

# Trudie's List of TF-CBT Resources

## Relaxation & Coping Skills

### Books

*I Am Peace* by Susan Verde

*Find Your Happy: A Kid's Self Love Book* by Patricia May

*Cool Cats, Calm Kids: Relaxation and Stress Management for Young People* by Mary L. Williams

2, 4, 6, 8 *This Is How We Regulate: 75 Play Therapy Activities to Increase Mindfulness in Children* by Tracy Turner-Bumberry

*Acceptance and Mindfulness Toolbox for Children & Adults: 75+ Worksheets & Activities for Trauma, Anxiety, Depression, Anger & More* by Timothy Gordon and Jessica Borushock

*Angry Octopus: A Relaxation Story* by Lori Lite

Accompanying activity workbook: *Angry Octopus: Color Me Happy, Color Me Calm* by Lori Lite

*Angry Octopus* read aloud video with breathing & progressive muscle relaxation guided exercises

<https://www.youtube.com/watch?v=KYKoc7Cm7E&list=PLf4ylzZ9qS3R0Ons9gmHTeV5AA5tlOePH>

*Breathe Mama Breathe: 5 Minute Mindfulness for Busy Moms* by Shonda Moralis (For Parents/Caretakers)

Book: *The Moody Cow Meditates* by Kerry Lee MacLean

Video of the book read aloud <https://www.youtube.com/watch?v=cTbnN5MTJQI>



## **Links to Worksheets / Interactive Activities / Videos / Online Resources**

Coping Skills Check List (Calming Skills, Movement Skills, Sensory Skills, Processing Skills, Distraction Skills)  
available from <https://copingskillsforkids.com/>

Mindfulness for Children activity handout <https://www.therapistaid.com/worksheets/mindfulness-for-children.pdf>

Family Mindfulness Schedule activities & handout  
<https://www.therapistaid.com/worksheets/family-mindfulness-schedule.pdf>

*The Rainbow Breath Song Relaxed Breathing* video for kids  
[https://www.youtube.com/watch?time\\_continue=50&v=iWy2e4\\_bCos&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=50&v=iWy2e4_bCos&feature=emb_logo)

Rainbow Coloring Sheet that can be used in conjunction available free from  
<https://www.teacherspayteachers.com/Product/Rainbow-Breathing-3257230>

Whale Breathing Relaxed Breathing video for kids <https://www.youtube.com/watch?v=TMkVnHNVchA>

Whale coloring sheet that can be used in conjunction free from  
[http://www.honkingdonkey.com/kids-coloring-pages/simple-shapes/10-simple\\_shape-05.htm](http://www.honkingdonkey.com/kids-coloring-pages/simple-shapes/10-simple_shape-05.htm)

Ocean Breathing Guided Audio Activity  
<https://www.therapistaid.com/interactive-therapy-tool/ocean-breathing-audio/none/children>

*Nature Walk Scavenger Hunt – Mindfulness In Nature* handout [www.lookforlittlehelpers.com](http://www.lookforlittlehelpers.com)

## **Gratitude**

Gratitude Scavenger Hunt for Kids available from <https://www.naturalbeachliving.com/gratitude-scavenger-hunt/>

The Gratitude Journal: Three Good Things  
<https://www.therapistaid.com/worksheets/gratitude-journal-three-good-things.pdf>

Gratitude Letter for Kids <https://www.therapistaid.com/worksheets/gratitude-letter.pdf>

Gratitude Jar activity <https://www.therapistaid.com/worksheets/gratitude-jar.pdf>

## **Affective Expression & Modulation**

Book - *The Way I Feel* by Janan Cain  
Video of the book read aloud <https://www.youtube.com/watch?v=ITPUxVQ6UIk>

Book - *The Color Monster* by Anna Llenas  
Video of the book read aloud <https://www.youtube.com/watch?v=Ih0iu80u04Y>

Coloring sheets and accompanying activity sheets available free -  
<https://www.teachingideas.co.uk/sites/default/files/monstersoneperpage.pdf>  
<https://www.teachingideas.co.uk/sites/default/files/monsterssixperpage.pdf>  
[https://www.teachingideas.co.uk/sites/default/files/emptyjar\\_1.pdf](https://www.teachingideas.co.uk/sites/default/files/emptyjar_1.pdf)

Also a wonderful and fun activity book great for in session exercises and homework enrichment:

The Color Monster: A Book Companion by The School Counselor is in from teacherspayteachers.com \$1.50

[https://www.teacherspayteachers.com/Product/The-Color-Monster-A-Book-Companion-2553231?gclid=CjwKCAjwqpP2BRBTEiwAfpID-3T0aXbypOuoJJ5pIZ8SUmHNh79UGaDji0-OkKLp0ZdEJs\\_A7eRmhoC2GQQAyD\\_BwE](https://www.teacherspayteachers.com/Product/The-Color-Monster-A-Book-Companion-2553231?gclid=CjwKCAjwqpP2BRBTEiwAfpID-3T0aXbypOuoJJ5pIZ8SUmHNh79UGaDji0-OkKLp0ZdEJs_A7eRmhoC2GQQAyD_BwE)

*The Feelings Book* by Todd Parr

Link to Video of The Feelings book by Todd Parr read aloud <https://www.youtube.com/watch?v=Wg1ZesqcFcQ>

Todd Parr Feelings Flash Cards are also a wonderful tool

Free accompanying coloring & drawing worksheet

<https://www.theteachertreasury.com/uploads/1/2/5/7/12571349/emotionsprintable.pdf>

Wonderful workbook on kid's feelings full of activities:

*Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves* by Vanessa Green Allen

“How I’m Feeling: 54 Sentence Completion Cards to Get Children Talking About Their Feeling” card deck

More Feelings Resources on Therapist Aid for Kids:

Interactive Activity that can be used online - Emotion Cards Questions:

<https://www.therapistaid.com/interactive-therapy-tool/emotion-cards-questions>

Emotion Wheel for Kids <https://www.therapistaid.com/worksheets/wheel-of-emotions-children.pdf>

Printable Emotion Faces Handout <https://www.therapistaid.com/worksheets/printable-emotion-faces.pdf>

Where Do I Feel? in my body coloring worksheet <https://www.therapistaid.com/worksheets/where-do-i-feel.pdf>

## Adult – Parent/Caregiver Resources

Wheel of Emotions Handout <https://www.therapistaid.com/worksheets/wheel-of-emotions.pdf>

Emotions: Language, Signs, Behaviors Handout

<https://www.therapistaid.com/worksheets/emotions-language-signs-behaviors.pdf>

## Emotion Coaching:

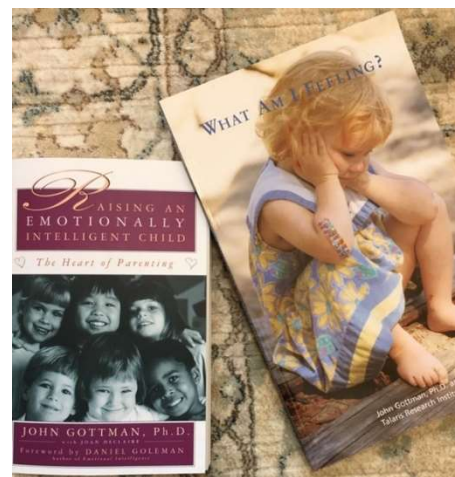
*Raising an Emotionally Intelligent Child: The Heart of Parenting* by John Gottman  
– a guide for parents and caretakers to teach children how to regulate their emotional world

*What Am I Feeling?* By John Gottman and the Talaris Research Institute  
– the art and skill of emotion coaching

10 Emotion Coaching Phrases for Parents

<https://nurtureandthriveblog.com/emotion-coaching-parents/>

Scroll down for free handout – “Emotion Coaching Phrases for Parents”



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## Anger Resources

The Grumpy Monkey book by Suzanne Lang

Video of the book read aloud <https://www.youtube.com/watch?v=wylzbbSL668>

Complementary in Session and Homework Activities:

*The Angry Monkey: An Anger Management Story* - an interactive tool available at Therapist Aid to teach children about anger by comparing their own triggers and anger symptoms to the angry monkey as well as teach the use of coping skills

<https://www.therapistaid.com/interactive-therapy-tool/angry-monkey/anger/children>

*How to Cool Down With the Angry Monkey* relaxation skills worksheet and teach and practice in session the skills: walk away, take deep breaths, talk about it, do something fun.

<https://www.therapistaid.com/worksheets/angry-monkey/angry-monkey-relaxation-skills.pdf>

*Monkey Coloring Page* to help kids identify where in their body they feel anger & assign as homework. Also send electronically and/or include in their workbook. <https://www.therapistaid.com/worksheets/angry-monkey/angry-monkey-coloring-sheet.pdf>

*A Companion Book for Grumpy Monkey* by the Simply Imperfect Counselor at teacherspayteachers.com \$6.00

<https://www.teacherspayteachers.com/Product/DIGITAL-PRINT-Grumpy-Monkey-Book-Companion-Activities-4402270>

This particular resource has a great bridge into cognitive coping as well & kids love these activities

The Anger Umbrella for kids

<https://www.mygroupguide.com/wp-content/uploads/2020/02/Anger-The-Umbrella-Emotion-supplemental.pdf>

Book: *The Moody Cow Meditates* by Kerry Lee MacLean

Video of the book read aloud <https://www.youtube.com/watch?v=cTbnN5MTJQI>

*Anger Management: Workbook for Kids 50 Fun Activities to Help Children Stay Calm and Make Better Choices When They Feel Mad* by Samantha Snowden

Anger Stop Signs for Kids – Handout and Activity - what anger looks like when it is big and small

<https://www.therapistaid.com/worksheets/anger-warning-signs-children.pdf>

Anger Activity for Children – What is Anger? <https://www.therapistaid.com/worksheets/what-is-anger-activity.pdf>

Anger Management Skill Cards for Kids <https://www.therapistaid.com/worksheets/anger-management-skill-cards.pdf>

Book: *Hands Are Not For Hitting* by Martine Agassi

Video of the book read aloud <https://m.youtube.com/watch?v=bJiz10GxFMY>

“Don’t Go Bananas: An Emotional Control Game for Kids” card deck

### Anger Resources for Adults – Parents/Caretakers

Anger Iceberg Diagram Handout <https://www.therapistaid.com/worksheets/anger-iceberg.pdf>

Anger Warning Signs Adults <https://www.therapistaid.com/worksheets/anger-warning-signs.pdf>

Anger Management Skills for Adults <https://www.therapistaid.com/worksheets/anger-management-skills.pdf>

## Worry Resources for Kids

Book: *Wilma Jean The Worry Machine* by Julia Cook

Video of the book read aloud <https://www.youtube.com/watch?v=snCdffK0z8Y>

Companion Workbook - *Wilma Jean The Worry Machine Activity and Idea Book* by Julia Cook

What is Worry? Handout for kids <https://www.therapistaid.com/worksheets/what-is-worry.pdf>

Worry Coping Cards for kids <https://www.therapistaid.com/worksheets/what-is-worry.pdf>

The Nervous Mouse – A story about anxiety and worry – Interactive Online activity and Coping Skill Practice

<https://www.therapistaid.com/interactive-therapy-tool/nervous-mouse>

Worry Bugs – Interactive online activity & Coping Skills

<https://www.therapistaid.com/interactive-therapy-tool/worry-bugs>

## Cognitive Coping

Book: *Giraffes Can't Dance* by Giles Andreae and Guy Parker-Rees

(Video of book read aloud through song) <https://www.youtube.com/watch?v=Zzb5Acl-n70>

(Video of book read aloud) <https://www.youtube.com/watch?v=kVzblgpqQnk>

Book: *The Little Engine That Could* by Watty Piper

Read aloud video <https://www.youtube.com/watch?v=2EhWYGbi5o>

Thoughts Feeling Actions – CBT for kids <https://www.therapistaid.com/worksheets/cbt-for-kids.pdf>

CBT Thinking Errors (for Kids) Worksheet (from Therapist Aid)

<https://www.therapistaid.com/worksheets/cbt-thinking-errors.pdf>

*CBT Toolbox for Children & Adolescents: Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression, & Conduct Disorders* by Lisa Weed Phifer, Amanda Crowder, Tracy Elsenraat, and Robert Hull

### Complementary Materials for Parents / Caretakers:

The Simple CBT Model <https://www.therapistaid.com/worksheets/simple-cbt-model.pdf>

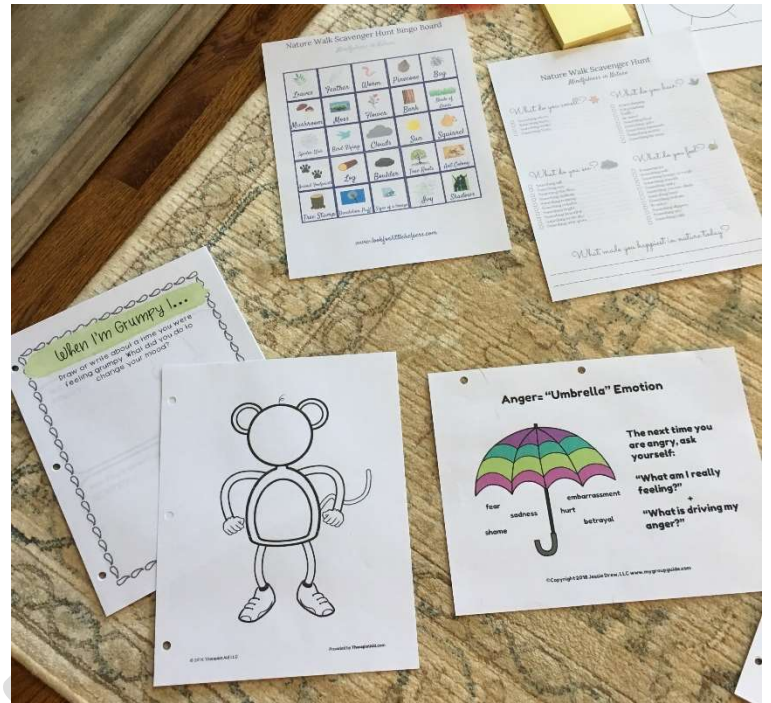
The Cognitive Model – CBT Psychoeducation

<https://www.therapistaid.com/worksheets/cbt-model-worksheet.pdf>

Cognitive Distortions <https://www.therapistaid.com/therapy-worksheet/cognitive-distortions>

Cognitive Restructuring Putting Thoughts on Trial worksheet

<https://www.therapistaid.com/worksheets/putting-thoughts-on-trial.pdf>



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