**Unhelpful Thinking Styles Ball Toss**

**Materials: 11-12 collapsible storage bins, multi-colored ping pong balls, unhelpful thinking style handouts, Labels and examples**

**Set up: 10 Bins with unhelpful thinking style labels (1 per bin)**

**Pour balls into 1-2 bins**

**Divide group into 2 or more lines-*if you want to make this activity competitive…you can assign specific ball colors to each group***

**Inform participants that you will be reading various examples of negative thoughts**

**Instruct participants to throw their ball (which represents a negative cognition) into the bin with the label that pertains to the unhelpful thinking style that fits that cognition**

