

Game Name: Thought Detective

Number of Players: 2 or more

Age Range: 8+

Objective: To learn how to identify negative thoughts and challenge them with positive thoughts.

Materials Needed:

- A pen and paper for each player
- A timer (optional)

Instructions:

Step 1: Explain to the players that they will be playing the role of thought detectives. Their job is to identify negative thoughts and challenge them with positive thoughts.

Step 2: Each player takes turns sharing a negative thought that they have been having lately. For example, "I'm not good at math" or "I'm not popular enough."

Step 3: The other players will then help the player challenge that negative thought with positive thoughts. For example, "I may struggle with math sometimes, but I am good at other things" or "I have some great friends who appreciate me for who I am."

Step 4: Encourage players to write down the negative thought and the positive thoughts that they come up with.

Step 5: Set a timer for 5-10 minutes and have players try to come up with as many positive thoughts as they can for each negative thought.

Step 6: After the timer goes off, players can share their positive thoughts with the group. The player who came up with the negative thought can choose which positive thought they think is the best.

Step 7: Repeat steps 2-6 with each player taking turns sharing a negative thought.

Step 8: At the end of the game, players can reflect on what they have learned about identifying and challenging negative thoughts. You can ask questions like "How did it feel to challenge negative thoughts with positive thoughts?"

