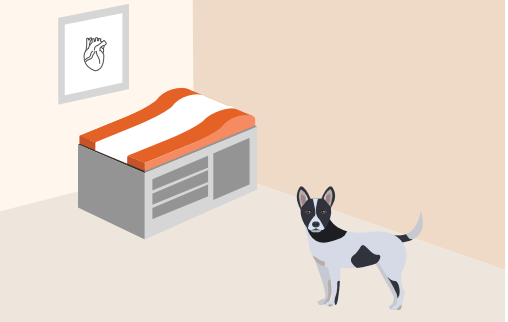
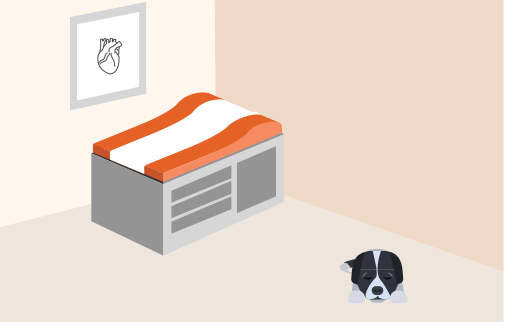
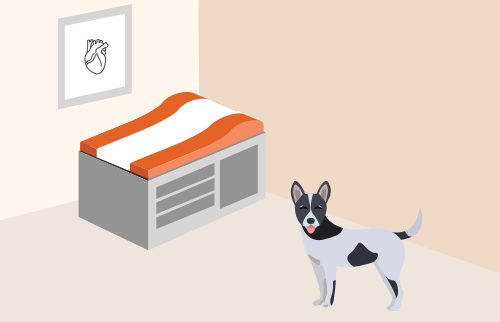

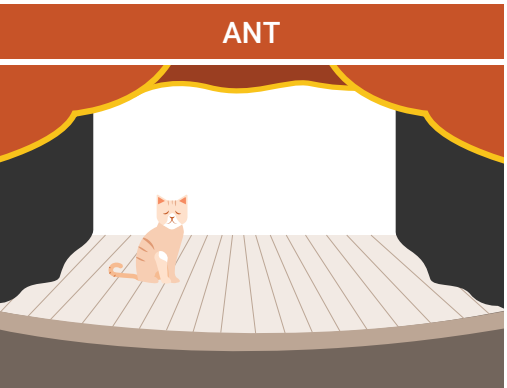



Winston and Cleo Practice Coping Thoughts

Winston and Cleo are in some situations where they are having some automatic negative thoughts (ANTs). What do you think their ANTs are? Can you help them by naming a coping thought for their situation? Remember, a coping thought is a more helpful thought!

Situation	ANT	Coping Thought
		
<p>Winston needs to get a shot at the vet</p>		
		
<p>Cleo is asked to perform in the talent show</p>		