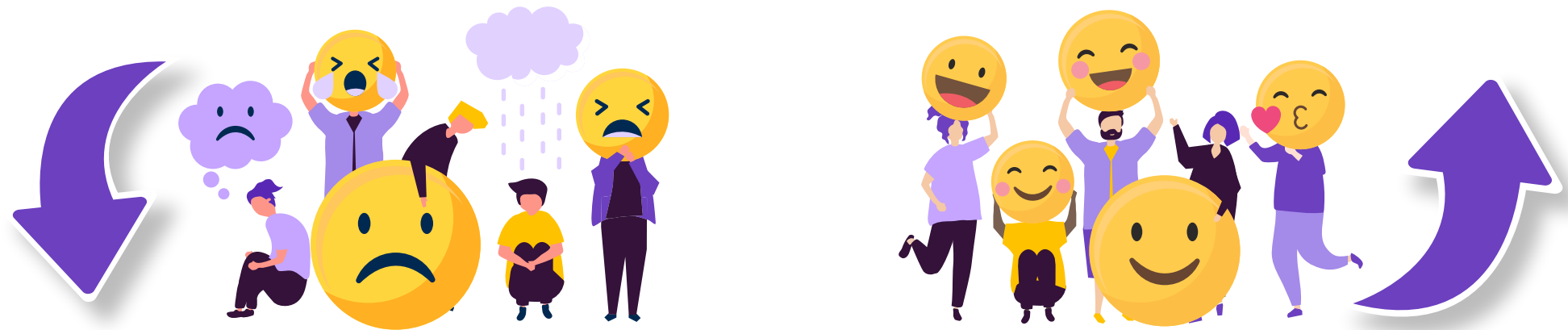


Activity 1: Psychological Flexibility/Inflexibility Cards

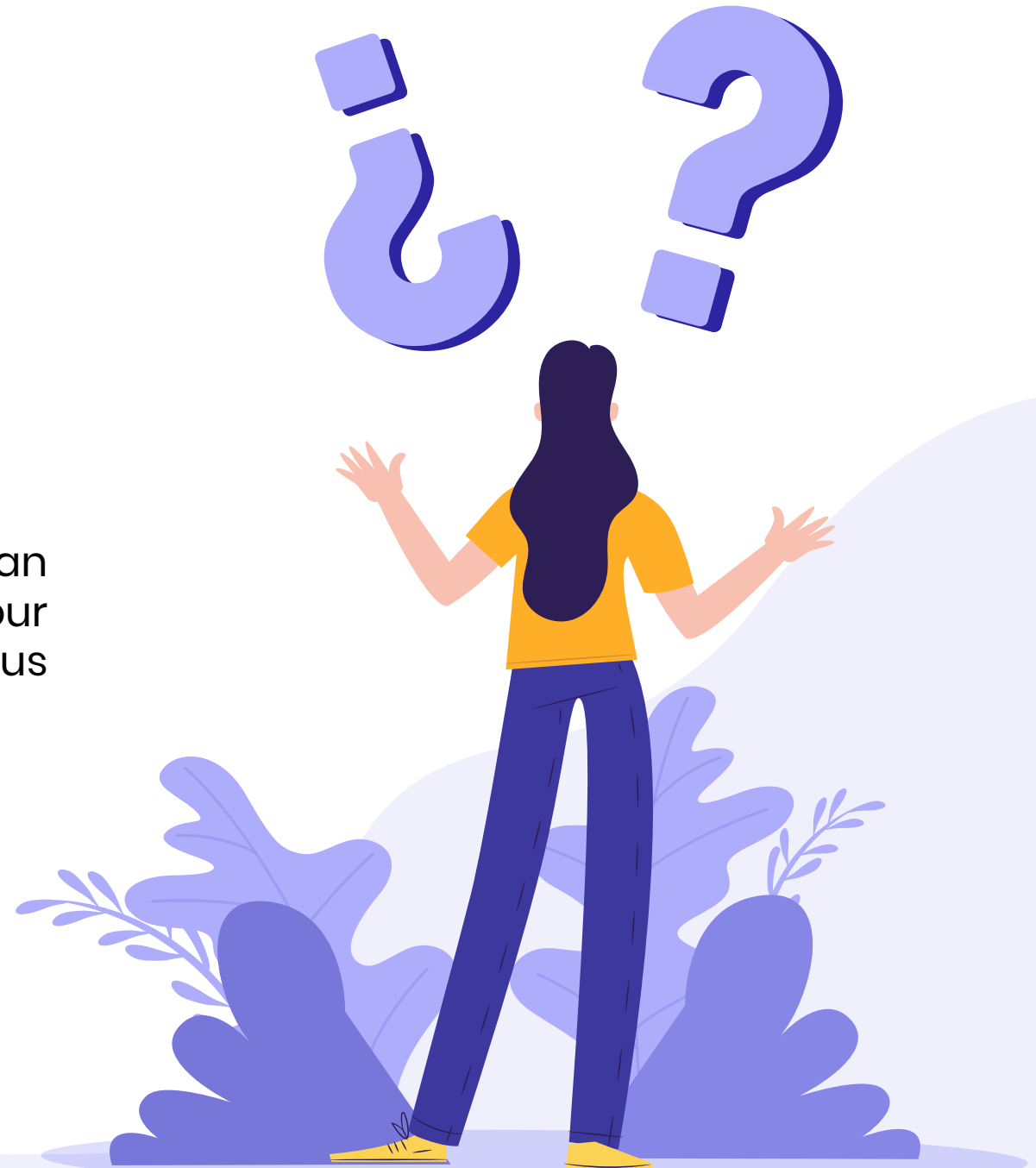
- We are all thinking all day
- Choices that make us proud or not

Materials: Cards



INSTRUCTION

This game will help us understand how we can make choices when we have our thoughts/feelings during the day that make us proud or not.



PRISONERS:

- Thoughts and feelings take control of our behavior.
- No control.



1. The Story

Francisco gets very angry because his friend Pedro has told his secret to the whole class. He feels betrayed by his friend and, although Pedro apologizes, Francisco hits him and yells something very ugly to him in front of other friends. Then, he feels sorry for what he did and is sad because he is no longer Pedro's friend.



2. The Story

Beatriz loves volleyball and wants to be a professional in that sport some day. In a game at school, she has to face the rival team. After a difficult game, Beatriz's team loses. Beatriz is very sad and disappointed to have lost the game of the season and decides not to train anymore since, according to her, everything was her fault. After a few days, when Beatriz can no longer play volleyball, she regrets having stopped playing at school.



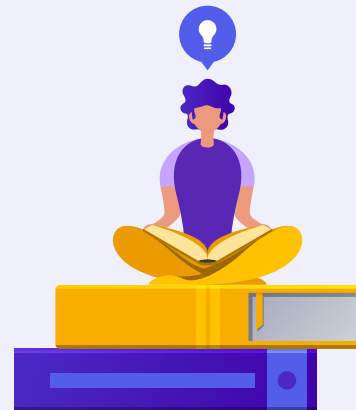
KINGS:

- Control over thoughts and feelings



3. The Story

Carlos is a 10 year-old boy who thinks it is very important to get good grades at school. However, he is a very nervous child and is always afraid when he is about to take an exam. Despite this, Carlos concentrates and studies everything he can at home. When it comes time for the test, he chooses to do his best, even though his fear is always there. He concentrates and focuses all his attention and energy on his test, and not on his nerves.



4. The Story

Helena is very shy and gets really nervous when meeting new people. One day, her family moves and she has to change schools, forever. She does not know what the new kids at school will think of her or what they will say about her, etc. Regardless of her fear and nervousness, on the first day she decides to try to make new friends. She chooses to ask questions, start conversations with girls in the class, and participate whenever the teacher asks a question. She does all of this because it is important for her to make friends and get along with people.



DISCRIMINATION EXERCISE OF THE TWO FORMS OF RESPONSE



1. The Story

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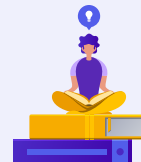
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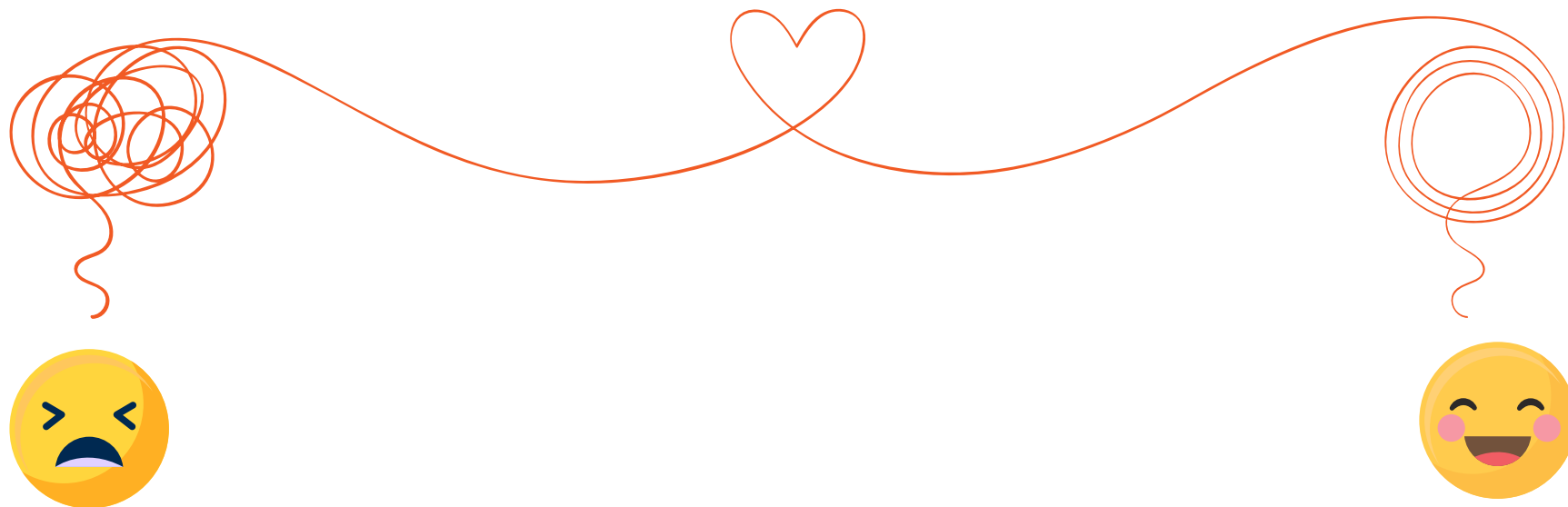
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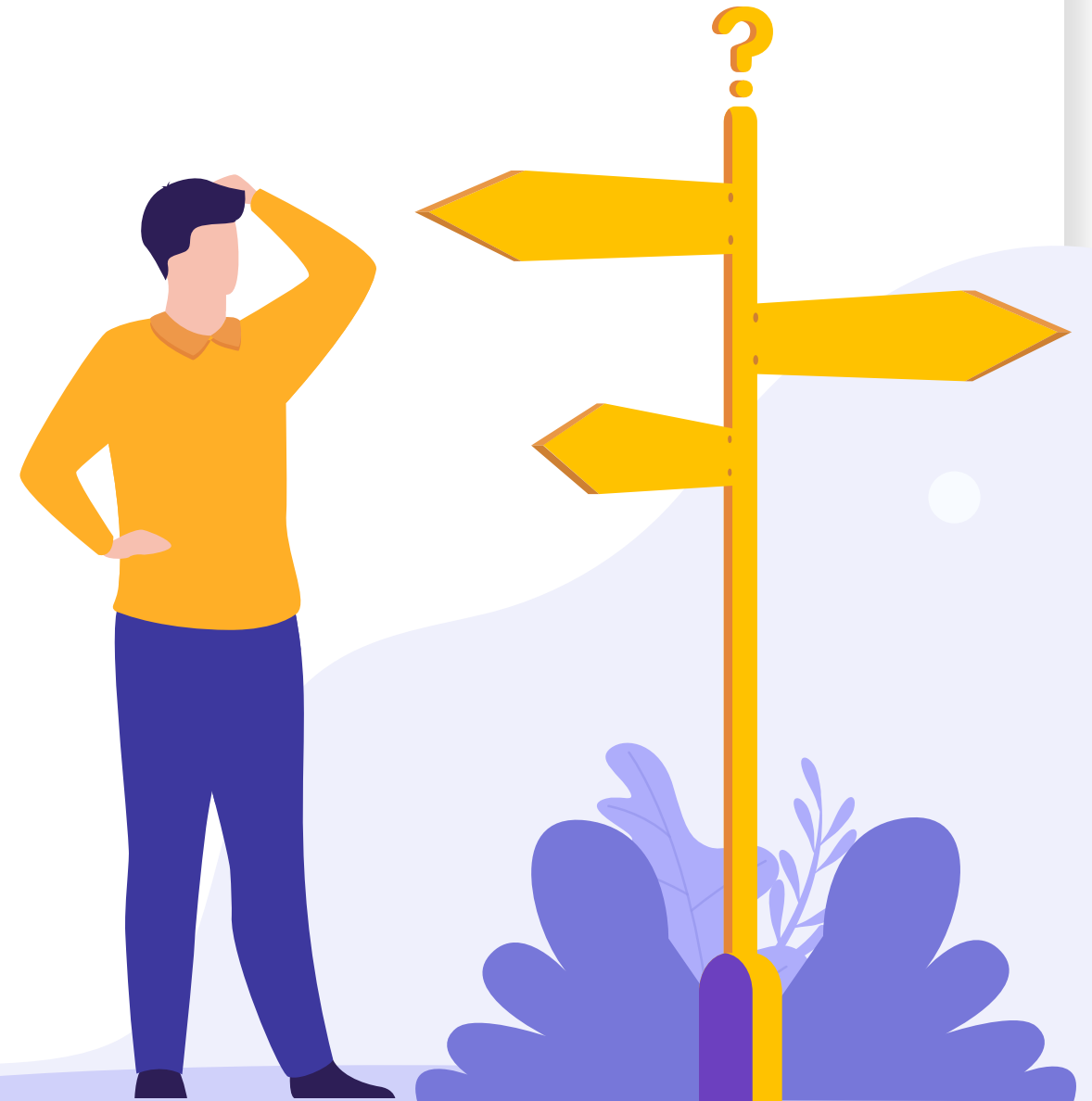


Activity 2: Thought Web

Materials: Yarn and post its.



INSTRUCTION



Thought Web

Try to remember all the thoughts you have had during the day. Think of all the kinds of thoughts that may have crossed your mind.



Thought Web

Try to remember all the thoughts you have had during the day. Think of all the kinds of thoughts that may have crossed your mind.

For example, this morning when I was in math class, I thought I was not going to be able to learn my lesson.



Thought Web

Could we write that thought?



Thought Web



Thought Web

Try to think of another thought.

For example, this morning when I was in math class, I thought I was not going to be able to learn my lesson!



Thought Web

Try to think of another thought.

I feel jealous of my older sister. Can I add these too?

For example, this morning when I was in math class, I thought I was not going to be able to learn my lesson!



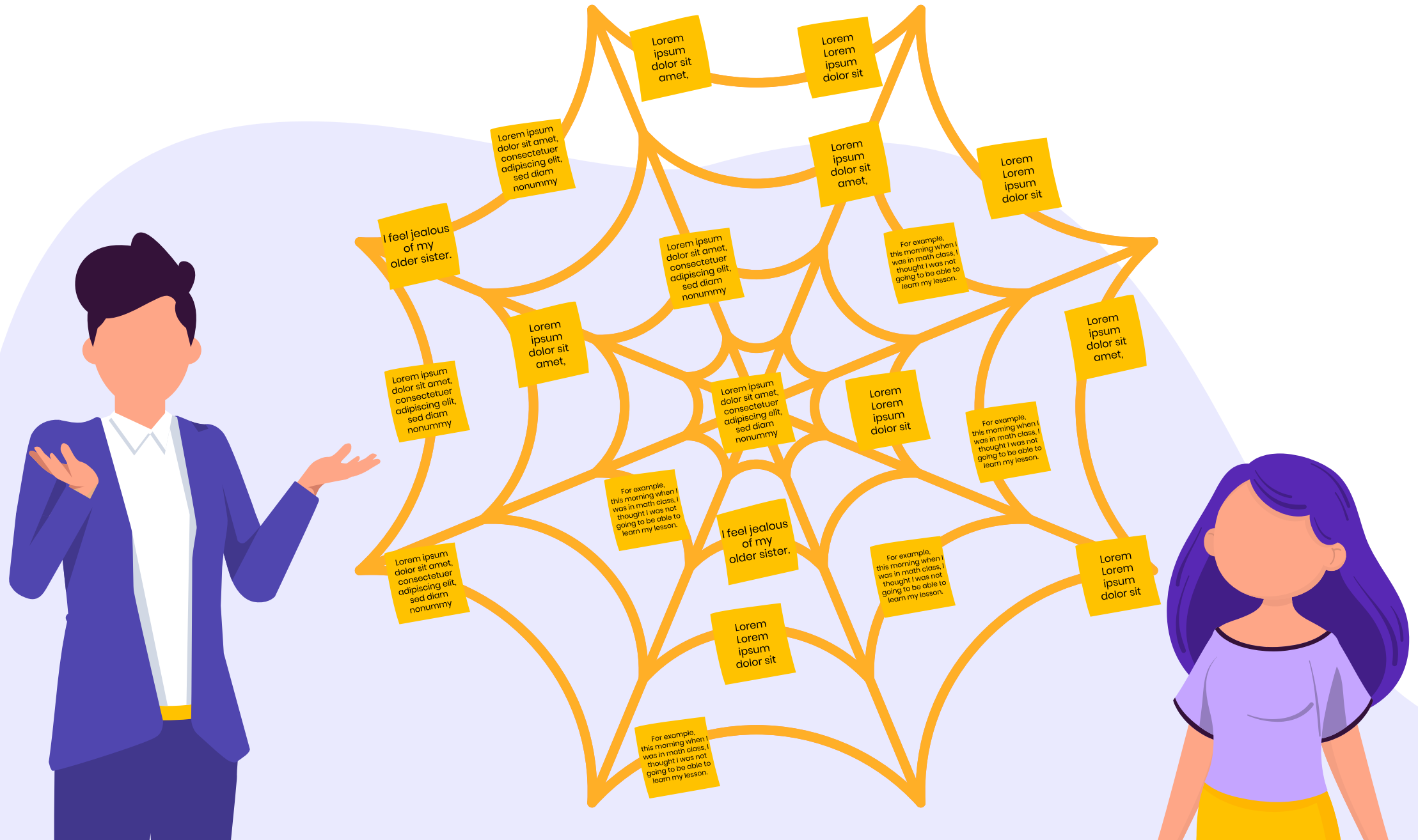
Thought Web



I feel jealous of my older sister.

For example, this morning when I was in math class, I thought I was not going to be able to learn my lesson.

Thought Web



Thought Web

How many thoughts do you think are on the yarn?



Thought Web

How many thoughts do you think are on the yarn?



Thought Web

Now imagine, how many thoughts would we have in a full week?



Thought Web

Now imagine, how many thoughts would we have in a full week?



Thought Web



Thought Web



Do you think a month's worth of thoughts would all fit in this room?

no, of course not!
It would be too many

Thought Web

Whose thoughts are these?



Thought Web

Whose thoughts are these?

Mine



Thought Web

Do you see some thought with which you use to spin around? Oh! For example, let's think about the situation with your sister that causes you so much discomfort. Is it good for you?



Thought Web

Do you spin around this thought? ...



Thought Web

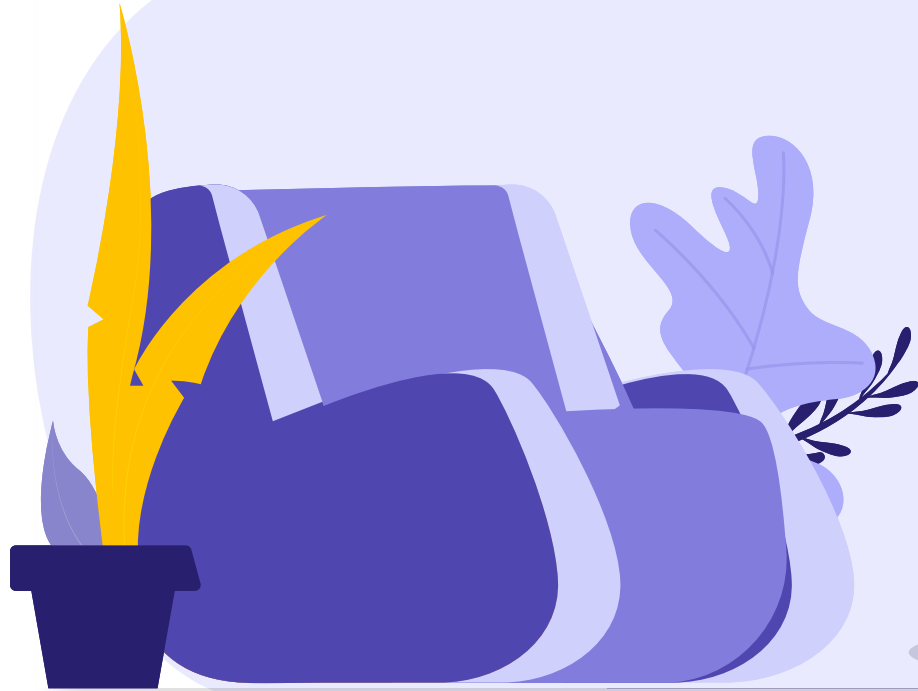
Do you spin around this thought? ...



I think my sister will be better than me. That makes me feel very bad



Thought Web



Thought Web



And what is the next thought?



Thought Web



And what is the next thought?

Everyone will love my sister more because she is the eldest



Thought Web

And what do you usually choose to do?



Thought Web



Thought Web



Do you follow spinning around?

Yes, I see that I get more and more involved in my thoughts



Thought Web



Thought Web



Thought Web



Thought Web



Well, this is just another thought... But what do you usually choose to do?



Thought Web



Well, this is just another thought... But what do you usually choose to do?

When I think about all those things, I usually start doing things that don't make me happy



Thought Web



Thought Web

Lets think of fun things we can do do when totally entangled?



Thought Web

Lets think of fun things we can do do when totally entangled?



Nothing!
I can hardly move!



Thought Web

would you be able to do the important things in your life?



Thought Web



would you be able to do the important things in your life?

No! It is horrible to be like this.



Thought Web



Does this happen to you when you get lots of negative thoughts?



