted a video game

What's On Your Mind?: Activity 2

Slide 4:

Situation

1. The person in back of me bumped into me
2. I dropped all my books in the middle of class
3. It's raining
4. The teacher didn't call my name in attendance
5. I walked into the cafeteria and no one asked me to sit with them
6. School starts next week
7. The doctor told me I need glasses
8. I have homework in every class tonight

Thought

1. I shouldn't have stood so close to her
2. I'm such a klutz
3. My day is ruined
4. She always forgets about me
5. I guess I don't have any friends
6. I have nothing to wear
7. Everyone will make fun of me
8. I will never get all of it done

Slide 5:

Situation

1. My dad just told me I have tutoring today
2. My sister helped me with my homework
3. I was called down to the main office
4. My computer froze
5. I answered the math question correctly
6. We have a substitute teacher today
7. I have swim practice five days this week
8. I lost my friend's book

Thought

1. I know this will help raise my grades
2. She wants me to do well in school
3. I must be in trouble
4. I hope my dad can fix it
5. I knew I could do it
6. Maybe we won't have homework tonight
7. I don't have any time to relax
8. I don't think she'll loan any more books to me

What's On Your Mind?: Activity 2

Slide 6:

Situation

1. My teacher gave me a compliment
2. I dropped my book during the science test
3. My friend canceled our plans for the weekend
4. I forgot my gym clothes
5. My friend is absent today
6. My favorite song is on the radio
7. My mom reminded me to fasten my seatbelt
8. Someone is sitting in my seat

Thought

1. She's just being nice
2. Everyone is looking at me
3. She thinks I'm no fun
4. I can't do anything right
5. She's always sick
6. I hope it just started
7. I know she loves me
8. He better move

Slide 7:

Situation

1. I have peanut butter and jelly for lunch today
2. My friend invited me to the beach
3. It's 3:30 on Friday
4. I woke up with a headache
5. I couldn't fall asleep last night
6. I'm late for soccer practice
7. I overslept
8. I threw a ball and broke a window

Thought

1. That's my favorite
2. I wonder if she invited anyone else
3. I can finally relax
4. I hope I don't get a stomachache too
5. Maybe I'll sleep better tonight
6. If I'm late again, I'll be kicked off the soccer team
7. I'm going to miss the bus
8. I need to be more careful

What's On Your Mind?: Activity 2

Slide 8:

Situation

1. I'm going to my friend's house after school
2. Some kids at recess are laughing at me
3. Next week is vacation
4. I'm getting my braces tomorrow
5. My team lost the math competition
6. Thursday is parent teacher conferences
7. My mom's picking me up from school today
8. The teacher called on me to answer a question

Thought

1. I wonder if his mom's going to invite me for dinner
2. I shouldn't have worn my sister's top
3. I'm going to ask mom and dad to go to the zoo
4. I'll never chew gum again
5. It's because I missed the last question
6. My dad's going to find out that I'm failing math
7. I can't wait to tell her about my spelling grade
8. She thinks I'm smart

Slide 9:

Situation

1. My mom got me a tutor today
2. Recess is indoors today
3. It's 9 a.m. on Monday
4. Someone stepped on my sweatshirt
5. Everyone is yelling in the lunchroom
6. Today's the school trip
7. I struck out at bat
8. My dad picked up my new glasses

Thought

1. I know she wants me to get good grades
2. I hope we go outside tomorrow
3. The weekend went by too quickly
4. He needs to respect his classmate's property
5. We're going to be sent to the principal's office
6. It's going to be very interesting
7. No one is perfect
8. I can't wait to try them on

What's On Your Mind?: Activity 2

Slide 10:

Situation

1. The student next to me keeps tapping his pencil during the test
2. I told the principal that some kids were teasing me
3. I'm running for class president
4. The teacher asked me to come to extra help
5. I've been chosen to say the announcements
6. Today is picture day
7. My science project is due tomorrow
8. My mom and dad said that we are getting a cat

Thought

1. I can't concentrate
2. Maybe he'll call them down to his office
3. I know I'll get a lot of votes
4. She can help me to raise my grades
5. I hope I don't make a mistake
6. I want to look my best
7. I'll have to stay up all night to finish it
8. I really wanted a dog

Slide 11:

Situation

1. My dad's coming in to meet with my teacher today
2. Mom's baking chocolate chip cookies
3. I have to go to after care today
4. My brother helped me with my homework
5. Michael didn't invite me to his birthday party
6. We have a surprise quiz this morning
7. The teacher reminded me to participate more
8. I called out in class

Thought

1. She's going to give him a good report
2. She knows they're my favorite
3. I can get my homework done there
4. Mom and dad told him to help me
5. He's still mad at me
6. I should have looked at my notes
7. She thinks I'm shy
8. I should have waited until the teacher called on me

How Do Your Thoughts Make You Feel-Activity 3

Slide 2

Annoyed: My friend is late again.

Confused: I don't understand the lesson.

Worried: What if I fail?

Jealous: It bothers me that he's more popular than I am.

Happy: I had a good day at school.

Slide 3

Lonely: I don't have anyone to go out with.

Impatient: It's been 5 minutes already; I'm not waiting any longer.

Frustrated: I can't enjoy the movie because too many people are talking.

Surprised: I didn't expect him to get me such an expensive gift!

Humiliated: They're all making fun of me because they know I sleep with a light on.

Slide 4

Discouraged: Even though I practice everyday, I'll never be great. Excited:

This is going to be the best vacation ever.

Confident: I know I'm going to pass the test.

How Do Your Thoughts Make You Feel-Activity 3

Sad: My dog is lost.

Embarrassed: They'll make fun of me for wearing 2 different socks in gym today.

Slide 5

Arrogant: I'm a better student than she is.

Hurt: My sister loves my brother more than me.

Disappointed: I invited her to my party but she didn't come.

Guilty: I should have defended my brother.

Amused: I'm going to dress my dog up for Halloween.

Slide 6

Greedy: Even though I got a lot of presents, I still want more.

Shameful: I know the teacher saw me cheating on the test.

Angry: He has no right to be so rude to me!

Discouraged: I thought going on the rollercoaster would be a lot of fun until I realized that I could get sick.

Shocked: How could I get the worst grade in class?

Slide 7

Impatient: I can't wait for the holidays to get here!

Greedy: I told my parents that I want more birthday presents this year.

How Do Your Thoughts Make You Feel-Activity 3

Arrogant: He shouldn't bother trying; I'm going to win first prize.

Sad: My parents are going to take away my allowance

Embarrassed: I know everyone is staring at me because my haircut is too short

Slide 8

Lonely: All of my friends are away for the summer.

Surprised: I never would've guessed that I could win the race!

Excited: I think my dad has the winning lottery ticket!

Annoyed: This is the third test I failed.

Amused: That movie made me laugh.

Slide 9

Guilty: My dog had an accident in the house because I didn't walk him.

Worried: I made a mistake; I made a mistake; I made a mistake.

Frustrated: I can't figure out my locker combination and I'm going to be late for class.

Humiliated: I'm always the last one picked in gym because they think I'm a loser!

Discouraged: I thought our swim team had a good chance of winning until I realized the other team was undefeated.

How Do Your Thoughts Make You Feel-Activity 3

Slide 10

Helpless: I don't know how to improve my grades.

Confused: What's happening here?

Angry: How dare he push me?

Disappointed: I expected the movie to be more entertaining.

Shocked: I never thought she would be so mean to me!

Slide 11

Shameful: It was wrong for me to take my friend's bike without asking.

Jealous: I think the teacher likes him more than me.

Confident: I'm certain we'll have a good time.

Hurt: I think she's pretending to be my friend.

Happy: We're almost home.

Slide 12

Greedy: My red bike is o.k. but now I need a blue one.

Worried: What if they don't like me?

Helpless: I want to learn a foreign language but I just can't do it, no matter how hard I try.

Shameful: I ruined my friend's science project.

How Do Your Thoughts Make You Feel-Activity 3

Jealous: She's trying to take my place as the lead in the play

Slide 13

Confident: You're going to love this song.

Happy: My friend took care of my cat while we were away.

Amused: I think his jokes are very funny.

Excited: My favorite team just scored another touchdown!

Surprised: I can't believe we got here in time!

Slide 14

Angry: Who does she think she is blaming me for starting the rumor!

Annoyed: My sister keeps forgetting to lock the door when she leaves.

Impatient: It's taking forever for her to call me!

Arrogant: Everyone wants to be like me.

Frustrated: I knew the answer but couldn't think of it during the test.

Slide 15

Hurt: My best friend stood up for someone else, not me

Sad: My favorite cousin is moving to another state.

Lonely: I left messages for 3 friends and no one has gotten back to me.

How Do Your Thoughts Make You Feel-Activity 3

Worried: What will happen if I don't finish my homework?

Disappointed: I studied a lot and only got a 70 on my language arts test.

Slide 16

Guilty: I shouldn't have lied to my parents.

Embarrassed: I know they all heard me burp in class.

Confused: These instructions don't make sense to me.

Humiliated: They drew mustaches on all of my posters for class president because they think I'm an idiot.

Shocked: I heard Johnny yell at the teacher!

What Do You Do With Your Feelings?: Activity 4

Slide 2: confused

Slide 10: greedy

Slide 3: humiliated

Slide 11: amused

Slide 4: guilty

Slide 12: worried

Slide 5: happy

Slide 13: frustrated

Slide 6: embarrassed

Slide 14: jealous

Slide 7: angry

Slide 15: excited

Slide 8: helpless

Slide 16: shocked

Slide 9: shameful

Slide 17: surprised

Slide 18: disappointed

Slide 19: confident

Slide 20: annoyed

Slide 21: sad

Slide 22: discouraged

Slide 23: lonely

Slide 24: hurt

Slide 25: arrogant

Slide 26: impatient

What Do You Do With Your Feelings?: Activity 4

Part 2

Slide 27: Tyler confesses to his dad what he did

Slide 28: David is biting his fingernails

Slide 29: Mario has a blank stare on his face

Slide 30: Trevor opens his eyes as wide as he can

Slide 31: James sits in his room until someone comes in to help him with his homework

Slide 32: Laila turns her back on the class and lowers her head

Slide 33: Will smiles and waves

Slide 34: Morris takes the last piece of cake even though he had 2 pieces already

Slide 35: Darryl pushes Jensen

Slide 36: Cheryl opens her mouth and covers it with her hands

Slide 37: Derek runs home crying

Slide 38: Kevin spies on his brother

Slide 39: Rob laughs at Sam's jokes

What Do You Do With Your Feelings?: Activity 4

Slide 40: Selena walks around with her head held high

Slide 41: Darryl paces back and forth

Slide 42: Ricco couldn't tell his friend how he felt so he wrote it in a letter

Slide 43: Keith claps his hands loudly and has a big smile on his face

Slide 44: Selena grunts as she tries to fasten her seatbelt

Slide 45: James gives Desiree a dirty look

Slide 46: Michael runs away and hides

Slide 47: Kobe mopes around the house

Slide 48: Roscoe blames everyone around him

Slide 49: Jeffrey puts down his baseball glove , sighs and walks away

Slide 50: David calls his friend to come over

Slide 51: Brandon covers his test grade

From Thoughts to Feelings to Behaviors: Activity 5

Slide 2:

Thought: I never get called on

Feeling: angry

Behavior: I slam my hand on the desk

Slide 3:

Thought: I know the answer

Feeling: confident

Behavior: I raise my hand

Slide 4:

Thought: I should always be first

Feeling: impatient

Behavior: I cut the line at the movie

Slide 5:

Thought: I know my teacher will understand

Feeling: hopeful

Behavior: I tell my teacher I forgot my homework

From Thoughts to Feelings to Behaviors: Activity 5

Slide 6:

Thought: I can't do the work on my own

Feeling: helpless

Behavior: I try to copy someone else's work

Slide 7:

Thought: She always yells at me

Feeling: angry

Behavior: I yell back at her

Slide 8:

Thought: She wants to be my friend

Feeling: confident

Behavior: I smile and say hi

Slide 9:

Thought: I'm lucky that mom buys me new clothes

Feeling: grateful

Behavior: I give my old clothes to charity

From Thoughts to Feelings to Behaviors: Activity 5

Slide 10:

Thought: She never calls me

Feeling: angry

Behavior: I tell her we're no longer friends

Slide 11:

Thought: I'm going to get sick

Feeling: worried

Behavior: I wash my hands a lot to avoid getting sick

Slide 12:

Thought: I can't let them see my grade

Feeling: embarrassed

Behavior: I quickly hide my test in my backpack

Slide 13:

Thought: I studied hard for the test

Feeling: confident

Behavior: I answer all the questions on the test

From Thoughts to Feelings to Behaviors: Activity 5

Slide 14:

Thought: I know he hates me

Feeling: angry

Behavior: I tell my friend to ignore him

Slide 15:

Thought: My sister's room is cleaner than mine

Feeling: jealous

Behavior: I pay my brother to clean my room

Slide 16:

Thought: My game has to be around here somewhere

Feeling: confident

Behavior: I search until I find it

Slide 17:

Thought: She won't talk to me in homeroom

Feeling: embarrassed

Behavior: I avoid her all day

From Thoughts to Feelings to Behaviors: Activity5

Slide 18:

Thought: I think they're talking about me

Feeling: confused

Behavior: I ask them what they're saying

Slide 19:

Thought: I'm going to be late for my class

Feeling: worried

Behavior: I rush through the hallway

Slide 20:

Thought: This is my favorite time of the year

Feeling: cheerful

Behavior: I wish everyone I see a happy holiday

Slide 21:

Thought: This was the best summer ever

Feeling: happy

Behavior: I tell my friends all about it on the first day of school

From Thoughts to Feelings to Behaviors: Activity5

Slide 22:

Thought: There are so many animals that need a home

Feeling: sad

Behavior: I cry when I see animal adoption ads

Slide 23:

Thought: I don't understand the math homework

Feeling: confused

Behavior: I ask my mom to explain it

Slide 24:

Thought: Everyone heard me yelling at my mom

Feeling: embarrassed

Behavior: I walk home alone

Slide 25:

Thought: I don't know which party to go to

Feeling: confused

Behavior: I toss a coin to decide which party to go to

From Thoughts to Feelings to Behaviors: Activity5

Slide 26:

Thought: It's my fault that my mom's dish broke

Feeling: guilty

Behavior: I call her at work to tell her

Slide 27:

Thought: I won't get picked for the team

Feeling: disappointed

Behavior: I leave the field before I find out

Slide 28:

Thought: My dog is smarter than his dog

Feeling: arrogant

Behavior: I brag to everyone I see

Slide 29:

Thought: I always lose

Feeling: angry

Behavior: I tell them that I don't want to play anymore

Slide 30:

Thought: I don't know what to wear

Feeling: confused

Behavior: I change my outfit five times this morning

Slide 31:

Thought: I did a great job on my test today

Feeling: happy

Behavior: I rush home to tell my parents

Behaviors Lead to Consequences: Activity 6

Slide 2:

Matching behavior: I yelled at my sister last night

Matching consequence: I woke up with a sore throat

Slide 3:

Matching behavior: I played video games all weekend long

Matching consequence: I didn't finish my homework

Slide 4:

Matching behavior: I went to school when I was sick

Matching consequence: I was out the next day with a fever

Slide 5:

Matching behavior: I ran to be first on line in the cafeteria

Matching consequence: I was told to go to the back of the line

Slide 6:

Matching behavior: I asked my teacher for help

Matching consequence: She answered all my questions

Behaviors Lead to Consequences: Activity 6

Slide 7:

Matching behavior: I took a very long shower

Matching consequence: There wasn't any more hot water left

Slide 8:

Matching behavior: My brother missed baseball practice again

Matching consequence: The coach suspended him from the team

Slide 9:

Matching behavior: My sister didn't put on sunblock

Matching consequence: She got a sunburn

Slide 10:

Matching behavior: I used my phone at school

Matching consequence: My teacher took it away

Slide 11:

Matching behavior: My brother went on the roller coaster 10 times

Matching consequence: He didn't have enough time to go on the water rides

Behaviors Lead to Consequences: Activity 6

Slide 12:

Matching behavior: My friend skipped breakfast

Matching consequence: She couldn't concentrate in class

Slide 13:

Matching behavior: We arrived late to the movies

Matching consequence: We couldn't sit together

Slide 14:

Matching behavior: Our dog barked all night long

Matching consequence: The neighbors complained

Slide 15:

Matching behavior: I ate too much junk food last night

Matching consequence: I got a stomachache

Slide 16:

Matching behavior: I talked back to my parents

Matching consequence: They sent me to my room

Behaviors Lead to Consequences: Activity 6

Slide 17:

Matching behavior: I yelled at my brother

Matching consequence: He won't talk to me

Slide 18:

Matching behavior: I studied the wrong class notes again

Matching consequence: I have to start going to extra help

Slide 19:

Matching behavior: I was late for class 3 times this week

Matching consequence: A warning letter went home to my parents

Slide 20:

Matching behavior: I didn't look where I was going

Matching consequence: I bumped into the principal

Slide 21:

Matching behavior: I looked in the dryer for my shirt instead of blaming my sister

Matching consequence: I found my shirt and favorite pants too

Behaviors Lead to Consequences: Activity 6

Slide 22:

Matching behavior: I let my friend sit in the front seat

Matching consequence: He put on my favorite radio station

Slide 23:

Matching behavior: I listened to my father and waited for the pizza to cool off

Matching consequence: I didn't burn my tongue this time

Slide 24:

Matching behavior: I volunteered to be team captain

Matching consequence: The gym teacher told me that I'm a good leader

Slide 25:

Matching behavior: I made room for a student to sit next to me at lunch

Matching consequence: I have a new friend

Slide 26:

Matching behavior: I washed my dad's car for him

Matching consequence: He played video games with me for the rest of the night

Behaviors Lead to Consequences: Activity 6

Slide 27:

Matching behavior: I told my teacher that my older sister is a straight A student

Matching consequence: She got her a tutoring job

Slide 28:

Matching behavior: I waited until the day before my party to invite my friend

Matching consequence: She already had plans

Slide 29:

Matching behavior: I left my video game on the floor

Matching consequence: My father stepped on it

Slide 30:

Matching behavior: I ignored my mom when she called me

Matching consequence: I missed dessert too

Slide 31:

Matching behavior: I found a wallet and turned it in

Matching consequence: I got a reward

Behaviors Lead to Consequences: Activity 6

Slide 32:

Matching behavior: I apologized to my friend when I accidentally ripped her paper

Matching consequence: She told me that it wasn't a big deal

Slide 33:

Matching behavior: My cousin put too many clothes in the wash

Matching consequence: He broke the machine

Slide 34:

Matching behavior: I politely asked my mom if she would take me shopping

Matching consequence: She said yes

Slide 35:

Matching behavior: I didn't clean up after breakfast

Matching consequence: The milk spoiled

Slide 36:

Matching behavior: I forgot to shampoo the cat

Matching consequence: The cat has fleas

Slide 37:

Matching behavior: I ignored my dad's advice to practice karate

Matching consequence: I failed another belt test

Train of Thought: Activity 7

Slide 2:

Situation: I didn't get called on in class

Thought: The teacher never sees me raise my hand

Feeling: frustrated

Behavior: I kick the chair in front of me

Consequence: It hurt the other student

Slide 3:

Situation: I overhear two girls talking about a party

Thought: I hope I'm invited

Feeling: confident

Behavior: I smile and wave at them

Consequence: They invite me over

Slide 4:

Situation: My brother yelled at me

Thought: He hates me

Feeling: sad

Behavior: I sat in my room all night

Consequence: I missed dinner

Train of Thought: Activity 7

Slide 5:

Situation: My favorite show is no longer on t.v.

Thought: I hope they show reruns

Feeling: hopeful

Behavior: I check the channel guide for reruns

Consequence: My friend comes over and we watch a marathon of my favorite shows

Slide 6:

Situation: I have strep throat

Thought: I know my mom's going to make me take medicine

Feeling: angry

Behavior: I refuse to take it

Consequence: I get sick again

Slide 7:

Situation: My puppy destroyed my shoes

Thought: I'll bring them to the shoemaker

Feeling: confident

Behavior: I drop them off at the shoemaker

Consequence: They look brand new

Train of Thought: Activity 7

Slide 8:

Situation: My mom saw me sneaking out of my room

Thought: I can't believe she saw me

Feeling: surprised

Behavior: I tell her it was my friend's idea

Consequence: She tells me that I'm grounded

Slide 9:

Situation: Today is the school play

Thought: There will be a lot of people in the audience

Feeling: embarrassed

Behavior: I refuse to go on stage

Consequence: I let everyone down

Slide 10:

Situation: I earned a 100 on my Spanish test

Thought: Spanish comes easy to me

Feeling: happy

Behavior: I speak in Spanish at home

Consequence: My sister learns some words in Spanish

Train of Thought: Activity 7

Slide 11:

Situation: I was asked to play on the soccer team

Thought: I know I'm going to be a good player

Feeling: Confident

Behavior: I practice every day after school

Consequence: I scored a goal in my very first game

Slide 12:

Situation: I broke my mom's favorite ornament

Thought: I'm going to be in so much trouble

Feeling: Worried

Behavior: I blame my brother

Consequence: My brother won't talk to me

Slide 13:

Situation: My cat came home soaking wet

Thought: I shouldn't have let him out today

Feeling: guilty

Behavior: I use the blowdryer to dry him off

Consequence: The noise from the blowdryer scares my cat

Train of Thought: Activity 7

Slide 14:

Situation: There are 7 days until the holidays begin

Thought: My cousins may come over this year

Feeling: Hopeful

Behavior: I call my uncle

Consequence: He reassures me that they will come to my house

Slide 15:

Situation: I have a dentist appointment today

Thought: I know he's going to tell me I have cavities

Feeling: worried

Behavior: I tell my mom that I'm not feeling well and can't keep my appointment

Consequence: She reschedules an appointment for me for next week

Slide 16:

Situation: I bought a new outfit

Thought: I know everyone will like it

Feeling: excited

Behavior: I put on my new outfit and race to school

Consequence: Everyone asked me where I bought my clothes

Train of Thought: Activity 7

Slide 17:

Situation: People laugh at my jokes

Thought: I'm really funny

Feeling: amused

Behavior: I practice my comedy routine

Consequence: I'm voted class clown

Slide 18:

Situation: My mom's cooking dinner

Thought: I'm looking forward to it

Feeling: happy

Behavior: I set the table

Consequence: I get served first

Slide 19:

Situation: I forgot my locker combination

Thought: I can't do anything right

Feeling: helpless

Behavior: I sit and wait for a custodian to help me

Consequence: I'm late for class

Train of Thought: Activity 7

Slide 20:

Situation: It's raining

Thought: There's nothing to do

Feeling: disappointed

Behavior: I ignore my mom's advice to clean my room

Consequence: I have to clean it the next day when it's sunny out

Slide 21:

Situation: They finally released the video game I wanted

Thought: My parents should buy it for me

Feeling: arrogant

Behavior: I tell my parents to give me money to buy it

Consequence: My parents tell me that I have to save my money to buy it myself

Slide 22:

Situation: My friend isn't answering her phone

Thought: I wonder if she's okay

Feeling: worried

Behavior: I keep calling until someone answers

Consequence: My friend's mom said she was on an important call

Train of Thought: Activity 7

Slide 23:

Situation: My dog had puppies

Thought: I'm going to find a home for them

Feeling: confident

Behavior: I call all my friends

Consequence: I find a good home for each puppy

Slide 24:

Situation: My dad got us season tickets to the game

Thought: This is the best gift ever

Feeling: excited

Behavior: I tell all my friends

Consequence: They ask me to bring them souvenirs

Slide 25:

Situation: My t.v. doesn't work

Thought: Now I can't watch my favorite show tonight

Feeling: disappointed

Behavior: I complain to my mom

Consequence: She tells me that I watch too much t.v. anyway

Train of Thought: Activity 7

Slide 26:

Situation: I was on the phone with my friend until 11 p.m.

Thought: I know I'm going to get into trouble

Feeling: worried

Behavior: I lay awake all night

Consequence: I fall asleep in school the next day

Train of Thoughts: Activity 8

situation (for all 4): thought/feeling/behavior/consequence (separated by color)

Slide 2:

situation: I miss the soccer goal and my team loses

green star: I'm such a fool/embarrassed/I leave right away/I miss out on hearing the coach's pep talk

blue star: I'm trying my best/proud/I walk around with my head held high/My coach says that he likes my attitude

light blue: I'm the worst soccer player ever/angry/I kick the ball really hard/It breaks a car window

dark pink: I thought we scored more goals than them/surprised/I ask the referee how many points our team has/He tells me that we lost by two points

Slide 3:

situation: My mom's late picking me up from school

green star: She's picking up my favorite dinner/excited/I talk with another student while waiting for my mom/I make a new friend

blue star: She's forgetting all about me/sad/I start to cry/My mom asks me why my eyes are so red when she picks me up

light blue: I wonder where she could be?/confused/I stare out the window until she picks me up/I wasted the time that I could have used to play with my friends

dark pink: She never picks me up on time/angry/I yell at her when she picks me up/I can't watch t.v. tonight because I yelled at my mom

Train of Thoughts: Activity 8

situation (for all four):thought/feeling/behavior/consequence (separated by color)

Slide 4:

situation: I didn't do my homework

green star: I should know better/shameful/I put my head down on the desk/The student next to me asks me what's wrong

blue star: I think the teacher will understand/hopeful/I tell my teacher that I forgot/ She says, "It's ok, do it tonight."

light blue: Now the teacher is going to like Laura better than me/jealous/I try to copy her homework/The teacher sees me and sends me to the principal's office

dark pink: I'm going to be in so much trouble/worried/I lay awake all night/I fall asleep in class the next day.

Slide 5:

situation: Jessica & Brian are whispering and looking at me

green star: Could they be talking about me?/doubtful/I approach them and ask, "What are you talking about?"/They say, "A party, want to come?"

blue star: Maybe they're telling each other the joke I told in class/amused/I walk over and tell them another joke/They laugh

light blue: I need to know what they're saying/impatient/I squeeze in between them/ They tell me that I'm being rude

dark pink: They're just stupid/arrogant/I call them insulting names behind their back/ They tell the teacher on me

Train of Thoughts: Activity 8

situation (for all four):thought/feeling/behavior/consequence (separated by color)

Slide 6:

situation: My mom is making broccoli with dinner

green star: I thought she was making corn/confused/I ask her why she made broccoli/ She reminds me that my dad likes it

blue star: I'm so hungry/impatient/I keep asking mom, "When will dinner be ready?"/She tells me to be patient and put the dishes on the table while I'm waiting

light blue: That's my favorite vegetable/happy/I eat a lot of it/Mom & dad are happy that I'm eating my vegetables

dark pink: She never makes what I like/angry/I refuse to eat/I go to bed hungry

Slide 7:

situation: The teacher tells me to stop talking in class

green star: I don't think she likes me/disappointed/I don't go to extra help/I get a low grade on the next test

blue star: They all think I'm stupid/humiliated/I run out of the room/A teacher sees me in the hallway and tells me to go back to class

light blue: But I need to tell my friend about the show I saw last night/impatient/I pass a note to my friend/The teacher catches me and takes it away

dark pink: I know I can do better/confident/I stop talking and pay attention/I get a good grade on the next test

Train of Thoughts: Activity 8

situation (for all four):thought/feeling/behavior/consequence (separated by color)

Slide 8:

situation: I fail my math test

green star: How did this happen?/surprised/I ask the teacher to check/She checks and realizes she made a mistake

blue star: Everyone knows I failed/embarrassed/I grab my books and leave/I don't say goodbye to my friends

light blue: Mom and dad are going to be so upset/sad/I don't eat my lunch/ I get a headache from not eating

dark pink: I can't do anything right/frustrated/I raise my voice when talking to the teacher/She asks to see me after class

Slide 9:

situation: My mom takes my brother to the mall without me

green star: I hate them/angry/I slam my bedroom door/My trophy falls off my desk and breaks

blue star: I get to stay at home with dad/excited/We go to the store/He buys me a new pair of jeans

light blue: She doesn't love me/sad/I cry to my dad/My dad reassures me that mom loves me

dark pink: I can't wait for them to get home/impatient/I keep asking dad, "When are they going to get home?"/Dad tells me to stop asking the same question

Train of Thoughts: Activity 8

situation (for all four):thought/feeling/behavior/consequence (separated by color)

Slide 10:

situation: The school bus leaves without me

green star: It's my fault I stayed in bed too long/guilty/I go back under the covers/My mom says I'll be grounded this weekend if I don't get out of bed

blue star: Maybe dad will drive me/hopeful/I politely ask dad to take me/He says yes and we stop for a doughnut along the way

light blue: I can't believe this happened/shocked/I stand at the bus stop saying, "I can't believe they left without me"/My mom has to come to the bus stop to get me

dark pink: I'll never get to school on time/impatient/I pace back and forth/My brother tells me to relax

Slide 11:

situation: My dad didn't come to my school play

green star: He doesn't care about anything I do/sad/I try to hold back my tears/I start to cry anyway when I see my friend's father in the audience

blue star: What if he was in an accident?/worried/I keep calling his phone/I miss my cue to go on stage

light blue: I didn't think that he had to work late/confused/I ask him what happened when he gets home/He said that he had a deadline to meet

dark pink: I still know he's proud of me/loved/I ask my mom to record it for him/My dad is happy that we bring home a video of my performance

Train of Thoughts: Activity 8

situation (for all four):thought/feeling/behavior/consequence (separated by color)

Slide 12:

situation: I can't find my favorite video game

green star: I'll take my brother's game, he has too many anyway/greedy/I put it with the rest of my video game collection/My brother tells our parents that I took another one of his games

blue star: How can I be so careless?/guilty/I confess to my parents/They tell me that I'm being too hard on myself

light blue: I'm sure it's around here somewhere/confident/I look under my bed/I find the game and five dollars too!

dark pink: I know someone took it/angry/I scream at the top of my lungs/I wake up my little brother

Slide 13:

situation: I wasn't invited to Kelly's party

green star: I'm the only one on the soccer team who wasn't invited/humiliated/I avoid soccer practice for the next 2 weeks/I'm not prepared for the game

blue star: I shouldn't have counted on being invited/disappointed/I sit at the lunch table with my head down/My other friends think that I don't want to talk to them

light blue: She hates me/angry/I slam my book on the desk/The teacher asks to see me after school

dark pink: Perhaps we can get to know each other better/hopeful/I start saying hi to Kelly/She invites me to sit with her at lunch

Train of Thoughts: Activity 8

situation (for all four):thought/feeling/behavior/consequence (separated by color)

Slide 14:

situation: My little sister took my book

green star: Who does she think she is?/frustrated/I grab it out of her hand/A page tears

blue star: I never thought she would do that without asking me first/surprised/I ask her why she took it/She tells me it looked interesting

light blue: She's just trying to play a trick on me/amused/I play along/My dad tells me that I'm a good sport

dark pink: What if she loses it?/worried/I sit in my room by myself thinking about what she did/I forget to study for tomorrow's test

Slide 15:

situation: Gregory started a rumor about me

green star: I thought we were friends/disappointed/I don't talk to him for the rest of the day/He cancels our plans for Saturday

blue star: He wants to start a fight with me/worried/I hide in the bathroom/I miss the science test

light blue: I have other friends/proud/I call another friend when I get home from school/ My friend offers me a ride to school the next day

dark pink: I don't know why he would do that to me/confused/I ask him why he said that/He apologizes

Train of Thoughts: Activity 8

situation (for all four):thought/feeling/behavior/consequence (separated by color)

Slide 16:

situation: James gave me a dirty look on the lunch line

green star: Everyone knows he's mad at me/embarrassed/I walk to the back of the line/ When it's my turn to order, there's no more pizza left

blue star: Perhaps he was trying to be funny/amused/I sit with him at lunch/He invites me to the movies this weekend

light blue: Maybe he's still upset that I didn't call him back last night/worried/I apologize to him/He tells me that he forgives me

dark pink: He's such a loser/frustrated/I start talking about him behind his back/The other kids tell me I'm being mean

Slide 17:

situation: My sister came home with a bad report card

green star: I think mom will understand/hopeful/I tell mom that my sister really tried/ My sister thanks me for being so supportive

blue star: I should have given my sister more help with her studies/guilty/I confess to my parents that I could have helped her more/My parents tell me that it wasn't my fault

light blue: She deserved it because she never studied anyway/arrogant/I tell my dad before she does/My dad tells me to mind my own business

dark pink: But I usually see her studying and doing her homework/surprised/I ask her what happened/She tells me the tests were harder than she thought

Train of Thoughts: Activity 8

situation (for all four):thought/feeling/behavior/consequence (separated by color)

Slide 18:

situation: My brother invited me to the amusement park with him and his friends green star:

I know mom is making him ask me/disappointed/I reluctantly go/I don't have any fun

blue star: Why would he ask me if he's still mad at me?/confused/I shrug my shoulders instead of answering him/My brother doesn't think I want to go

light blue: We're going to have a lot of fun/excited/I get up early and make us breakfast/My brother buys me lunch at the amusement park

dark pink: It's such a big place, I'm going to get lost/worried/I lay awake most of the night wondering if we will get separated /They're all waiting for me because I overslept

Slide 19:

situation: Matt cut in front of me

green star: No one ever notices me/angry/I push him/I'm sent to the principal's office blue star:

There's nothing I can do about it/helpless/I stand there until the bell rings/ I'm late for class

light blue: I know we are still friends/confident/I turn around and talk to my friend in back of me/My friend invites me to the movies this weekend

dark pink: Why would he do that to me?/confused/I ask him why he cut in front of me/He said the teacher asked him to move up in line

Train of Thoughts: Activity 8

situation (for all four):thought/feeling/behavior/consequence (separated by color)

Slide 20:

situation: I lock my brother and I out of the house

green star: There's no one around to help us/helpless/I sit on the front step until my mom gets home/After two hours, mom finally gets home

blue star: My mom knows that accidents happen/confident/I call my mom, tell her what happened and apologize/She says that she'll find a hiding spot for a spare key

light blue: I can't wait for mom to come home/impatient/I try to get in through the window/I break the window

dark pink: I remember mom said that she hid the spare key under the step/grateful/I look under the step/I find the spare key

Slide 21:

situation: Our dog gets out of the backyard

green star: He's gone forever/worried/I run around the neighborhood in a panic/My sister takes her time and finds him first

blue star: I'm sure he's close by/confident/I look for him in one of his favorite spots/I find him at the park

light blue: I don't know what to do/helpless/I give up on looking for him/My brother yells at me for not helping

dark pink: It's my brother's fault/frustrated/I complain about my brother to my parents/They tell me to calm down and apologize

Iffy Thoughts: Activity 9

- Slide 2: Play Up
- Slide 3: Play Down
- Slide 4: Twist Someone's Words
- Slide 5: Jump Off the Deep End
- Slide 6: Paint Everyone with the Same Brush
- Slide 7: Read Someone Like a Book
- Slide 8: The Handwriting is On the Wall
- Slide 9: One Track Mind
- Slide 10: Do a 180
- Slide 11: On Someone's Back
- Slide 12: Lumping Everyone Together
- Slide 13: Pass the Buck
- Slide 14: Left Holding the Bag

Targeting Iffy Thoughts: Activity 10

Title

Slide 2: Jump Off the Deep End

Slide 3: Play Up

Slide 4: Paint Everyone With the Same Brush

Slide 5: Pass the Buck

Slide 6: Do a 180

Slide 7: On Someone's Back

Slide 8: Left Holding the Bag

Slide 9: One Track Mind

Slide 10: Lumping Everyone Together

Slide 11: The Handwriting is on the Wall

Slide 12: Play Down

Slide 13: Twist Someone's Words

Slide 14: Read Someone Like a Book

Targeting Iffy Thoughts: Activity 10

Definition

Slide 2: Attaching a negative label to yourself and/or others based on an experience

Slide 3: Make it worse than what it is

Slide 4: Negative feelings lead to negative thoughts

Slide 5: Believing your achievements aren't important

Slide 6: Conclude with little information

Slide 7: Believing that someone is thinking negatively about you

Slide 8: Explaining away your positive experiences

Slide 9: Thinking the outcome will be negative

Slide 10: Take all the blame

Slide 11: Use extreme words

Slide 12: Use demanding words

Slide 13: Constantly repeating a negative thought

Slide 14: Take none of the blame

Targeting Iffy Thoughts: Activity 10

Example

Slide 2: I'm going to lose the race

Slide 3: The teacher thinks I cheated

Slide 4: I lied, I lied, I lied

Slide 5: I won because they let me

Slide 6: This is the second kid in my class named Danny who interrupts so I know that all boys named Danny interrupt

Slide 7: He made me late for school

Slide 8: She's such a fool

Slide 9: It's my fault we argued

Slide 10: I don't deserve an award

Slide 11: First she likes me, then she doesn't

Slide 12: This is the worst day of my life

Slide 13: I feel helpless so I know I can't do it on my own

Slide 14: She has to buy me a gift

Searching for Iffy Thoughts: Activity 11

Slide 2: Read Someone Like a Book

Slide 3: On Someone's Back

Slide 4: Play Down

Slide 5: One Track Mind

Slide 6: Twist Someone's Words

Slide 7: Read Someone Like a Book

Slide 8: Paint Everyone with the Same Brush

Slide 9: Lumping Everyone Together

Slide 10: The Handwriting is On the Wall

Slide 11: Jump Off the Deep End

Slide 12: Paint Everyone with the Same Brush

Slide 13: The Handwriting is On the Wall

Slide 14: Jump Off the Deep End

Searching for Iffy Thoughts: Activity 11

- Slide 15: Do a 180
- Slide 16: Play Down
- Slide 17: Lumping Everyone Together
- Slide 18: Left Holding the Bag
- Slide 19: Paint Everyone with the Same Brush
- Slide 20: One Track Mind
- Slide 21: The Handwriting is On the Wall
- Slide 22: Do a 180
- Slide 23: Paint Everyone with the Same Brush
- Slide 24: Play Up
- Slide 25: Lumping Everyone Together
- Slide 26: Read Someone Like a Book
- Slide 27: Pass the Buck

Searching for Iffy Thoughts: Activity 11

Slide 28: Read Someone Like a Book

Slide 29: On Someone's Back

Slide 30: One Track Mind

Slide 31: Jump off the Deep End

Expanding Your View of Iffy Thoughts: Activity 12

Slide 2: Jump Off the Deep End

Slide 3: Paint Everyone with the Same Brush

Slide 4: One Track Mind

Slide 5: Read Someone Like a Book

Slide 6: Pass the Buck

Slide 7: Lumping Everyone Together

Slide 8: Play Down

Slide 9: Left Holding the Bag

Slide 10: The Handwriting is On the Wall

Slide 11: Twist Someone's Words

Slide 12: On Someone's Back

Slide 13: Play Up

Slide 14: Do a 180

Expanding Your View of Iffy Thoughts: Activity 12

Slide 15: Lumping Everyone Together: When Mike didn't get the answer right, Kelly said that he's a poor student; He hangs out with people that cause trouble so people call him a troublemaker; She's irresponsible; What you do is who you are; He's a loudmouth

Slide 16: Play Up: Magnify your shortcomings; Highlight your errors; Accentuate your weaknesses; Maximize your flaws; Emphasize your mistakes

Slide 17: One Track Mind: Preoccupied with a concern; Repeating a haunting thought; Obsess on a troublesome thought; Mull over a defeat; Dwell on the unfavorable

Slide 18: Jump Off the Deep End: A gut feeling; Guided by your emotions; Act on your feelings; I feel guilty so I know I did something wrong; Feeling equals fact

Slide 19: Play Down: Diminish your strong points; It doesn't matter; Make too little of your attempts; Shrink your achievements; Underestimate your abilities

Slide 20: Paint Everyone with the Same Brush: A few kids in class were acting up but the teacher kept us all in at recess; One size fits all; You come to a quick conclusion; When my dad told my sister that she couldn't go to her friend's house, she shouted, "You never let me do anything!"; It rained last Monday, so I know it always rains on Mondays

Slide 21: Read Someone Like a Book: Mind reader; You don't have to tell me what you're thinking, I know that you don't like my new glasses; They laughed as I walked by, so I know they don't like my new outfit; I know mom doesn't like the birthday gift I gave her; Just by looking at you, I can tell that you talk about me behind my back

Expanding Your View of Iffy Thoughts: Activity 12

Slide 22: Twist Someone's Words: Convince yourself that good things don't apply to you; Put a "spin" on your favorable moments; Not accepting compliments; Resist a pat on the back; Reject kind words said to you

Slide 23: The Handwriting is On the Wall: Dark clouds ahead; A conclusion of doom; Expecting the worst; Believing in a gloomy future; Cast a dark shadow

Slide 24: Left Holding the Bag: Give myself a bum rap; Hold myself accountable; When something goes wrong, all eyes are on me; The burden is mine; I'm to blame

Slide 25: Do a 180: Pass or Fail; Extremes; This or That; All or Nothing; Right or Wrong

Slide 26: On Someone's Back: Demand; Nag; Insist; Pushy; Command

Slide 27: Pass the Buck: Accuse them; Give him a bum rap; Hold her responsible; He's to blame; Ask him about the mess in the living room

Witty Thoughts: Activity 13

- Slide 2: Come to One's Senses
- Slide 3: Earn Brownie Points
- Slide 4: Collect One's Thoughts
- Slide 5: Go On a Fishing Expedition
- Slide 6: Put Yourself in Someone Else's Shoes
- Slide 7: Tip the Scales
- Slide 8: Strike a Balance
- Slide 9: Cut Someone Some Slack
- Slide 10: Burning Questions
- Slide 11: It Takes Two to Tango

Targeting Witty Thoughts: Activity 14

Title

- Slide 2: Strike a Balance
- Slide 3: It Takes Two to Tango
- Slide 4: Tip the Scales
- Slide 5: Come to One's Senses
- Slide 6: Collect One's Thoughts
- Slide 7: Burning Questions
- Slide 8: Earn Brownie Points
- Slide 9: Cut Someone Some Slack
- Slide 10: Put Yourself in Someone Else's Shoes
- Slide 11: Go On a Fishing Expedition

Targeting Witty Thoughts: Activity 14

Definition

Slide 12: Use less demanding words

Slide 13: Behavior affects outcome

Slide 14: Give yourself credit

Slide 15: Ask/answer "wh" questions

Slide 16: Use your senses to think clearly

Slide 17: Use less extreme words

Slide 18: Ask yourself, "What am I thinking"

Slide 19: Share responsibility

Slide 20: More evidence leads to wittier thinking

Slide 21: Ask yourself, "What might he/she think?"

Targeting Witty Thoughts: Activity 14

Example

Slide 22: He's not a bad student, he's my friend who had to stay after school yesterday because he forgot to hand in his homework every day this week

Slide 23: Perhaps I'll win the spelling bee

Slide 24: I ate dinner, it's likely I'll get dessert

Slide 25: He invited me because I'm a lot of fun

Slide 26: Sometimes you win, sometimes you lose

Slide 27: I heard she had to leave because she got a call from her mother

Slide 28: You were shouting too

Slide 29: I thought the school trip was canceled because not enough parents signed up as chaperones until I found out that we are going to have a snow storm

Slide 30: She might think that he's just tired

Slide 31: Tomorrow is the first day of school

Exploring Witty Thoughts: Activity 15

Slide 2: Put Yourself in Someone Else's Shoes

Slide 3: Cut Someone Some Slack

Slide 4: Tip the Scales

Slide 5: Burning Questions

Slide 6: Go On a Fishing Expedition

Slide 7: Earn Brownie Points

Slide 8: It Takes Two to Tango

Slide 9: Go On a Fishing Expedition

Slide 10: Collect One's Thoughts

Slide 11: Earn Brownie Points

Slide 12: Go On a Fishing Expedition

Slide 13: It Takes Two to Tango

Slide 14: Strike a Balance

Exploring Witty Thoughts: Activity 15

Slide 15: Put Yourself in Someone Else's Shoes

Slide 16: Cut Someone Some Slack

Slide 17: Come to One's Senses

Slide 18: Collect One's Thoughts

Slide 19: Tip the Scales

Slide 20: Earn Brownie Points

Slide 21: Burning Questions

Slide 22: Collect One's Thoughts

Slide 23: Burning Questions

Slide 24: Cut Someone Some Slack

Slide 25: Come to One's Senses

Slide 26: Earn Brownie Points

Slide 27: Go On a Fishing Expedition

Exploring Witty Thoughts: Activity 15

Slide 28: It Takes Two to Tango

Slide 29: Put Yourself in Someone Else's Shoes

Slide 30: Strike a Balance

Slide 31: Tip the Scales

Witty Quotes: Activity 16

Slide 2: Cut Someone Some Slack

Slide 3: Burning Questions

Slide 4: Come to One's Senses

Slide 5: Tip the Scales

Slide 6: Collect One's Thoughts

Slide 7: Earn Brownie Points

Slide 8: Cut Someone Some Slack

Slide 9: It Takes Two to Tango

Slide 10: Put Yourself in Someone Else's Shoes

Slide 11: Strike a Balance

Slide 12: Collect One's Thoughts

Slide 13: Earn Brownie Points

Slide 14: Burning Questions

Witty Quotes: Activity 16

Slide 15: It Takes Two to Tango

Slide 16: Go On a Fishing Expedition

Slide 17: Tip the Scales

Slide 18: Cut Someone Some Slack

Slide 19: Go On a Fishing Expedition

Slide 20: Put Yourself in Someone Else's Shoes

Slide 21: Strike a Balance

Slide 22: Come to One's Senses

Slide 23: Go On a Fishing Expedition

Slide 24: Come to One's Senses

Slide 25: Earn Brownie Points

Slide 26: It Takes Two to Tango

Slide 27: Come to One's Senses

Witty Quotes: Activity 16

Slide 28: Strike a Balance

Slide 29: Burning Questions

Slide 30: Put Yourself in Someone Else's Shoes

Slide 31: Collect One's Thoughts

Iffy and Witty Thoughts: Activity 17

Slide 2: Iffy Thoughts/Thinking that your achievements are no big deal/Play Down

Slide 3: Iffy Thoughts/Attaching a negative label to yourself and-or others based on an experience/Lumping Everyone Together

Slide 4: Witty Thoughts/More evidence leads to wittier thinking/Go On a Fishing Expedition

Slide 5: Witty Thoughts/Your behavior influences the outcome/Tip the Scales

Slide 6: Iffy Thoughts/Explaining away your positive experiences/Twist Someone's Words

Slide 7: Witty Thoughts/Give yourself credit for your efforts/Earn Brownie Points

Slide 8: Iffy Thoughts/Thinking the outcome will be negative/The Handwriting is On the Wall

Slide 9: Witty Thoughts/Use less demanding words/Cut Someone Some Slack

Slide 10: Witty Thoughts/Ask yourself what someone else might think about the situation/Put Yourself in Someone Else's Shoes

Iffy and Witty Thoughts: Activity 17

Slide 11: Witty Thoughts/Use your senses to think more clearly about a situation/Come to One's Senses

Slide 12: Iffy Thoughts/Thinking your problem is worse than it really is/Play Up

Slide 13: Iffy Thoughts/Believing that someone is thinking negatively about you/Read Someone Like a Book

Slide 14: Iffy Thoughts/Taking All of the Blame/Left Holding the Bag

Slide 15: Witty Thoughts/Use less extreme words (sometimes, a few, etc.)/Strike a Balance

Slide 16: Iffy Thoughts/Constantly repeating a negative thought/One Track Mind

Slide 17: Iffy Thoughts/Using demanding words on yourself and-or others/On Someone's Back

Slide 18: Iffy Thoughts/Thinking with extreme words/Do a 180

Slide 19: Witty Thoughts/In any given situation, at least two people share responsibility/It Takes Two to Tango

Iffy and Witty Thoughts: Activity 17

Slide 20: Witty Thoughts/Ask-answer the questions: who, what, when and where to determine why/Burning Questions

Slide 21: Iffy Thoughts/Thinking is based on negative feelings/Jump Off the Deep End

Slide 22: Iffy Thoughts/Passing the blame on to someone else/Pass the Buck

Slide 23: Iffy Thoughts/With little information, you use words like: all, always and never to form your opinion/Paint Everyone with the Same Brush

Slide 24: Witty Thoughts/Ask yourself, "What am I thinking?"/Collect One's Thoughts

More Iffy and Witty Thoughts: Activity 18

Slides 2 & 3

From Twisting Someone's Words

to

Earning Brownie Points

1. reader
2. funny
3. thank you
4. speller
5. voice
6. student
7. likes
8. friendly

Slides 4 & 5

From thinking that The Handwriting is

On the Wall to Tipping the Scales

1. wrote
2. study
3. helped
4. run
5. try
6. raise
7. smile
8. talking

More Iffy and Witty Thoughts: Activity 18

Slides 6 & 7

**From Reading Someone Like a Book to
Putting Yourself in Someone Else's Shoes**

1. independent
2. remember
3. experience
4. hurry
5. play back
6. understands
7. shy
8. voice

Slides 8 & 9

**From being On Someone's Back to
Cutting Someone Some Slack**

1. wish
2. would like
3. Consider
4. hoping
5. would be
6. suggest
7. Can
8. may be

More Iffy and Witty Thoughts: Activity 18

Slides 10 & 11

From Lumping Everyone Together to
answering Burning Questions/Coming
to One's Senses

1. comb
2. forgot
3. relax
4. accident
5. saw
6. taste
7. overheard
8. tapped

Slides 12 & 13

From Passing the Buck/Left Holding the Bag
to realizing that It Takes Two to Tango

1. She
2. sister
3. we
4. he
5. students
6. bus driver
7. teacher
8. Lisa

Even More Iffy and Witty Thoughts: Activity 19

Slide 2: **Whose Project is it Anyway?**

1. jumping off the deep end
2. passing the buck
3. put himself in Alicia's shoes
4. it takes two to tango

Slide 3: **Only Six Hits and Seven Catches**

1. reads Samuel like a book
2. leave himself holding the bag
3. one track mind
4. play down
5. earn brownie points

Slide 4: **Am I Ready for the Advanced Trail?**

1. on their back
2. paint the both of you with the same brush
3. lumping everyone together
4. cut them some slack

Page 5: **Zoo Phobia**

1. jumping off the deep end
2. the handwriting on the wall
3. come to your senses

Slide 6: **Anyone Can Miss a Goal**

1. one track mind
2. playing up the situation
3. twisting their words
4. collect your thoughts
5. lump everything together
6. earns brownie points

Even More Iffy and Witty Thoughts: Activity 19

Slide 7: **Classroom Chaos**

1. left holding the bag
2. pass the buck
3. read me like a book
4. one track mind
5. burning questions

Slide 8: **Man's Best Friend**

1. leaving yourself holding the bag
2. it takes two to tango
3. twisting their words
4. earn brownie points

Slide 9: **Stephen's Audition for the School Play**

1. earn brownie points
2. doing a 180
3. play down
4. puts himself in the audience's shoes

Slide 10: **Making the Grade**

1. off your back
2. one track mind
3. the handwriting is on the wall
4. jumping off the deep end
5. tipped the scales
6. cut himself some slack

Slide 11: **For the Love of Puppies**

1. one track mind
2. tipping the scales
3. playing down
4. putting yourself in their shoes

Even More Iffy and Witty Thoughts: Activity 19

Slide 12: **What Are Sisters for Anyway?**

1. doing a 180
2. playing up
3. passing the buck
4. burning questions
5. It takes two to tango

Slide 13: **What's in a Label?**

1. one track mind
2. the handwriting is on the wall
3. cut her some slack
4. put myself in her shoes
5. come to my senses

Slide 14: **One Week of Free Karate Lessons**

1. collect my thoughts
2. jumping off the deep end
3. tip the scales

Slide 15: **One More Ticket Left**

1. playing down
2. paint everyone with the same brush
3. go on a fishing expedition

Slide 16: **Just One More Chance**

1. cut you some slack
2. playing up the situation
3. tip the scales

Even More Iffy and Witty Thoughts: Activity 19

Slide 17: **What's a Brother for Anyway?**

1. playing up
2. passing the buck
3. painting him with the same brush
4. it takes two to tango
5. lumping everything together
6. burning questions

Slide 18: **So Many Chores, So Little Time**

1. paint my parents with the same brush
2. reading us like a book
3. going on a fishing expedition

Slide 19: **April Fools'!**

1. collecting your thoughts
2. leave you holding the bag
3. burning questions
4. come to your senses

Slide 20: **Mother Knows Best**

1. get off her back
2. putting myself in her shoes
3. strike a balance

Slide 21: **Super Bowl Sunday at my House**

1. doing a 180
2. lumping everything together
3. the handwriting is on the wall
4. go on a fishing expedition

Even More Iffy and Witty Thoughts: Activity 19

Slide 22: **Maybe They Have Plans**

1. twisting her words
2. strike a balance
3. tip the scales

Slide 23: **There's Enough for All of Us After All**

1. the handwriting is on the wall
2. read them like a book
3. cut them some slack
4. come to my senses

Slide 24: **Clubs, Clubs, Everywhere!**

1. collect your thoughts
2. played up my problem
3. going on a fishing expedition

Slide 25: **More Than a Bus Ride**

1. leave myself holding the bag
2. twisting her words
3. give myself brownie points
4. tip the scales

Slide 26: **No Girls Allowed**

1. did a 180
2. strike a balance
3. come to my senses