



Chapter 21-22

Practice Makes Progress

On the Mend

Suggested Duration: 15 min

Lesson Objectives

Students will recognize what to expect when difficult situations and/or moods begin to improve.

Summary of Tasks/Actions

Suggested Actions/Lesson Planning:

Provide the students with the attached worksheet.

SIGNS OF IMPROVEMENT

Just like the characters in Harry Potter, we all go through difficult times. It is important that we learn to recognize when these difficult times are beginning to improve.

At the beginning of the novel, Harry Potter believes that he is going to get into a lot of trouble for having performed magic outside of Hogwarts. Because he thinks he's going to get into a lot of trouble, he feels anxious and scared. Once he learns that he is not actually in trouble, he feels better. Which of the following signs of improvement do you think Harry may have experienced?

- Better sleep
- More excited to talk to his friends
- Finds it easier to relax
- Smiles more
- More productive
- Wakes up feeling ready to take on the day
- Does more activities that he likes
- Has an easier time handling disagreements
- Less irritable
- More assertive
- Sees the world more positively
- Feels increased confidence
- More hopeful for the future
- Better sense of humour
- Easier to think clearly
- Feels thankful and appreciative
- More optimistic

At the end of the novel, we learn that Hermione has been using the Time-Turner to fit more time into her day. She's working herself so hard, though, that she's making herself sick! When she finally stops using the Time-Turner, what signs of improvement do you think she'll notice?

- Better sleep

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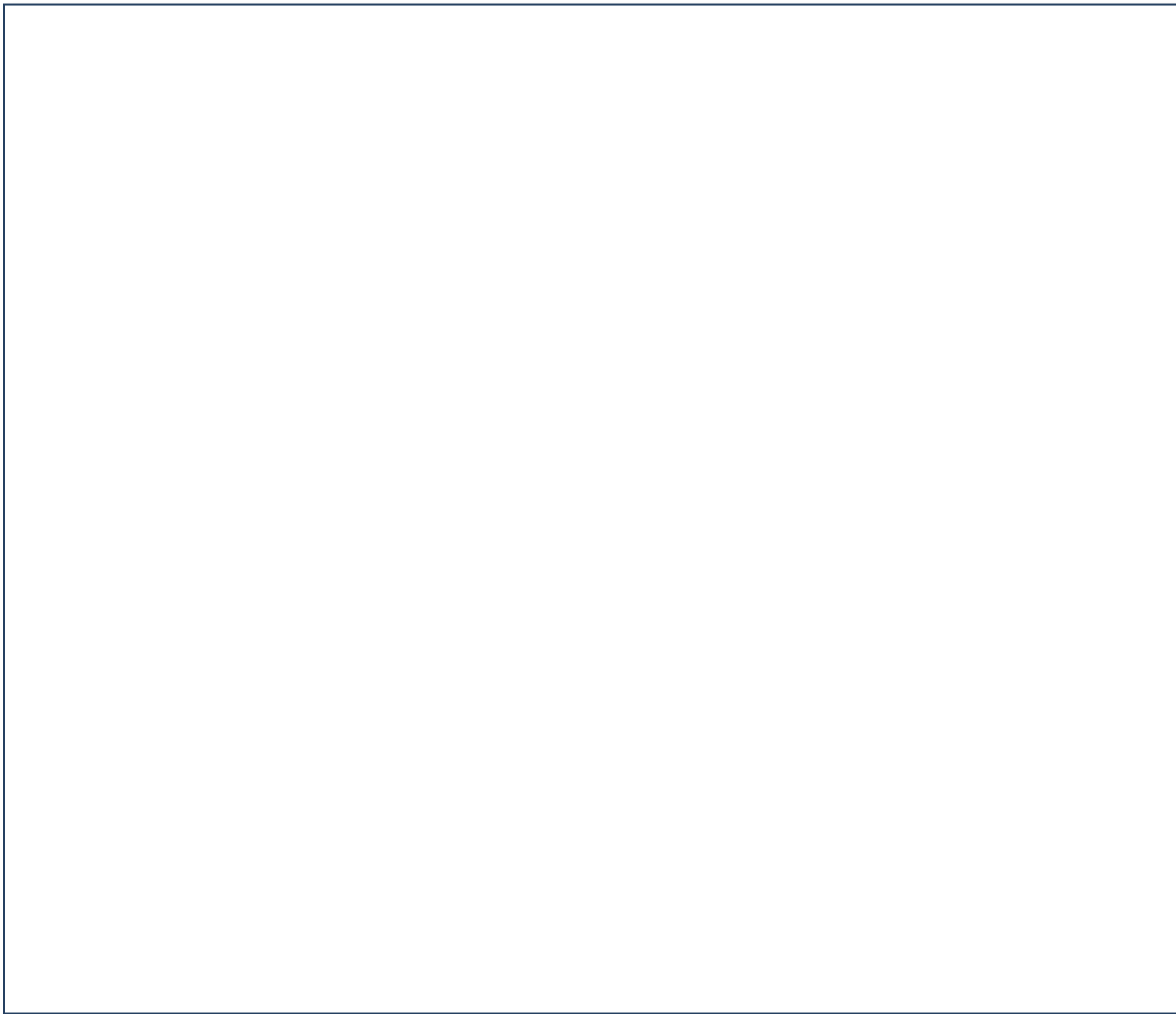
Think about a challenging situation that you've overcome. When you got through the tough situation and started to feel better, what did you notice about yourself?

- Better sleep
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LEARNING FROM EXPERIENCES

Although we don't have Time-Turners in real life, can we learn from our previous experiences to ensure more positive outcomes in the future?

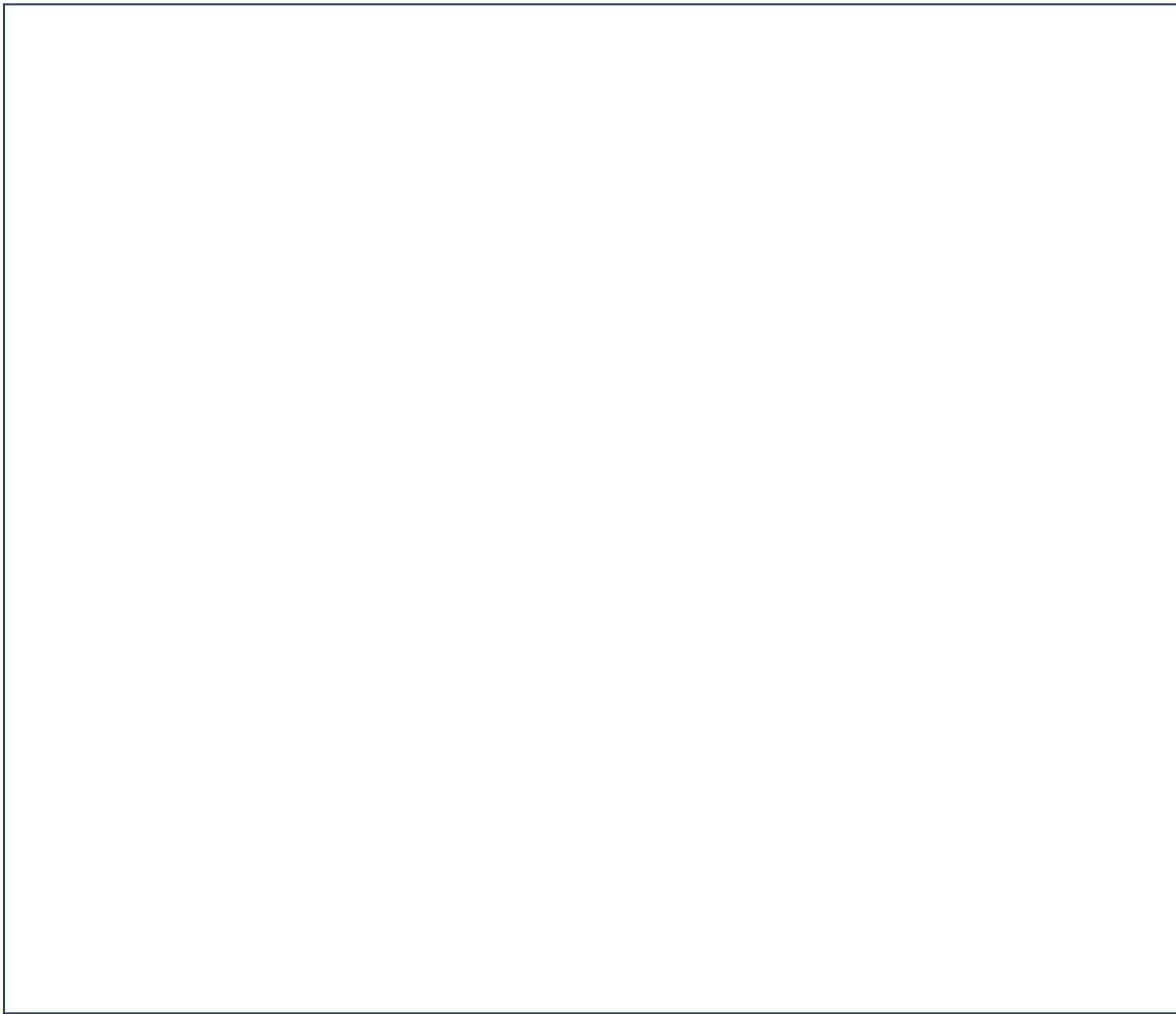
Can you think of a time when you reflected on a previous experience and used your reflections to change things moving forward, to ensure a more positive outcome?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the questions above. The box is currently blank.

THOUGHTS, FEELINGS & ACTIONS

What does Professor Dumbledore mean when he says to Harry: “The consequences of our actions are always so complicated, so diverse, that predicting the future is a very difficult business indeed”?

Consider the link between thoughts, feelings and actions, and the fact that thoughts don't equal the truth.



UNIT 11 (CH.21-22):

GUIDING QUESTIONS & KEY LEARNING POINTS

Guiding Questions

1. Time “turns” for Harry. What does this allow him to do?
2. Can you think of a situation where you were unhappy with what happened? If you could go back, what are some of the things you would choose to do differently? Explain.
3. Dumbledore says to Harry, “The consequences of our actions are always so complicated, so diverse, that predicting the future is a very difficult business indeed.” How can this be applied to dealing with our own negative thinking? Explain.
4. If Harry has more problems with dementors in the future, what are the steps he should try?
5. How does the last line in the novel demonstrate how Harry has changed? Explain?
6. Now that you have read the whole book and learned CBT: a) what are the early signs that tell you that things are getting worse for you and b) what are the strategies you have learned that you can use?

Key Learning Points/ Did I cover?

- Review and summarize all CBT skills learned throughout this book including core CBT principles
- The concept of “fixing” the past and imagining how to manage a future crisis with CBT skills
- Promote the students to rank of “CBT Wizard” (they can now do this on their own)
- Provide a list of mental health resources for students in case they need them