FOR PARENTS AND TEACHERS

GROWN-UP *guide*

What is a thinking trap? A thought that sounds true but is only part of the story, like "I always mess up." Every child has them, and so do we. In this kit each trap is a little animal who whispers the thought. The animal is the trickster. The child is never the trap.

The tool has three moves. They are the same in the song, on the cards and on the poster:



1. SPOT IT

Point. Name the animal.



2. STEP OUT

One big step to the side.



3. WHAT ELSE COULD BE TRUE?

Palms up. Look for a fairer thought.

A fairer thought is not a happy thought. We are not trying to cheer a child up or to say "that's not true." We ask *what else could be true?* and look for a thought that fits more of what really happened. Feelings are always OK. The tool is about what we do next.

Your first week, a little each day

Day 1 — **Hang the poster. Read three animals together (Generalizing Giraffe, Mind-Reading Monkey, Labeling Lion). Do the three moves once, slowly.**

Day 2 — **Pull one card. Read the front, then do the moves. Flip it and read "What else could be true?" aloud. Color the stars: how loud was that trap?**

Day 3 — **Play the Roll-call game: you call "Who says 'always'?" and the class holds up a card.**

Day 4 — **Try a "What else could be true?" sheet with one real thought from the week (the child chooses it).**

Day 5 — **Play Trap or Fair? Start the Trap tracker and send the family page home.**

THE TOOL

SPOT IT STEP OUT

WHAT ELSE COULD BE TRUE?

1

SPOT IT

Point. Name the animal.



2

STEP OUT

One big step to the side.



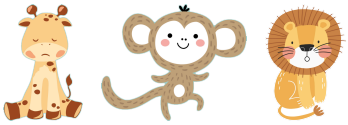
3

WHAT ELSE COULD BE TRUE?

Palms up. Look for a fairer thought.



Thinking trap? Here's what I do:



PERFECTIONIST

penguin



"I NEED TO BE PERFECT."

☆☆☆☆☆

NEGATIVE

narwhal



"EVERYTHING IS GOING TO GO WRONG, AND NOTHING WILL WORK OUT."

☆☆☆☆☆

MISPLACED RESPONSIBILITY

mouse



"I THINK EVERYTHING THAT GOES WRONG IS MY FAULT."

☆☆☆☆☆

EXPECTATION

elephant



"PEOPLE SHOULD ACT THE WAY I EXPECT."

☆☆☆☆☆

NEGATIVE *narwhal*

WHAT ELSE COULD BE TRUE?

"SOME THINGS COULD GO RIGHT TOO."



TINY ACTION

Name one thing that might go well.

SPOT IT · STEP OUT · WHAT ELSE COULD BE TRUE?

PERFECTIONIST *penguin*

WHAT ELSE COULD BE TRUE?

"COULD BE WOBBLY AND LOVELY TOO!"



TINY ACTION

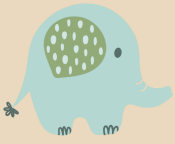
Leave one wobble in. Show it anyway.

SPOT IT · STEP OUT · WHAT ELSE COULD BE TRUE?

EXPECTATION *elephant*

WHAT ELSE COULD BE TRUE?

"PEOPLE CAN BE DIFFERENT. THAT'S OK."



TINY ACTION

Ask a friend what they would like.

SPOT IT · STEP OUT · WHAT ELSE COULD BE TRUE?

MISPLACED RESPONSIBILITY *mouse*

WHAT ELSE COULD BE TRUE?

"MY PART WAS SMALL. OTHER THINGS WERE THERE TOO."



TINY ACTION

Say "My part was..." and stop there.

SPOT IT · STEP OUT · WHAT ELSE COULD BE TRUE?