



## Chapter 5

# The Link Between Dementors and Depression

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### Thoughts, Moods, Behaviours, and Physical Responses

Suggested Duration: 1 to 2 50 min. periods

#### Lesson Objectives

Students will learn to recognize that our thoughts, moods, behaviours and physical responses are all interrelated.

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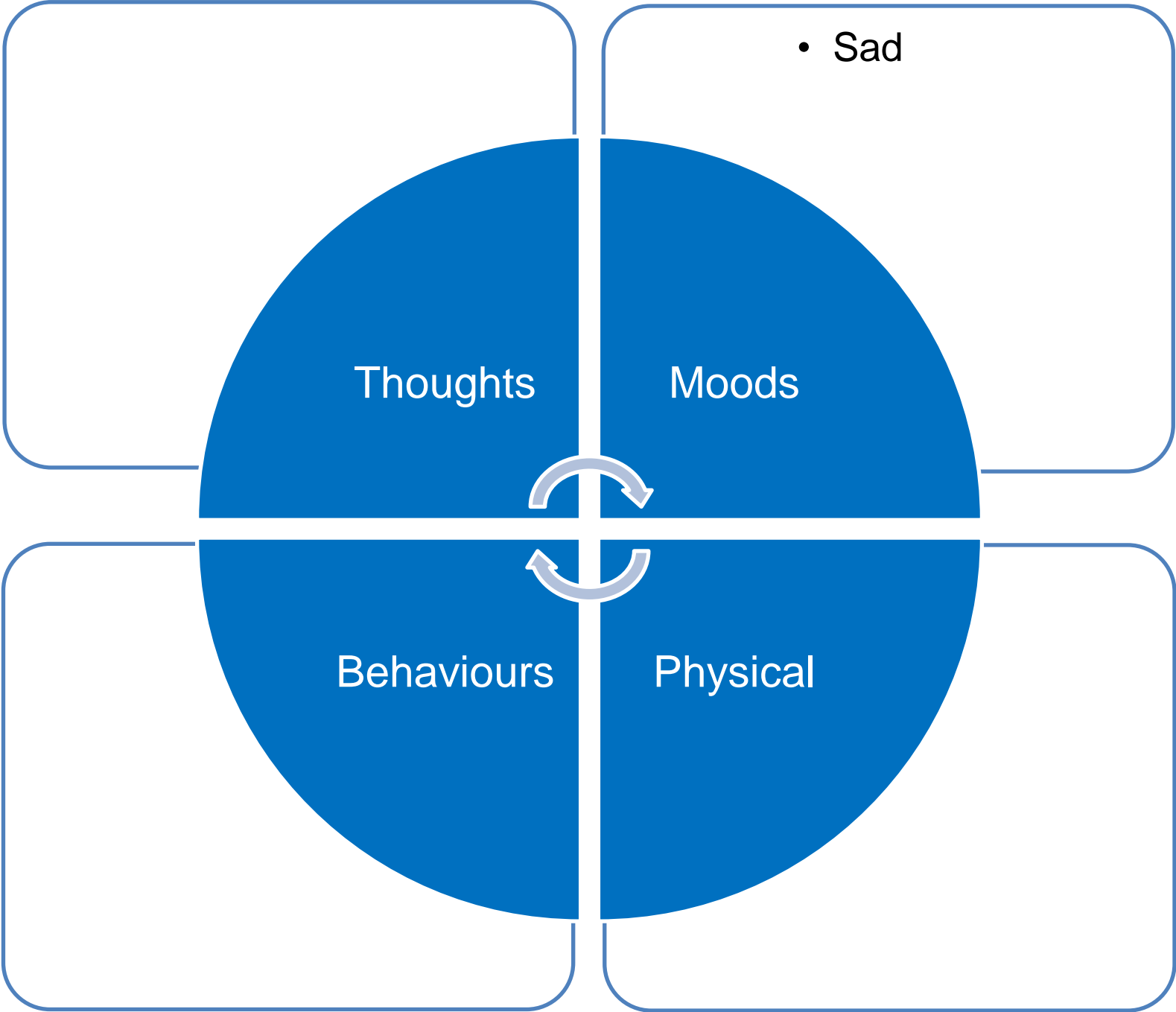
#### Summary of Tasks/Actions

##### Lesson Planning:

- 1) Draw the chart attached on a large Flip Chart Paper and post it at the front of the class.
- 2) Explain to the students that when we feel sad, our thoughts, behaviours and physical responses are also affected.
- 3) Provide each student with 3 Post-It Notes. On separate Post-It notes, have each student write:
  - One thought that we might have when we're feeling sad (i.e., "I'm never going to be able to do this!")
  - One behaviour we might exhibit when we're feeling sad (i.e., isolate from friends)
  - One physical reaction we might have if we're feeling sad (i.e., slouched over, quiet, not hungry)
- 4) Invite students to place their Post-It notes on the chart at the front of the class.
- 5) Once all of the Post-It notes have been affixed to the chart, review the completed chart together as a class to reinforce the concept that our thoughts, moods, behaviours and physical responses are, indeed, all connected.

##### Materials/Equipment:

- Worksheet Attached
- Flip Chart Paper
- Post-It notes



# DISCUSSION QUESTIONS:

## CHAPTERS 1-5

In your discussion groups, choose a few of the questions to discuss. The questions provided below are meant to help keep the conversation going. Feel free to add your own questions, ideas, and thoughts about what we have read so far.

\*If you know the story well, answer questions carefully so you do not spoil the book for those who are enjoying it. In other words, stick to the first five chapters that we have read so far.

1. Harry was looking forward to starting his third year at Hogwarts. How do you think he feels now that there are dementors surrounding the grounds?
2. The Minister for Magic, Cornelius Fudge, did not punish Harry for his use of underage magic. Instead, he pretty much ignored what Harry did to Aunt Marge. Why is that?
3. What type of punishment, if any, should Harry have been given for blowing up Aunt Marge?
4. Why do you think J. K. Rowling chose to name the prison "Azkaban"?
5. After the first 100 pages or so of the book, do you believe that Harry has a more positive or negative view of the world around him?
6. The Hogwarts Express is full of students on their way to school in September. Why is Harry more strongly affected by the dementors than other students?
7. Why are there so many apostrophes in the writing when Harry is on the Knight Bus?
8. Like everyone else, Harry faces many problems in the book. What problems do you and Harry have in common?

9. What is a dementor? Think of a time when you or someone you know was in distress, as Harry was with the dementor. How did you or this person react?
10. When Harry and Hermione see Professor Lupin on the train, they are not sure what to think of him. Have you ever misjudged someone because of their appearance?
11. At the end of chapter four, Professor Lupin gives Harry some chocolate to make him feel better. What is your “chocolate” when things aren’t going well?
12. In chapter 5, Harry discusses how he finally feels calm once he is in the presence of Professor Dumbledore. Who helps you feel calm after a difficult day or experience?

# LITERATURE CIRCLE:

## CHAPTERS 1-5

**Topic:** After reading the first five chapters, do you believe that Harry has a more positive or negative view of the world around him? Be specific with your response and use direct proof from the novel.

<b>Stance</b> <i>Positive or negative</i>	<b>Evidence</b> <i>Quote from the novel to reinforce your idea.</i>	<b>Explanation</b> <i>How does this quote support your stance on Harry's views? Why did you choose this detail as evidence for your viewpoint?</i>

# WHAT IS A DEMENTOR?

A dementor is a creature in the Harry Potter universe that feeds on human happiness and provokes feelings of depression. The dementor is a metaphor for an event or thing that causes a person to be overcome with distress including negative emotions and physical reactions. When “dementors” are not acknowledged and dealt with, they can take over people’s lives.

1. How does Harry describe his experience with the dementors?

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2. Have you ever had a “dementor”? What types of feelings do you experience when faced with it?

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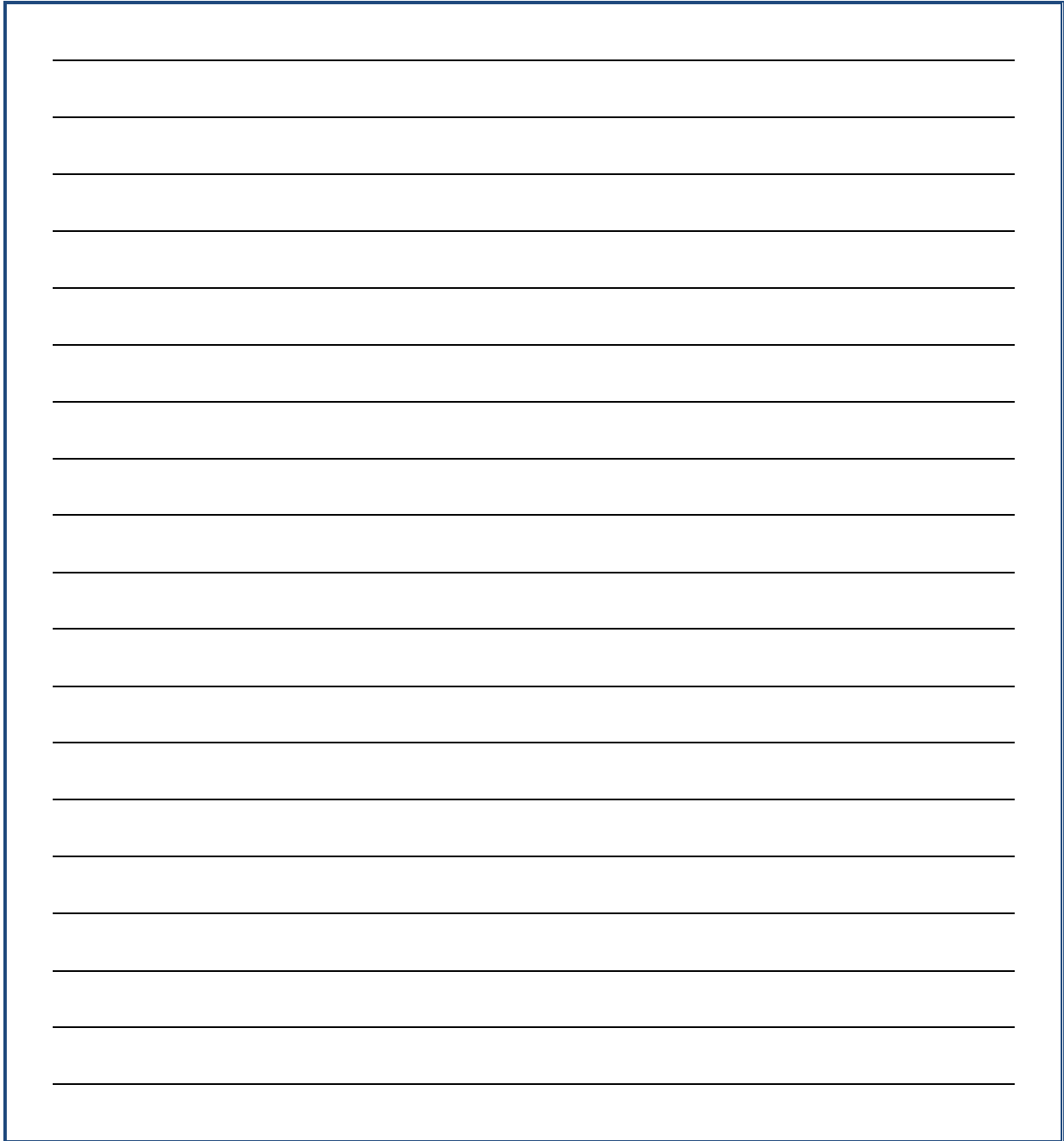
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# DESCRIBING A DEMENTOR

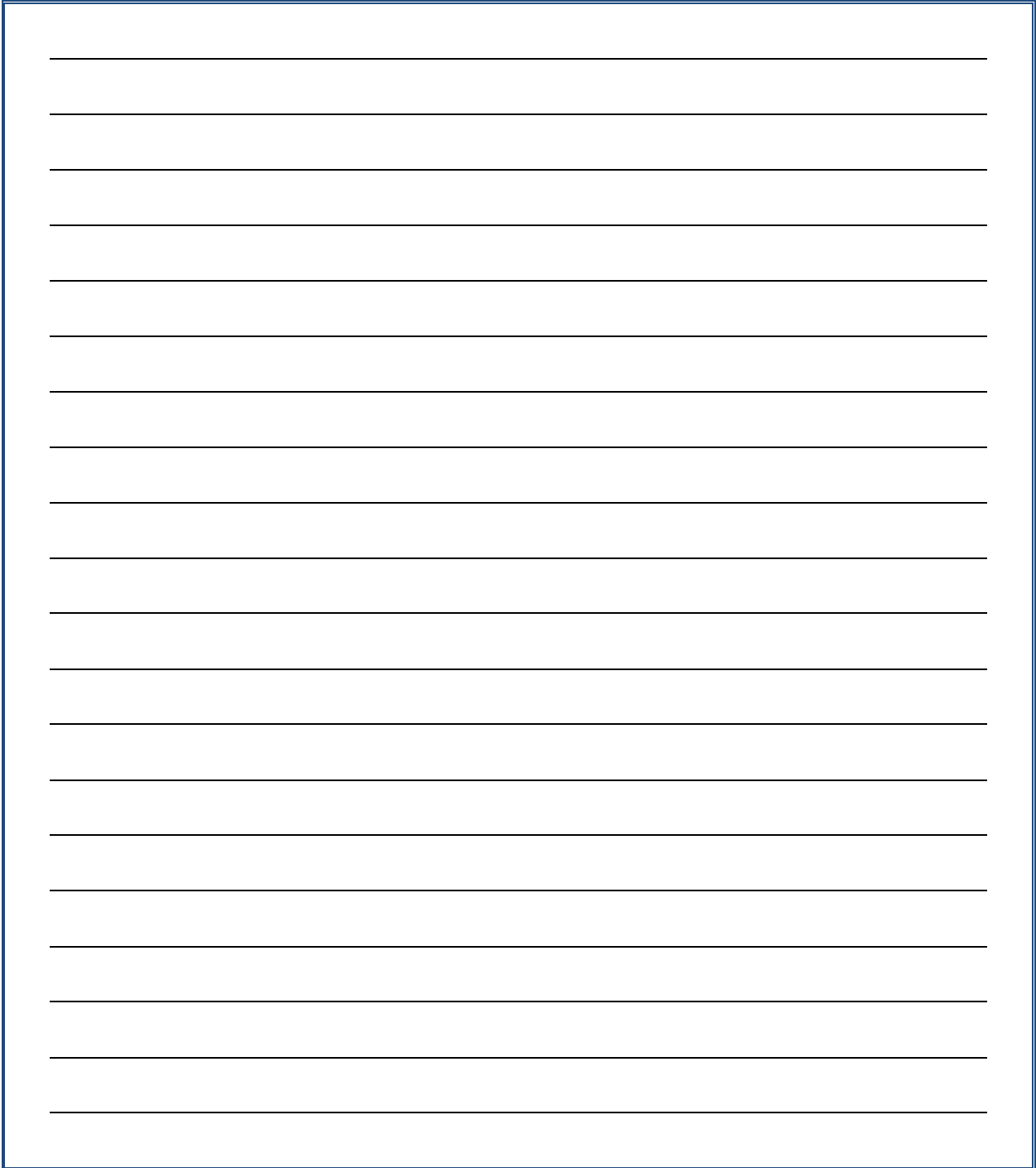
Find as many quotes within this chapter to describe a dementor. How do dementors affect Harry? How are dementors described by others? As you continue to read through the book, look for descriptive quotes about dementors and add these to your document.



A large rectangular box with a blue border, containing 20 horizontal lines for writing. The lines are evenly spaced and extend across most of the width of the box, leaving a small margin on the left and right sides.

# CREATE A DEMENTOR

Write a piece of descriptive writing about a dementor – this could be in any format, e.g., a poem, a letter, a descriptive paragraph. Try to use metaphors, similes, all five senses, and symbolism.



A large rectangular box with a blue border, containing 20 horizontal lines for writing. The lines are evenly spaced and extend across the width of the box, providing a template for the student's descriptive writing.



# CHAPTER 5: THE DEMENTOR

1. Why is Harry so upset about not being able to go to Hogsmeade?

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2. How do some of the other characters try to make Harry feel better about not being able to go to Hogsmeade?

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3. Why does Professor Lupin give Harry chocolate after the Dementors have gone? As you read through the book, keep an eye out for other times when Lupin gives Harry chocolate. What do these moments have in common?

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4. What conclusions can you draw so far about the type of person Professor Lupin is?

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5. How does Harry feel about being back at Hogwarts?

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# CHAPTER 5 QUESTIONS

1. In chapter 5, Harry finds out that Sirius Black is looking for him. How does this knowledge affect him both emotionally and physically? Be specific.
2. Please complete the following vocabulary chart. Please write down definitions that you clearly understand.

<b>Vocabulary Word</b>	<b>Page #</b>	<b>Dictionary Definition</b>
Disgruntled		
Furtive		
Cronies		
Rubbish		
Shivery		
Foreboding		
Sallow		

# THINK ABOUT

Please complete the following "Think About". Each section should have around 5–6 sentences.

<b>I Read...</b>	<b>This reminds me of...</b>
Identify key information from the novel:	Make connections between the novel and the characters from Harry Potter to your own experience:
<b>Draw conclusions about how the characters' thoughts and feelings affected their behaviour and actions:</b>	

# UNIT 3 (CHAPTER 5): JOURNAL ENTRY QUESTIONS

## Pre-Discussion/ Post-Reading Journal Entry

After you've finished the assigned reading, please complete the following questions independently:

1. Describe the main characters and how they've developed since your last assigned reading. What have you learned about them? Have they changed at all? If they have changed, what's changed? Give examples from the novel to support your ideas.
2. Do any of the character from the assigned reading relate to you? Can you relate to their thoughts, feelings or experiences? Have you had similar thoughts, feelings, or experiences in the past?
3. Pick one character and describe how this character's thoughts or feelings impacted their behaviour. For example, before they acted and did something, what were they thinking or feeling? Do you think that if this character had thought differently about a situation or event, this might have changed how they felt about it and, ultimately, how they acted or behaved?

## Post-Discussion Journal Entry

After discussing the answers above with classmates/members from your house, please complete the following questions:

1. Who made excellent points and observations?
2. What did you learn that you hadn't thought of before?
3. Did you change your mind about anything?
4. Whose opinions about the story did you really like?
5. Who liked your opinions?
6. Who disagreed with you?
7. What did you do to help others learn?
8. What was the best part of the discussion today?
9. Next time, to make the discussion even better, I am going to...