

# MindShift™ Cards — Balance Your Thoughts

## Instruction Sheet

### Summary

Transform worries into balanced thoughts! Pick up a Worry Card, learn about the corresponding thinking trap, and write a more balanced version of that worry. By the end of the activity, you'll have a list of transformed worries.

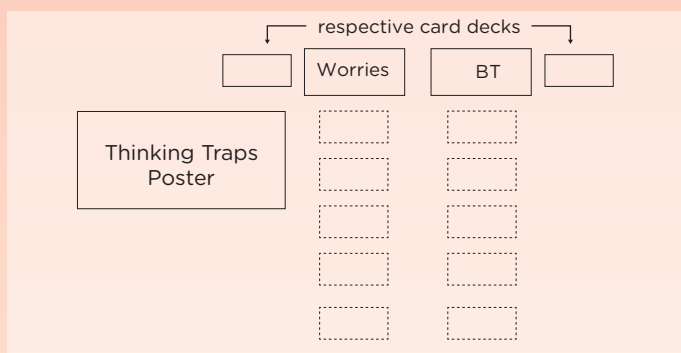
### Learning Objectives

Players will learn:

- Definitions and examples of the different thinking traps.
- How to challenge their worries using prompting questions.
- How to transform worries into balanced thoughts.

### Set Up

1. Place the Thinking Traps poster in a visible location for players' quick reference (ie. laid out on table).
2. Lay out the "Worries" Title Card and the "Balanced Thoughts" Title Card side by side, and ensure that there is enough space below them for at least 5 rows of Worry Cards to be added.
3. Place an example Worry Card and Balanced Thought below each corresponding title card.  
*Example: I shouldn't feel anxious. / Everyone feels anxious sometimes.*
4. Shuffle the deck of Worry Cards and ensure that the marker and empty Balanced Thought Cards are easily accessible.



### Required Materials

#### Included:

- Thinking Traps Info Poster
- "Worries" Title Card
- "Balanced Thoughts" Title Card
- 30 Worry Cards
- 30 Balanced Thought Cards (Lamination Required)

#### Not Included:

- Erasable Marker and Eraser

### Instructions

1. Distribute a Worry Card and a Balanced Thought Card to each player.
2. Each player looks at their Worry Card and takes a few seconds to read the worry. Below each worry is the associated Thinking Trap icon.
3. The player finds the Thinking Trap icon on the Thinking Trap Info Poster and uses the corresponding questions to write down a balanced version of the worry on their Balanced Thought card.
4. Each player places their Worry Card and their Balanced Thought Card in the corresponding column.
5. The host checks each player's answer, gives them feedback, and starts a conversation with the group about each card pairing.