**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**

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjunNvL3-nkAhXJGDQIHQn6D8IQjRx6BAgBEAQ&url=https://www.icebreakers.ws/party-game/6-skillful-silly-party-games-ping-pong-balls.html&psig=AOvVaw3cSIpMkvurevdjzkez6x8R&ust=1569424363765746)