



Chapter 6

Continuation of Cognitive Distortions

Thought Connections

Suggested Duration: 20 min.

Lesson Objectives

Students will practice recognizing the connections between thoughts and behavioural and physical reactions.

Summary of Tasks/Actions

Suggested Actions:

- 1) Hand out and ask students to complete the attached chart.
- 2) There are 2 blank spaces for the students to create their own Thought Connections based on the novel.

Materials/Equipment:

- Worksheet attached

THOUGHT CONNECTIONS

Based on the situations below, how do you think the characters are they most likely to respond emotionally, physically and behaviourally?

| | Mood | Physical Reaction | Behaviour |
|--|-------------|--------------------------|------------------|
| Harry and Ron are looking at their tea leaves and Professor Trelawney tells Harry that he has the Grim. Harry is unfamiliar with the Grim. | | | |
| Professor Trelawney tells Neville that he will break a glass. | | | |
| The class tells Professor McGonagall about Professor Trelawney's predictions. | | | |
| | | | |
| | | | |