

## UNIT 2:

### GUIDING QUESTIONS & KEY LEARNING POINTS

#### Guiding Questions

1. What do you think “distress” means? What kind of distress have you or your friends experienced?
2. What anxiety-causing factors does Harry experience in Chapter 3?
3. How do Harry’s emotions affect him physically in Chapter 3?
4. Are Harry’s worries realistic?
5. Can you remember a time when you were anxious or had unrealistic worries?
6. What are some destructive ways that Harry might cope with his feelings (acting out, yelling, physical violence/bullying, drugs, being upset with himself)?
7. What do you think “resilience” means? What helps Harry become more resilient?
8. When Harry is feeling anxious, what are some “Stress Busters” that he can use?
9. The next time you’re feeling anxious, what “Stress Busters” can you use?

#### Key Learning Points/Did I Cover?

- The definitions of distress and anxiety
- The notion that everyone experiences distress and that distress and anxiety can influence thoughts, emotions and physical sensations
- The definitions of resilience and “Stress Busters”
- The idea that everyone needs a plan for managing distress and that, through this curriculum, students will compile a list of their own “Stress Busters” and practice using them so that they have an action plan they can use when they are in distress.