

# Instructions

## Training Booklet - Set 1



### ACTIVITY 1

**I can be a Thought Detective!**

**Read *Amber's Big Jump!***

**USE:** *Amber's Big Jump!* (book)

**SKILLS:** reading, listening, critical thinking

**OVERVIEW:** Read *Amber's Big Jump!* including the parts before and after the story. Ask questions about the story. (Ex: How do you think Amber was feeling? What is a clue that something was going on with Amber? How can we catch the Sneaky Suspect?)

### ACTIVITY 2

**I can talk like a Thought Detective!**

**Learn some Thought Detective Words**

**USE:** Activity Sheet 1.2 and Thought Detectives Word List (use the QR code or find it online at [www.thoughtdetectives.org/words](http://www.thoughtdetectives.org/words))

**SKILLS:** reading, matching, learning vocabulary

**OVERVIEW:** Start with Part 1 of the Activity Sheet and follow the step by step instructions to fill in the blanks. One is done already as an example.

In Part 2, look at two words. Look up their meaning in the online Thought Detective word list. Then match which of the two words goes with the sentence next to them.

Part 3 says to celebrate your effort. This is an important part. Simple celebration ideas include smile, take a deep breath and say "I did it!", tell someone else you learned something new, or do a little dance.

### ACTIVITY 3

**I review what I learn!**

**Do a Case Report for *Amber's Big Jump!***

**USE:** Activity Sheet 1.3 or the online Case Report Form (go to [www.thoughtdetectives.org/report](http://www.thoughtdetectives.org/report) or use the QR code)

**SKILLS:** writing, critical thinking, reflection

**OVERVIEW:** After reading *Amber's Big Jump!* Write about what you noticed in the story. The Case Report form has these sections:

- Case - the title of the story
- Subject - the person the story is about
- Sneaky Suspect - a Thinking Trap or Inaccurate Thinking Pattern
- Method - the way the Sneaky Suspect shows up and changes someone's thoughts
- Thinking Tool - things that can help you notice or face the Sneaky Suspect
- Interview Notes - something someone in the story might say about their experience (Write or draw a picture.)
- Clues - things that people said or did that helped you catch the Sneaky Suspect

**ACTIVITY 4 - COMING SOON**

**I notice things inside and around me!**

**Look for Clues in *Amber's Case***

**ACTIVITY 5 - COMING SOON**

**I want to be a Thought Detective!**

**Practice the Thought Detectives Pledge**

**Earn a Training Patch for each activity. Do all 5 activities in this set to complete the Certificate.**



Fold Booklet



Word List



Case Report