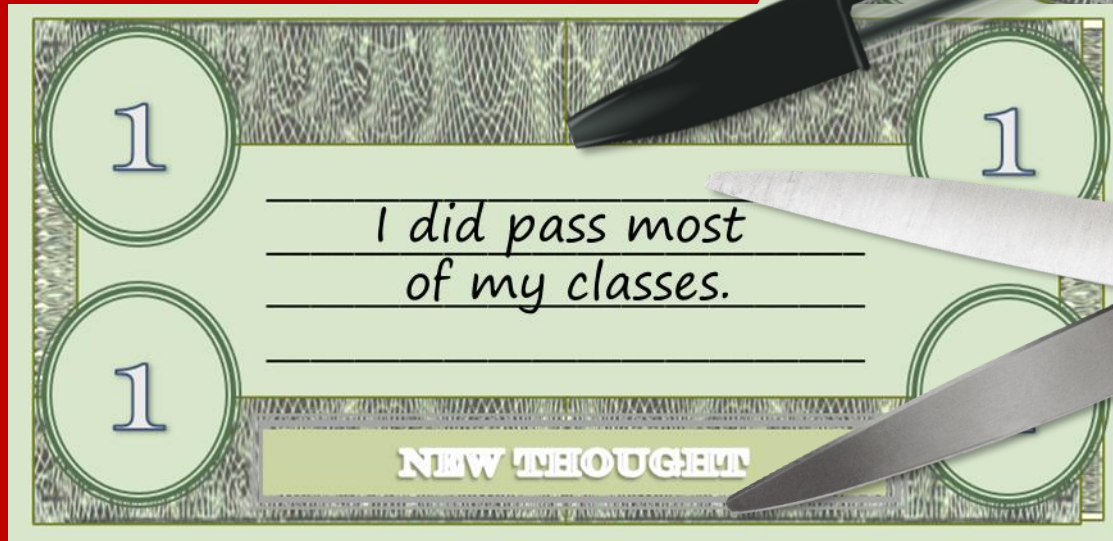


Mint New Thoughts



Joel Shaul

How to do this activity:

Try using language like this to introduce the activity:

"Did you ever wonder where money comes from, and what happens to it when it is no good anymore? Money comes from a huge printing factory called a "mint." All of our money comes from these places called mints. Often, when the money is not printed right, they have to destroy it. They use something like the paper shredders you see in an office. Also, other money gets worn out, and they have to shred that money too. To replace the destroyed money, the mint prints brand new money.

Your mind is something like a mint that makes money, except your mind makes thoughts instead of dollars. Hundreds of thoughts, thousands of thoughts, every day. Most of the thoughts are good and helpful to you. But some kinds of thoughts aren't good because they just make you upset too much. When you get these thoughts, they are like bad or worn-out money that needs to be destroyed. Then, you need new and better thoughts to make you feel good and calm instead of upset."



To aid in your explanation, you may also use the pictures on pages 3 to 6 of this pdf.

Now, show the kids how to fill out the OLD THOUGHT money. If you have not already introduced the kids to automatic negative thoughts, you will want to do this slowly and carefully. One suggestion: [This short, clear video I have made](#). Have the kids fill out the NEW THOUGHT money now. Print out plenty of extra blank money for them to practice. Tell them that they can use more than one NEW THOUGHT to replace the OLD THOUGHT. Have the kids run the old money through a paper shredder. If you don't have a paper shredder, you can have the kids tear them up by hand.

There are lots more [free CBT activities for children and teens on my website](#). Please check them out.

Joel Shaul, LCSW



Money that is worn out and damaged gets thrown away.



At a special factory called The Mint, the money is shredded and burned.



Brand new money is printed and sent back to the banks.

Our brains sometimes need to get rid of old thoughts that are defective or damaged. These old thoughts can make us sad, angry or worried.



Then we can find new thoughts that work better to help us think more clearly and feel better.

A worksheet for recording 'OLD THOUGHT'. It features a central green box with four horizontal lines for writing. This box is flanked by four circular frames, each containing the number '-1'. At the bottom, a yellow rectangular label with the text 'OLD THOUGHT' in orange capital letters is centered.

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