Chapter 21-22
Practice Makes Progress

Character Analysis

Suggested Duration: At least 1 50 min period (and then ongoing!)

Lesson Objectives

To briefly review and summarize all CBT skills learned to date including core CBT principles

To introduce the concept of "fixing" the past with your new skills and imagining/planning for a future crisis

To promote students to the rank of "CBT Wizard"

To provide a list of local school, community and crisis resources which they can access if they run into distress that does not improve when the use their skills

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Summary of Tasks/Actions

Suggested Actions/Lesson Planning:

This lesson would ideally bring the class together for a group discussion of the above principles.

Teachers should prepare a list of mental health resources to be distributed to the class for use in case of distress that does not respond to their CBT skills.

You can distribute a parchment "CBT Wizard" diploma for each student

CHARACTER STUDY

Harry feels depressed and fearful of Sirius Black and the dementors but seeks help from Professor Lupin to conquer his fear of dementors (climbs fear hierarchy, uses cognitive restructuring).

Choose a character that exhibits symptoms of depression. Discuss the links between his/her thoughts, feelings and behaviours when he/she is depressed. How does the character change his/her thoughts and behaviour to be more helpful? How does that affect his/her feelings and mood? What problem solving skills does the character use?

CHARACTER STUDY

Hermione is a rational thinker but she also sometimes falls into black and white or rigid thinking which can lead her to feel anxious.

Choose a character that exhibits symptoms of anxiety. Discuss the links between his/her thoughts, feelings and behaviours when he/she is anxious. How does the character change his/her thoughts and behaviour to be more helpful? How does that affect his/her feelings and mood? What problem solving skills does the character use?

CHARACTERS & MENTAL HEALTH

Chosen Character:

_____

Mental Health Concern (Depression or Anxiety):

_____

Symptoms this character exhibits & examples from the novel that support this:

Symptoms	Examples from the novel as support

Suggestions / tips to help _____ (character) boost their mental health and resiliency. You can use a character from the novel or imagine a real person of the same age.

What are some resources available in our community to individuals coping with the same mental health concerns. You may research what resources are available using online resources. Remember to keep your character's age in mind.