

# READING ACTIVITY

## **Pre-Reading Activities:**

Review and discuss the material read previously as a class. Students should be reading every day. Remind students of this responsibility while reading (sticky notes) and the *Think About* worksheet.

## **Independent Student Reading (20 minutes)**

### **Mini-Lesson: Anxiety and Strategies for Coping**

**Discussion:** What is Anxiety?

#### **Teacher Facilitated Discussion:**

Ask the students if anyone has ever felt anxious? [noting that actually everyone will have experiences of fear, worry and/or panic in their lives] When did you feel this? How did it make you feel?

#### **How it Feels to Have Anxiety (Physically, Emotionally):**

Do you think there are different levels of anxiety? As a class, discuss and create an anchor chart for an Anxiety Scale. Create 3 different levels and define the difference between mild, moderate, and severe. Discuss and explain that an event can, for example, cause mild anxiety for one person and severe anxiety for another.

#### **Post Activity:**

Have students create a character sketch of themselves and/or Harry when confronted with anxiety. The anxiety level should reflect the section of the novel and his state of mind. Please include physical and emotional impacts anxiety may have in your drawing.