



Chapter 5

Link between Dementor & Depression

Self-Assessment – What fuels your dementor?

Suggested Duration: 1 to 2 50 min periods

Lesson Objectives

To introduce the concept of depression and how it manifests using the true story of J.K. Rowling and Harry's experience with the dementor.

To discuss students' understanding of sadness and measures that can be taken to overcome it.

Summary of Tasks/Actions

Suggested Actions/Lesson Planning:

Collaborative discussion about the chapter, specifically focusing on 1) how the dementor symbolizes depression, 2) why J.K. Rowling created the dementor characters, 3) thoughts, behaviours and physical symptoms that tend to go along with depression, and 4) healthy ways of responding to them

Complete attached handouts, going through thoughts/actions when they have had experiences that may have led to feelings of sadness, hopelessness. If this is too personal and/or students do not want to share, stay focused on the experiences from the novel.

CHAPTER 5 - QUESTIONS ABOUT DEMENTORS HANDOUT

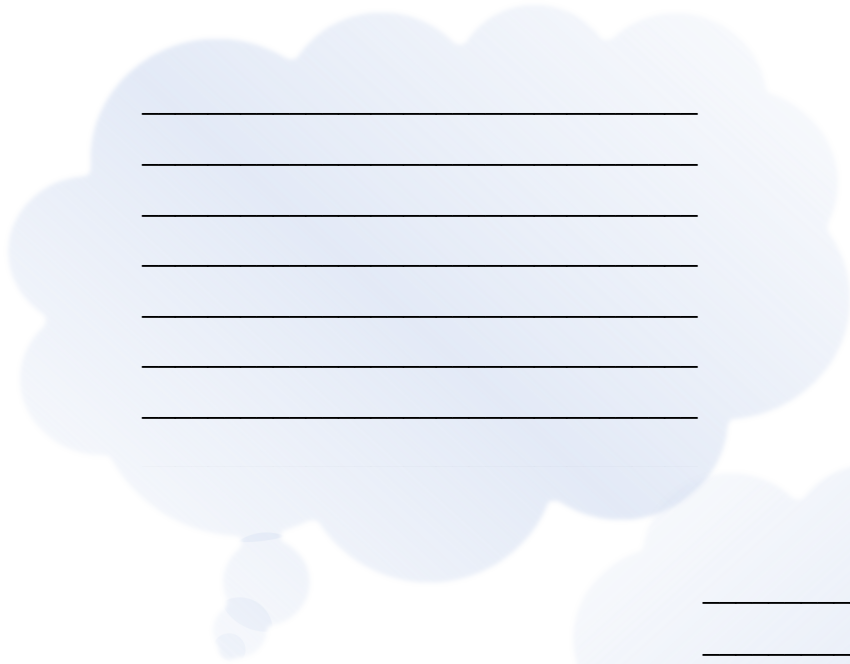
(oral discussion)

1. Describe Harry's experience of the dementor. What does he feel both physically and emotionally? Please give the page numbers where each finding is described.
2. Reflect on what Harry experienced. Can you think back to a time in your life when you or someone close to you was in distress and how you or they reacted?
3. If you had a friend who started to feel like Harry, what would you tell them to do?
4. How does Harry react after his encounter with the dementor? List the feelings he experiences with page numbers from the novel.
5. Professor Lupin steps forward to help Harry. What does he do to help Harry?
6. Harry can't turn to his parents or aunt and uncle for help but has found Professor Lupin. Are there examples of Professor Lupin(s) in your life? How might someone find a person to help?

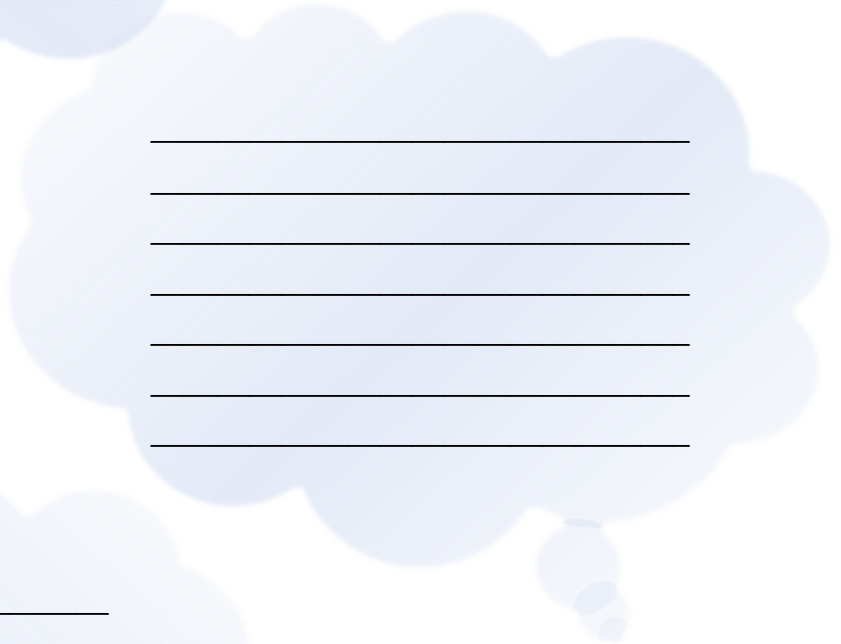
FEELING SAD

Name: _____

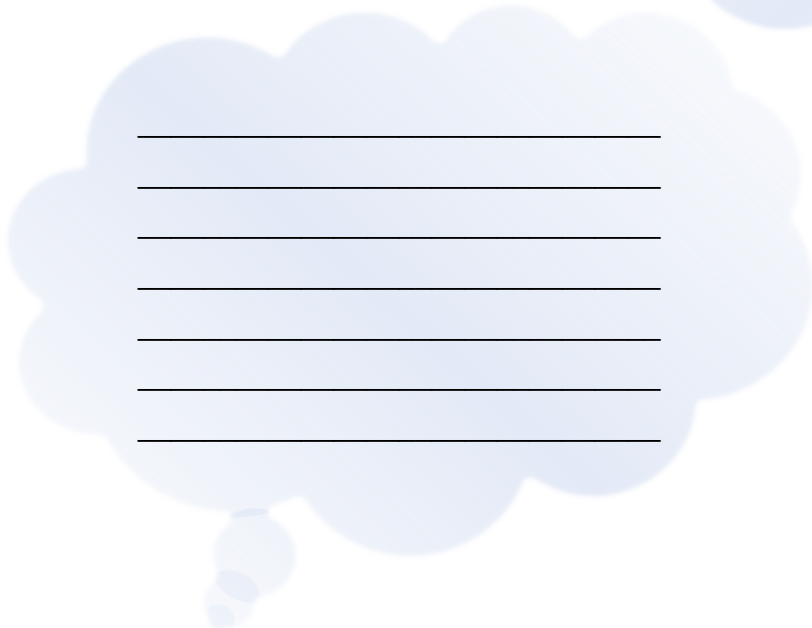
When I feel SAD, these thoughts go through my head:



A light blue thought bubble with a scalloped edge and a small tail at the bottom. Inside the bubble are eight horizontal black lines for writing.



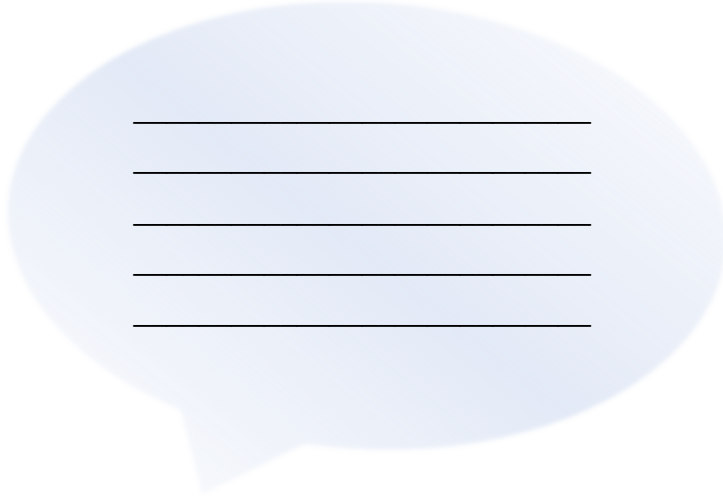
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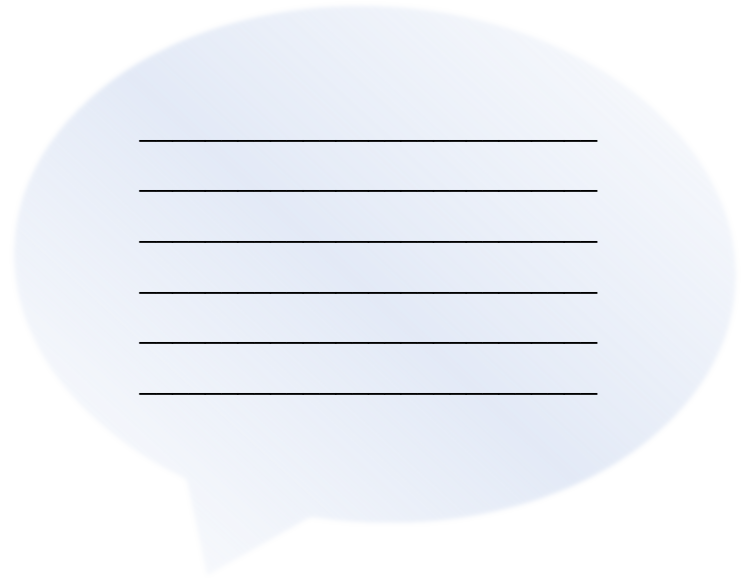


A light blue thought bubble with a scalloped edge and a small tail at the bottom. Inside the bubble are eight horizontal black lines for writing.

Name: _____

When I feel SAD, I say these things to myself:





While I feel SAD, this is what I do:

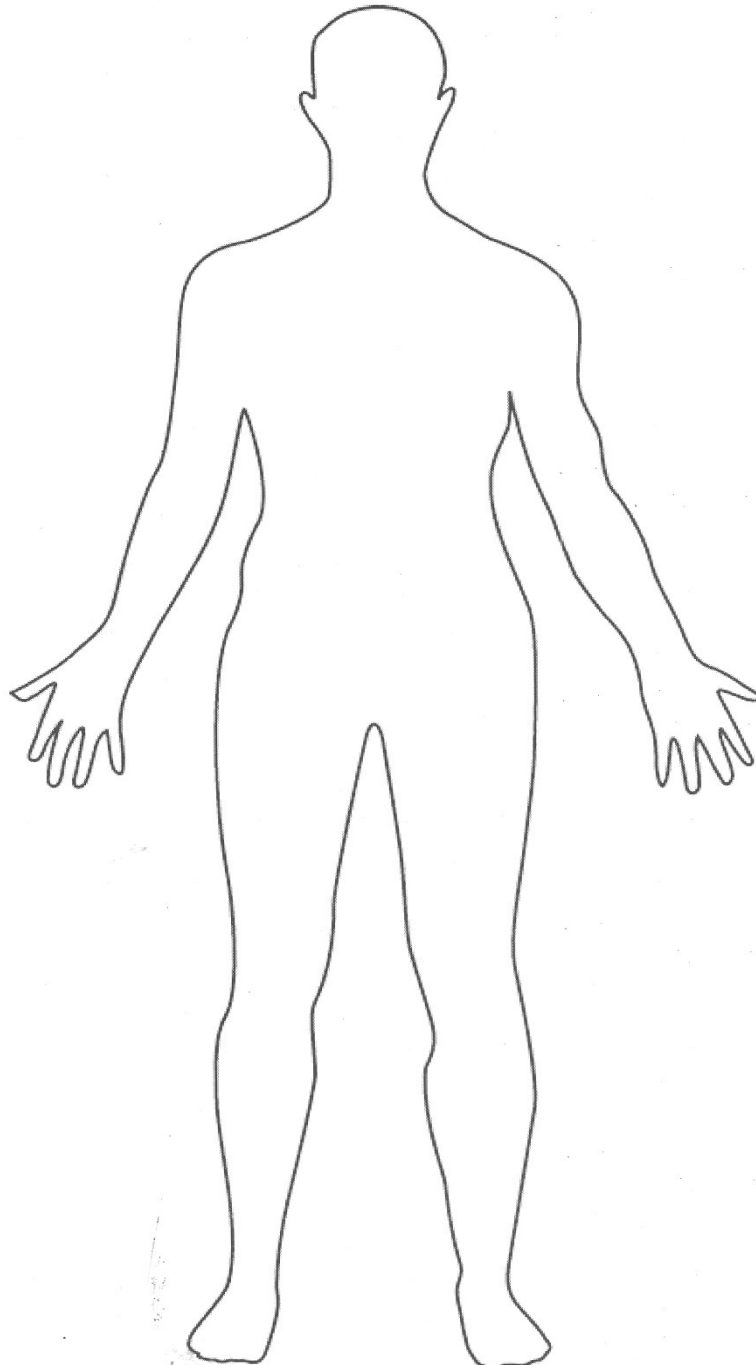
Does this coping strategy make it worse, or better? How do you know?

Would you consider this a healthy coping strategy?

PEOPLE CAN GET UPSET IN THEIR BODIES

Name: _____


Place an X on the places that felt bad or different the last time you felt
SAD.



Name: _____

DEALING WITH MY SADNESS

To fight the upset thoughts, I could have tried these thoughts instead:

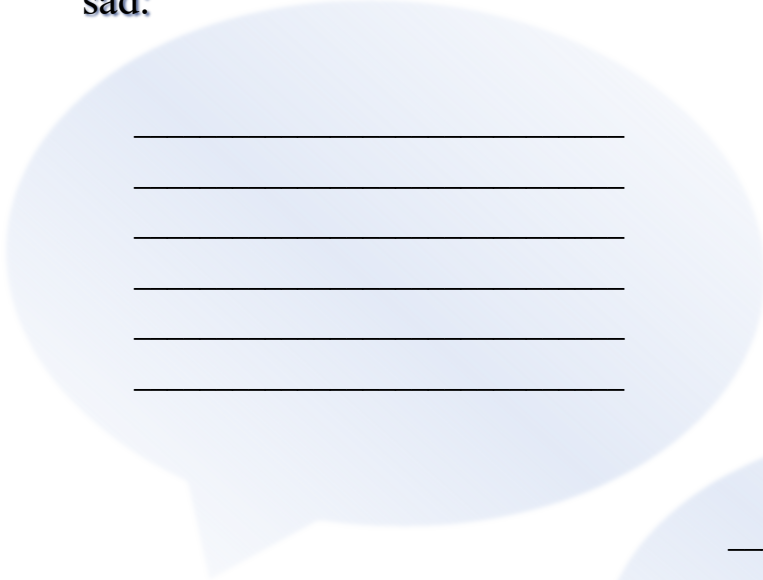
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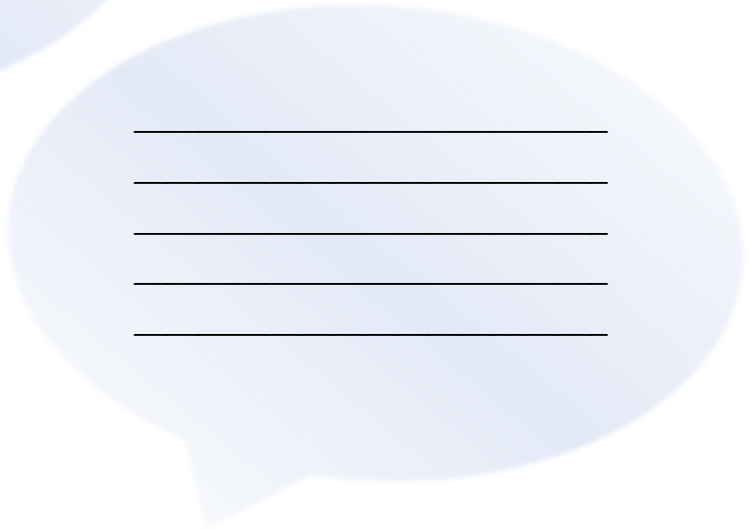
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A light blue thought bubble with a scalloped edge and a small tail at the bottom left. It contains seven horizontal lines for writing.

Name: _____

Here are more helpful things **I could say to myself** the next time I feel sad:





This is something else **I can do** the next time I feel sad:

CONQUER YOUR DEMENTOR

Everyone has at least one dementor in their life.

Identify a dementor in your life and describe how it makes you feel, both physically and emotionally.

What strategy/plan can you use to conquer it?

Guiding Questions

1. What is your “Dementor”?
2. Can you think back to a time in your life when you or someone close to you was in distress? How did you/they react?
3. If you had a friend who started to feel this way, what would you tell them to do?
4. What are some barriers that might stop you from taking your own advice (from #3), and what are some ways to overcome them?
5. Harry can’t turn to his parents, or his aunt and uncle, but he has found Professor Lupin. Are there examples of Professor Lupin(s) in your life? If you can’t think of any, how might you find one?

Key Learning Points/Did I Cover?

- What depression looks like, feels like and how it can manifest
- J.K. Rowling’s story of depression and how she put her own experience into the book
- That depression can cause unrealistic negative thoughts about yourself, the world around you, and the future and that it can lead to counterproductive behaviours like withdrawal and avoidance
- Harry’s reluctance to share his feelings as something that may delay his efforts to feel better
- CBT Core Principle #1 – Knowing your stressors and symptoms is an important first step to overcoming distress**