

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?

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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?

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