



Get rid of the



AUTOMATIC NEGATIVE THOUGHTS

participate in class, I might say the wrong thing.

Even if I study, I will not be able to get the grade I want.

He said I was pretty but he must have just been trying to be nice.

I know I will not make team, so I will not even try out for it.

get elected for class, so I won't

try out for the school team, I will probably not

He probably picked me to be on the team because he had to.

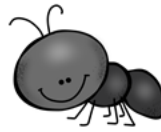
If I try to talk to those students, they will laugh at me.

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Objective:

- *Students will identify and sort automatic negative thoughts.
- *Students will change negative thoughts into positive ones.

Materials:

- *Printout of Types of Ant's worksheet, one for each student.
- *Pencils.
- *Picnic basket, A.N.T cards cut out and glued in advance (cards should be made to be 2 sided)

Tips and Tricks:

- *Laminate the Picnic basket and Ant's so you can re-use it. Have the student's write with dry erase markers.

Activity Details (about 30 min):

- *Talk to the students about what Automatic Negative Thoughts are. Say "Sometimes our brain can tend to be a little negative, so much so that even when something positive or good happens, it turns it to be not good without us even realizing it. These types of thoughts are called Automatic Negative Thoughts or ANTs. If we can learn to change those ANTs to be positive, we will be much happier and feel better about ourselves and our life. Let's learn about the different types of ANTs." Pass out the Types of Ants handout (1 per student) and go through what each one is and provide an example of each.
- *Place the picnic basket in the middle of the table and surround it with the ANT cards. (Make sure to glue the cards together in advance so they are two sided cards, one side is the ANT example and one side is the Which type of ANT is this/Reword it to be positive.) There are also blank ANT cards if you want to create your own, or have students create their own.
- *Tell the students that the ANTs are taking over the picnic basket much like they can take over our brain or way of thinking. We have to control our own thoughts and get rid of these ANTs. Each student takes a turn removing an ant from the picnic basket area. They should read the ANT example out loud to the group and then turn it over and answer the questions (you can do this orally or written, based on your preference and their developmental level).
- *Some ANTs fit into more than one type, but they are in the order listed on the Types of Ants page (the first page is All or Nothing ANTs, the second is Predicting the future ANTs, etc.).
- *Discuss how these negative thoughts can be harmful (can make us feel bad about ourselves, can make us sad) and how positive thoughts can be helpful (make us feel happy).

ASCA Standards Alignment:

- *Mindset: (M 2) Self-confidence in ability to succeed.
- *Behavior: Self-Management Skills: (B-SMS 7) Demonstrate effective coping skills when faced with a problem.
- *Behavior: Social Skills: (B-SS 8) Demonstrate advocacy skills and ability to assert self, when necessary.

SEL Competencies:

- *Self-awareness: self-confidence, accurate self-perception.



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TYPES OF A.N.T.'S:



ALL OR NOTHING

Seeing everything as either one way or another, no in-between.



PREDICTING THE FUTURE

Expecting bad things are going to happen.



OVERBOARD

Making a bigger deal of something than what it really is.



MINIMIZE

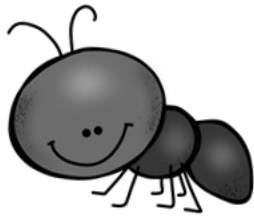
Downplaying your good qualities, talents, or successes.



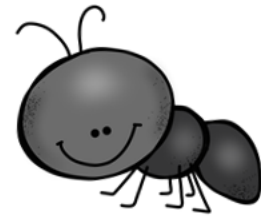
MUST BE ABOUT ME

Believing things are about me when it is possible they might not be.

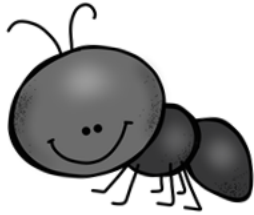




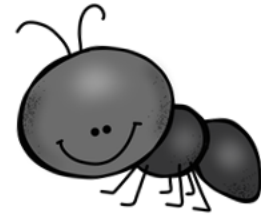
I failed the test, I am a total loser.



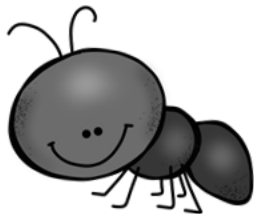
I will never be as pretty as her, so I must be ugly.



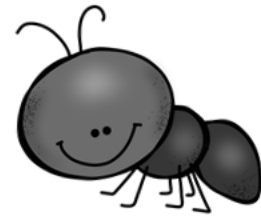
She is perfect and I will never be like that.



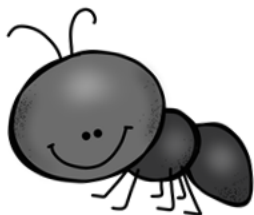
You are either with me or you are against me.



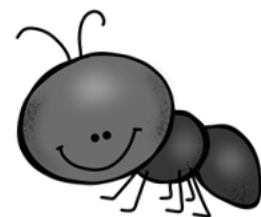
I got a bad grade, I must not be smart.



That kid does not like me, I must not be likeable.



I made a mistake, I am such a failure.



I am not good at Math, I will never be good at anything.

Which type of A.N.T is this?

Reword it to be positive:

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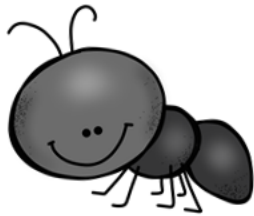
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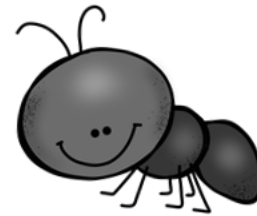
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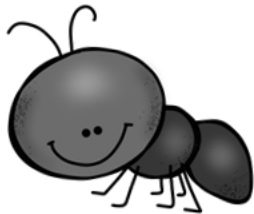
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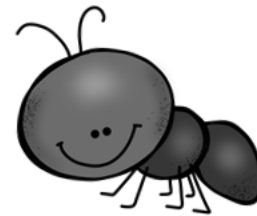
I know I will not make the team, so I will not even try out for it.



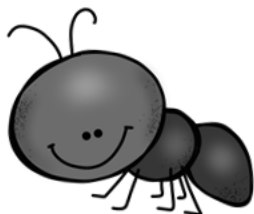
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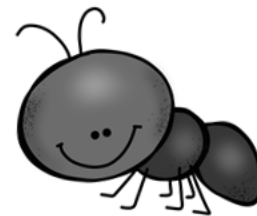
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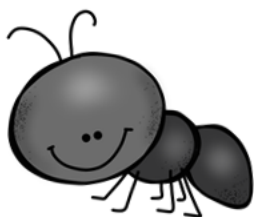
If I try out for the school play, I will probably not get it.



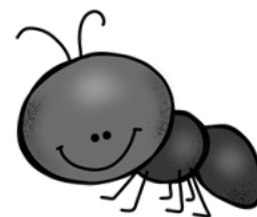
If I participate in class, I might say the wrong thing.



If I go to that party, I might do something embarrassing.



I will never get elected for Student Council, so I won't even try.



If I present my project, it will not be good enough.

Which type of A.N.T is this?

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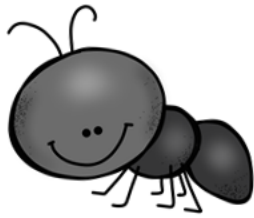
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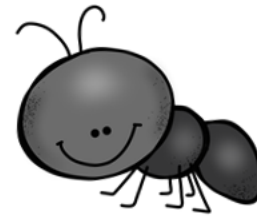
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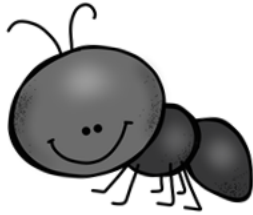
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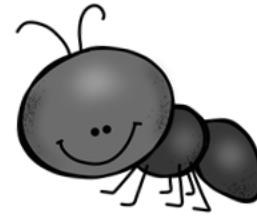
I failed the test, I am never going to pass any other test.



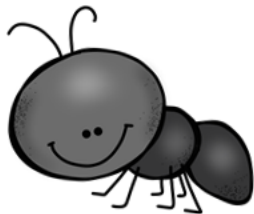
I cannot believe I said that, my life is over.



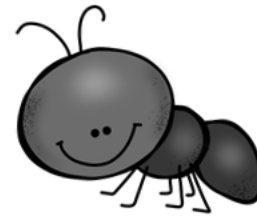
If she won't be my friend, I will never be popular.



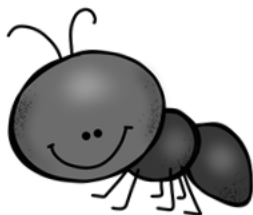
I had trouble reading that in class, I will never be a good reader.



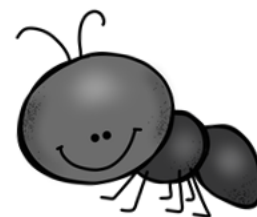
I did not get on the honor roll, I am never going to get into college.



I got a red on my behavior card today, I am a terrible person.



I went to the wrong table at lunch, now everyone thinks I am stupid.



My friend did not play with me at recess, they must hate me.

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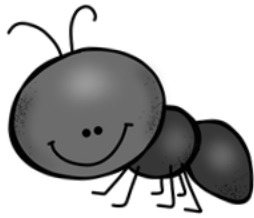
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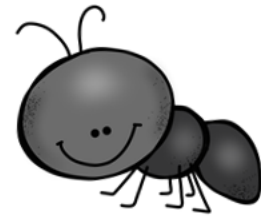
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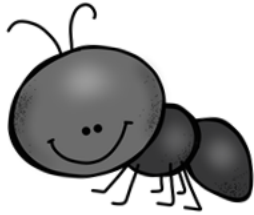
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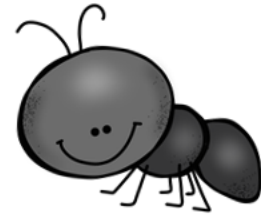
I got good grades but it was not a big deal.



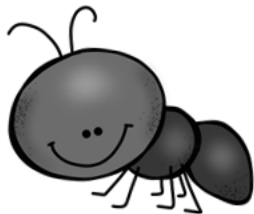
He said I was pretty but he must have just been trying to be nice.



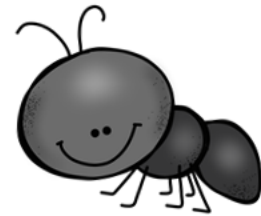
I won that award because of luck.



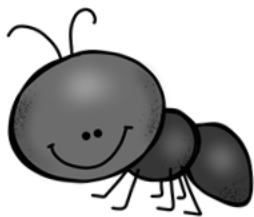
He probably picked me to be on the team because he had to.



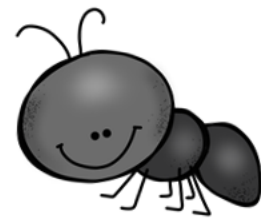
My teacher gave me that compliment because she feels bad for me.



My parent said I did a good job but it was not that good.



My grade improved in Math but it is still not perfect.



I helped win the game but it was mostly because of what everyone else did.

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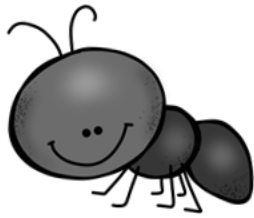
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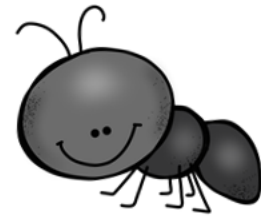
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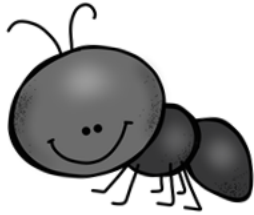
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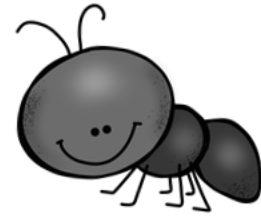
I did not get the grade I want, I think the teacher must not like me.



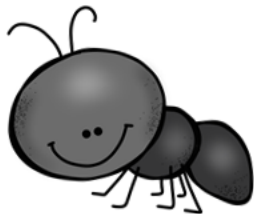
Those two students were laughing, it must be at me.



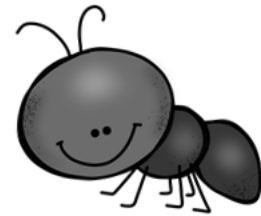
She was whispering, I bet it is about me.



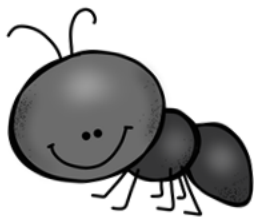
He cut me in the line, he must not like me.



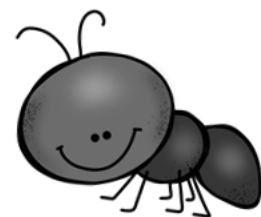
He did not pick me to be on his team, he must not want to be my friend.



I must have said something wrong because he looked at me funny.



My class did not win the Pizza party, it must be because of me.



My team did not win the game, it must be my fault.

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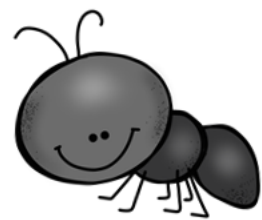
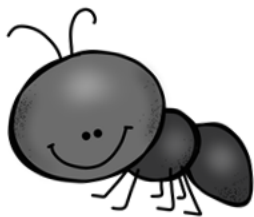
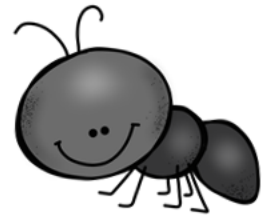
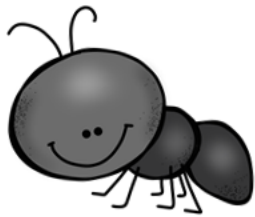
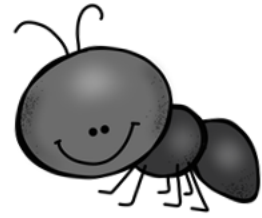
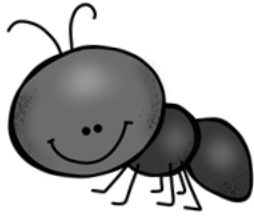
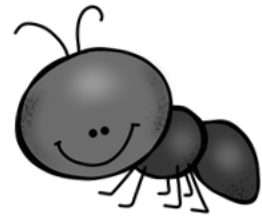
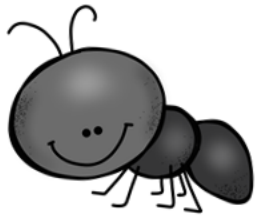
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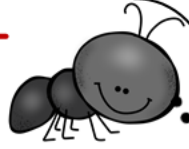
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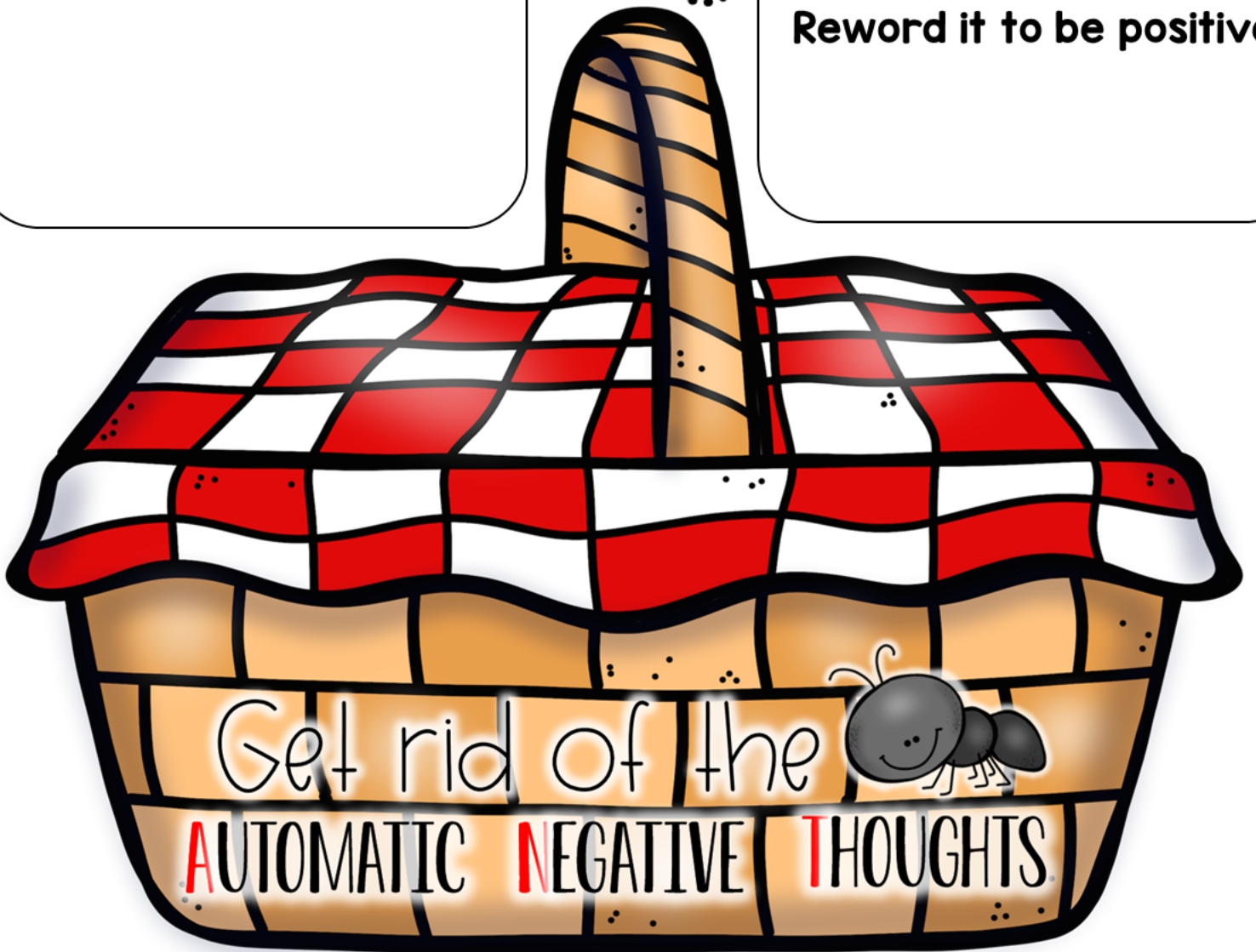
WHAT ARE SOME A.N.T'S YOU NEED TO GET RID OF?

My A.N.T

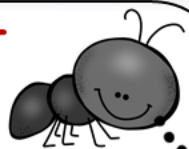


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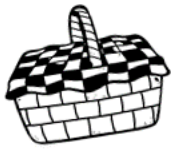


My A.N.T



Which type of A.N.T is this?

Reword it to be positive:



Get rid of the AUTOMATIC NEGATIVE THOUGHTS

Objective:

- *Students will identify and sort automatic negative thoughts.
- *Students will change negative thoughts into positive ones.

Materials:

- *Printout of Types of Ant's worksheet, one for each student.
- *Pencils.
- *Picnic basket, A.N.T cards cut out and glued in advance (cards should be made to be 2 sided)

Tips and Tricks:

- *Laminate the Picnic basket and Ant's so you can re-use it. Have the student's write with dry erase markers.

Activity Details (about 30 min):

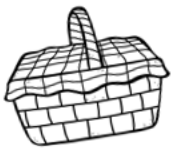
- *Talk to the students about what Automatic Negative Thoughts are. Say "Sometimes our brain can tend to be a little negative, so much so that even when something positive or good happens, it turns it to be not good without us even realizing it. These types of thoughts are called Automatic Negative Thoughts or ANTs. If we can learn to change those ANTs to be positive, we will be much happier and feel better about ourselves and our life. Let's learn about the different types of ANTs." Pass out the Types of Ants handout (1 per student) and go through what each one is and provide an example of each.
- *Place the picnic basket in the middle of the table and surround it with the ANT cards. (Make sure to glue the cards together in advance so they are two sided cards, one side is the ANT example and one side is the Which type of ANT is this/Reword it to be positive.) There are also blank ANT cards if you want to create your own, or have students create their own.
- *Tell the students that the ANTs are taking over the picnic basket much like they can take over our brain or way of thinking. We have to control our own thoughts and get rid of these ANTs. Each student takes a turn removing an ant from the picnic basket area. They should read the ANT example out loud to the group and then turn it over and answer the questions (you can do this orally or written, based on your preference and their developmental level).
- *Some ANTs fit into more than one type, but they are in the order listed on the Types of Ants page (the first page is All or Nothing ANTs, the second is Predicting the future ANTs, etc.).
- *Discuss how these negative thoughts can be harmful (can make us feel bad about ourselves, can make us sad) and how positive thoughts can be helpful (make us feel happy).

ASCA Standards Alignment:

- *Mindset: (M 2) Self-confidence in ability to succeed.
- *Behavior: Self-Management Skills: (B-SMS 7) Demonstrate effective coping skills when faced with a problem.
- *Behavior: Social Skills: (B-SS 8) Demonstrate advocacy skills and ability to assert self, when necessary.

SEL Competencies:

- *Self-awareness: self-confidence, accurate self-perception.



Get rid of the 

AUTOMATIC NEGATIVE THOUGHTS

TYPES OF A.N.T.'S:



1 ALL OR NOTHING

Seeing everything as either one way or another, no in-between.



2 PREDICTING THE FUTURE

Expecting bad things are going to happen.



3 OVERBOARD

Making a bigger deal of something than what it really is.



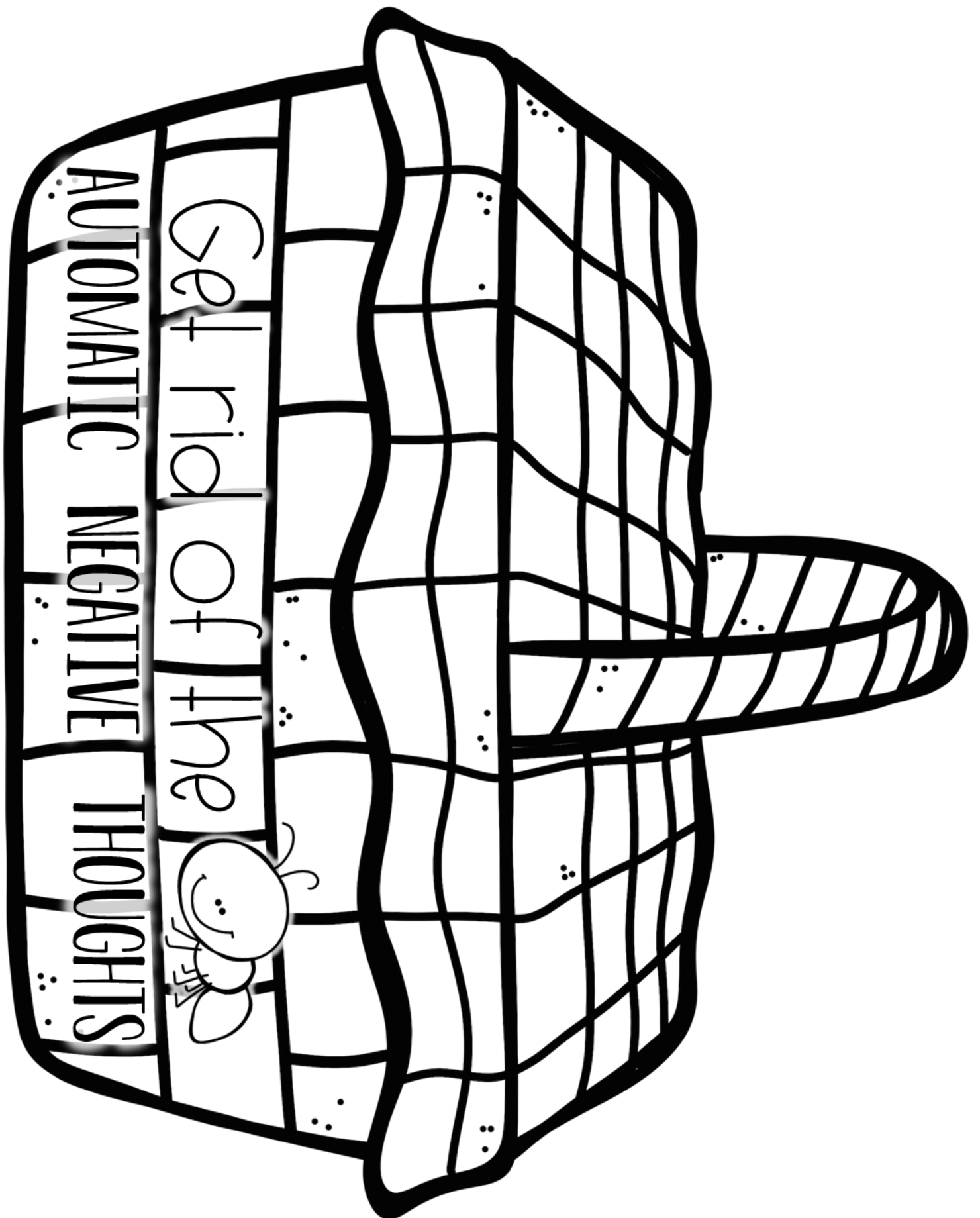
4 MINIMIZE

Downplaying your good qualities, talents, or successes.



5 MUST BE ABOUT ME

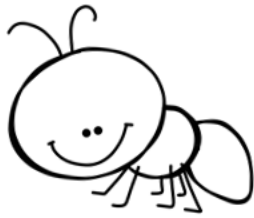
Believing things are about me when it is possible they might not be.



Get rid of the

AUTOMATIC NEGATIVE THOUGHTS





I failed the test, I am a total loser.



I will never be as pretty as her, so I must be ugly.



She is perfect and I will never be like that.



You are either with me or you are against me.



I got a bad grade, I must not be smart.



That kid does not like me, I must not be likeable.



I made a mistake, I am such a failure.



I am not good at Math, I will never be good at anything.

Which type of A.N.T is this?

Reword it to be positive:

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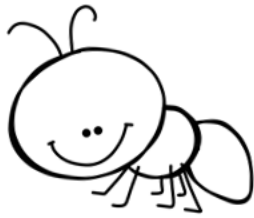
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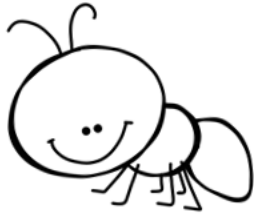
Reword it to be positive:



I know I will not make the team, so I will not even try out for it.



If I try to talk to those students, they will laugh at me.



Even if I study, I will not be able to get the grade I want.



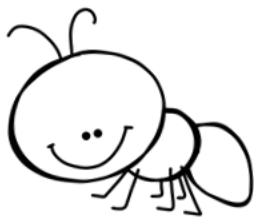
If I try out for the school play, I will probably not get it.



If I participate in class, I might say the wrong thing.



If I go to that party, I might do something embarrassing.



I will never get elected for Student Council, so I won't even try.



If I present my project, it will not be good enough.

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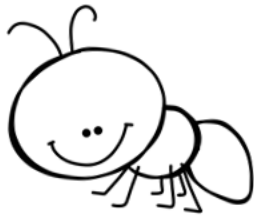
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Which type of A.N.T is this?

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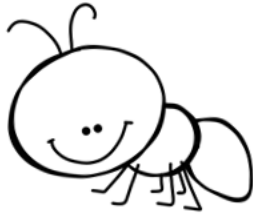
Reword it to be positive:



I failed the test, I am never going to pass any other test.



I cannot believe I said that, my life is over.



If she won't be my friend, I will never be popular.



I had trouble reading that in class, I will never be a good reader.



I did not get on the honor roll, I am never going to get into college.



I got a red on my behavior card today, I am a terrible person.



I went to the wrong table at lunch, now everyone thinks I am stupid.



My friend did not play with me at recess, they must hate me.

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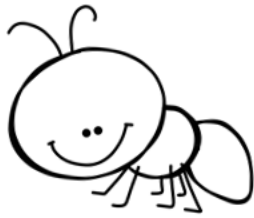
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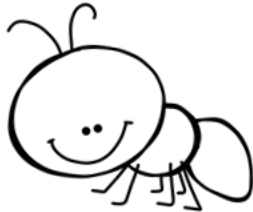
Reword it to be positive:



I got good grades but it was not a big deal.



He said I was pretty but he must have just been trying to be nice.



I won that award because of luck.



He probably picked me to be on the team because he had to.



My teacher gave me that compliment because she feels bad for me.



My parent said I did a good job but it was not that good.



My grade improved in Math but it is still not perfect.



I helped win the game but it was mostly because of what everyone else did.

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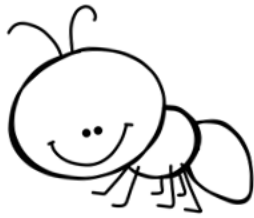
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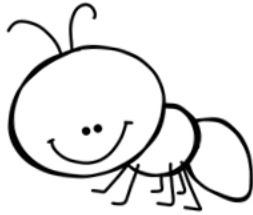
Reword it to be positive:



I did not get the grade I want, I think the teacher must not like me.



Those two students were laughing, it must be at me.



She was whispering, I bet it is about me.



He cut me in the line, he must not like me.



He did not pick me to be on his team, he must not want to be my friend.



I must have said something wrong because he looked at me funny.



My class did not win the Pizza party, it must be because of me.



My team did not win the game, it must be my fault.

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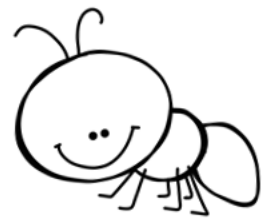
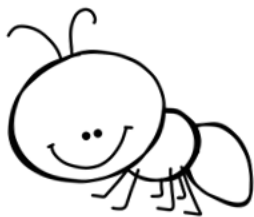
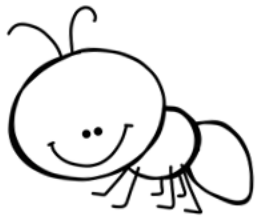
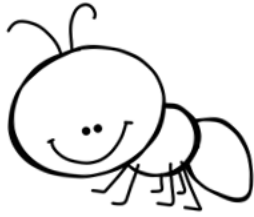
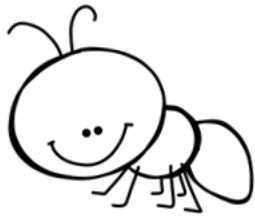
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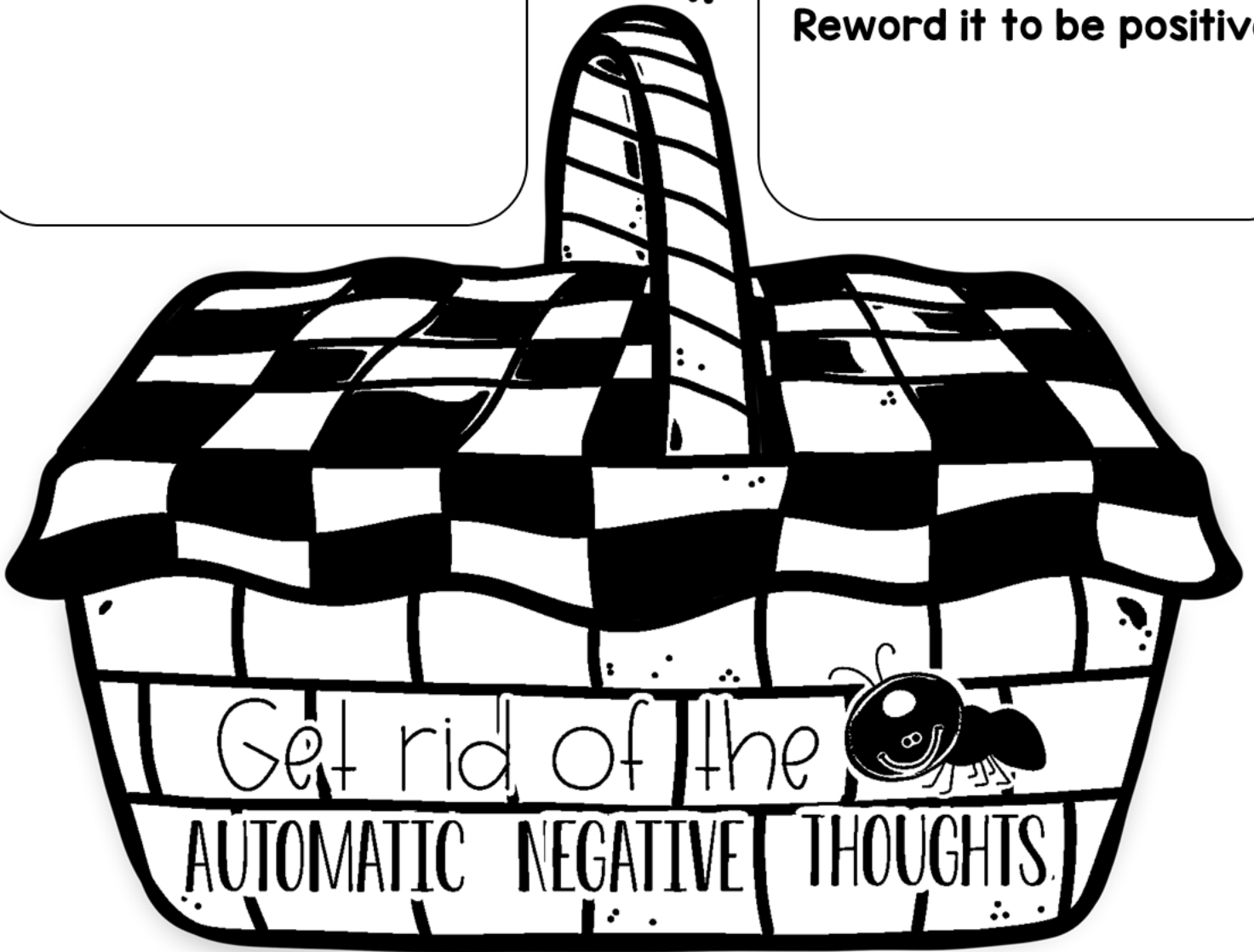
WHAT ARE SOME A.N.T'S YOU NEED TO GET RID OF?

My A.N.T

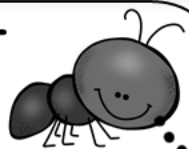


Which type of A.N.T is this?

Reword it to be positive:



My A.N.T



Which type of A.N.T is this?

Reword it to be positive:

GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [Automatic Negative Thoughts](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 **YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**
Otherwise they will all be editing the same file.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

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ABOUT THE AUTHOR



I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

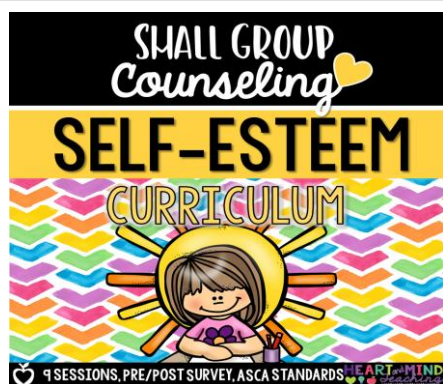
Click the icons to connect with me



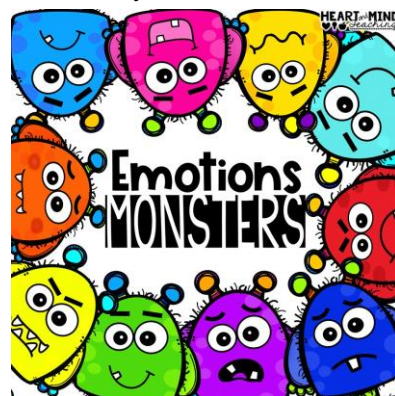
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