**Positive Thought Replacement-Group activity instructions**

**Materials: Jumbo People Shapes (purchased at Lakeshore Learning Store) 1 per group; colorful gems or flat marbles**

* Instruct group to consider how negative cognitions/lack of self-care may have resulted in somatic symptoms
* Have participants draw representations of physical ailments and examples of how their gingi-person may be experiencing various emotions **–*Draw directly on the gingerbread person***

Have each group present their gingi-person & reflect on how it feels to see all of the somatic symptoms

* Using a 3 *positives* to 1 *negative* ratio, have participants write down positive thoughts to counter the negative thoughts and/or somatic symptoms drawn on your gingi-person
* Participants earn gems by expressing positive thoughts
* 1 positive thought = 3 or more gems

Divide participants into 2 individual lines; inform them that in order to earn gems, they will need to make a positive statement then they can run up & collect gems which they will take back & place on their gingi-person

**Goal is for the gingi-person to be completely filled with gems by the end of activity**

Have each group present their gingi-person that is covered with gems & reflect on how it feels to see this change

***To make this competitive, you can time the activity; the group with the best coverage of their min-person wins a prize!!***

[](https://www.google.com/aclk?sa=l&ai=DChcSEwjgyNjzgczjAhWGwGQKHZFSD2AYABANGgJwag&sig=AOD64_0NCtd-tizuxufn5kFIFeh3pATihQ&ctype=5&rct=j&q=&ved=0ahUKEwiX4NPzgczjAhWD4FQKHWksAWwQvhcInAE&adurl=)