



Chapter 8

Working through Fear and Worry

Understanding Fear and Worry

Suggested Duration: 1 to 2 50 min periods plus follow-up

Lesson Objectives

Introduce the concept of a fear ladder as a way to gradually face fears.

Introduce activities that give a sense of pleasure and mastery as a way of preventing and/or coping with distress.

Introduce the concept of automatic thoughts which involuntarily pop into our heads and can sometimes be distorted.

Reinforce the idea that we should try to spot and challenge thinking errors.

Summary of Tasks/Actions

Suggested Actions/Lesson Planning:

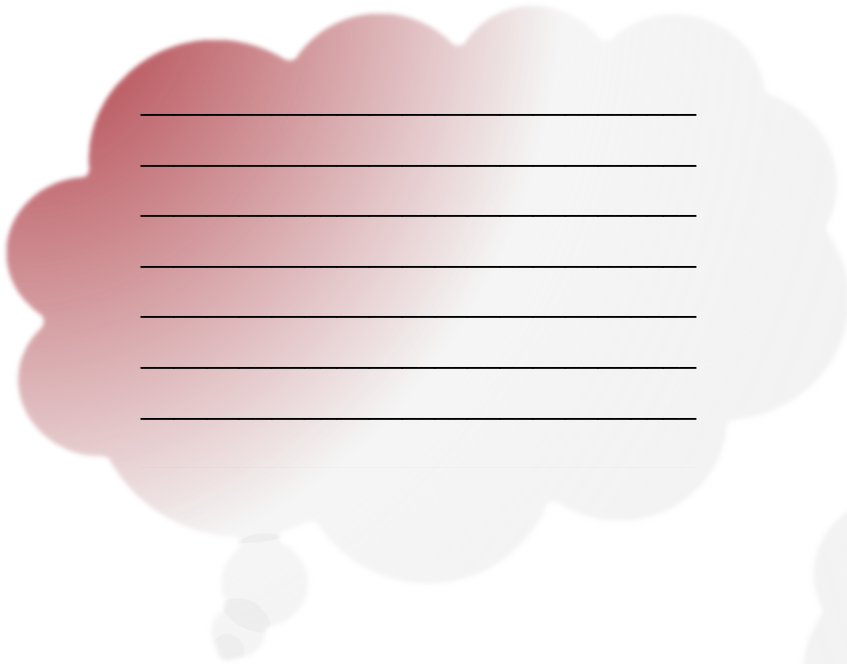
Students are to complete the attached worksheets independently.

Once the students have completed the worksheets, volunteers can share their responses with the rest of the class. Please do not ask specific students to participate – only choose those students who volunteer to share with the larger group.

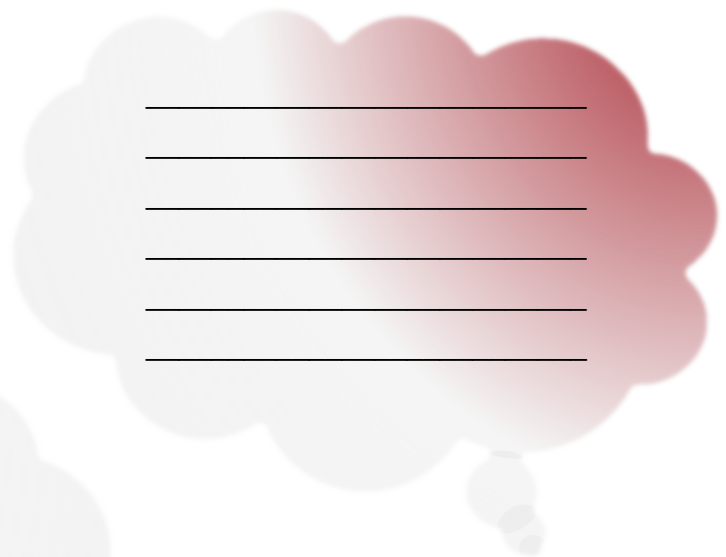
FEELING AFRAID OR SCARED

Name: _____

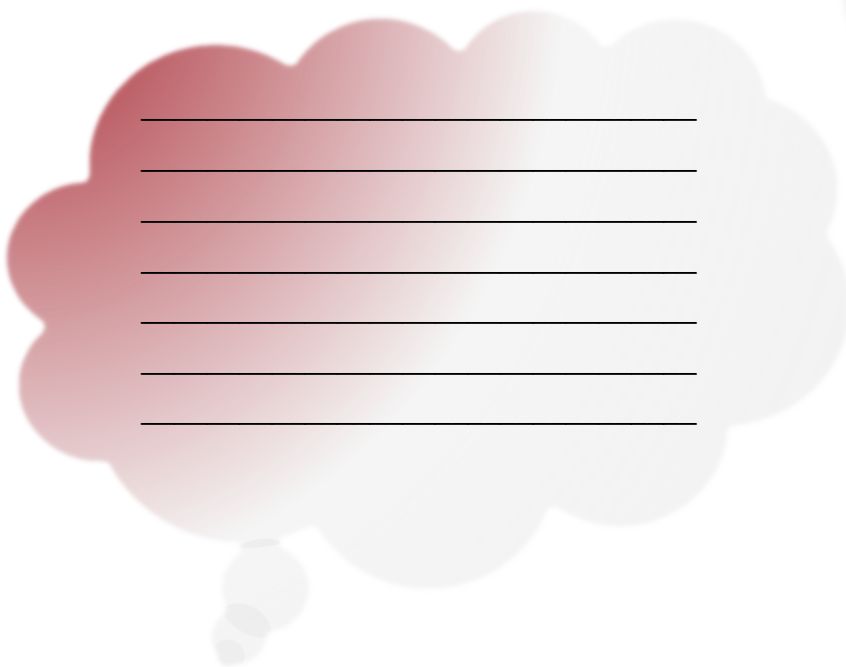
When I feel afraid or scared, these thoughts go through my head:



A thought bubble with a red-to-white gradient and a scalloped edge. It contains seven horizontal lines for writing.



A thought bubble with a red-to-white gradient and a scalloped edge. It contains five horizontal lines for writing.

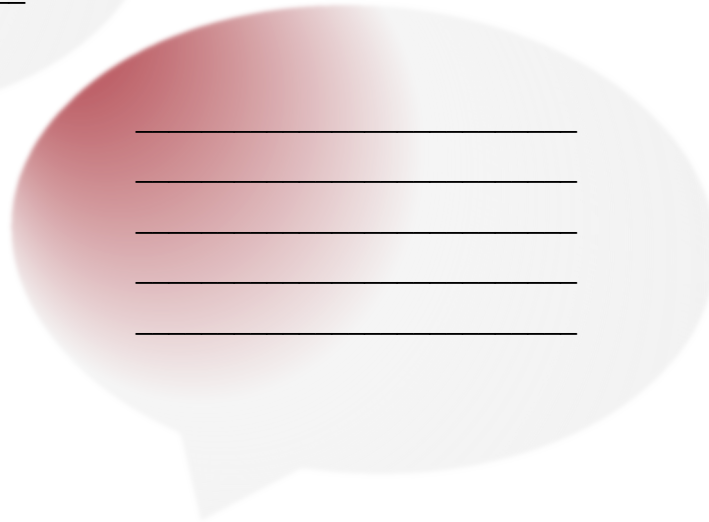


A thought bubble with a red-to-white gradient and a scalloped edge. It contains seven horizontal lines for writing.

Name: _____

When I feel afraid or scared, I say these things to myself:





While I feel afraid or scared, this is what I do:

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

Would you consider this a healthy coping strategy?

PEOPLE CAN GET UPSET IN THEIR BODIES

Name: _____

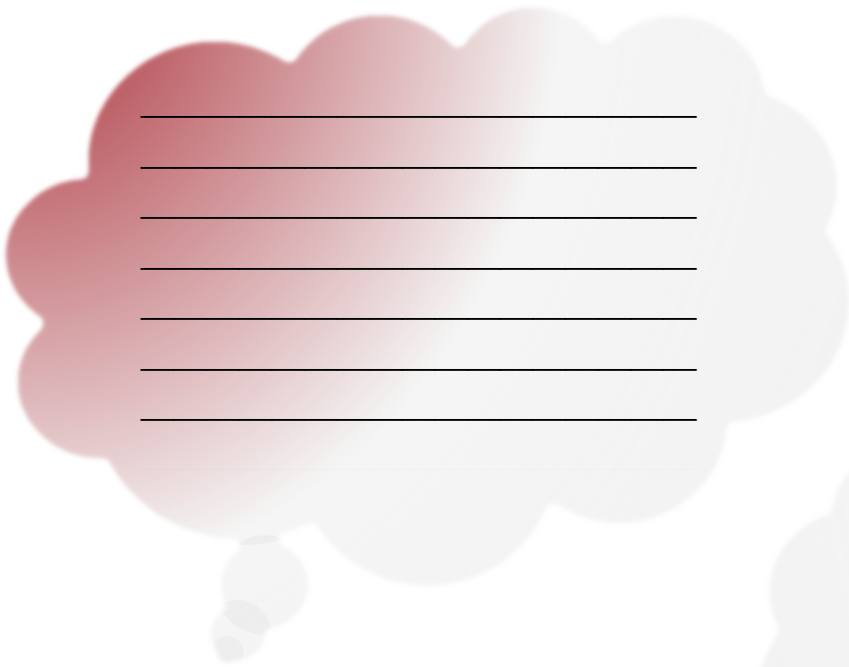
Place an X on the places that felt bad or different the last time you felt AFRAID or SCARED.



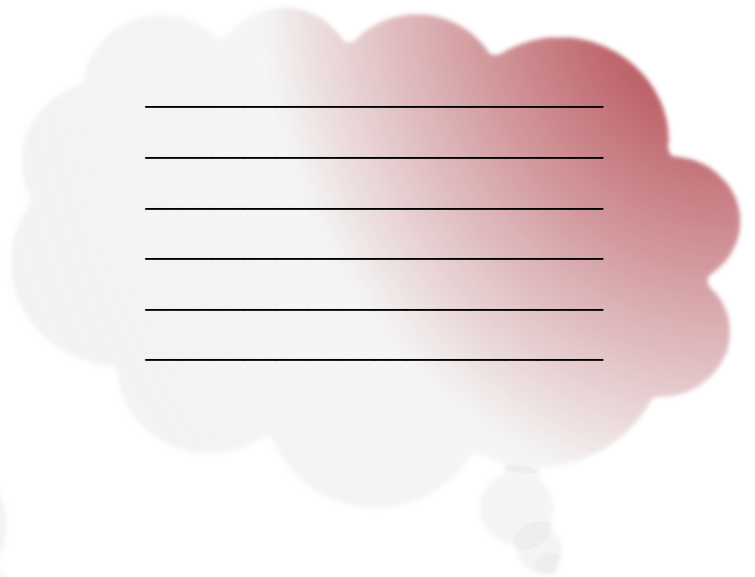
DEALING WITH MY WORRY AND FEAR

Name: _____

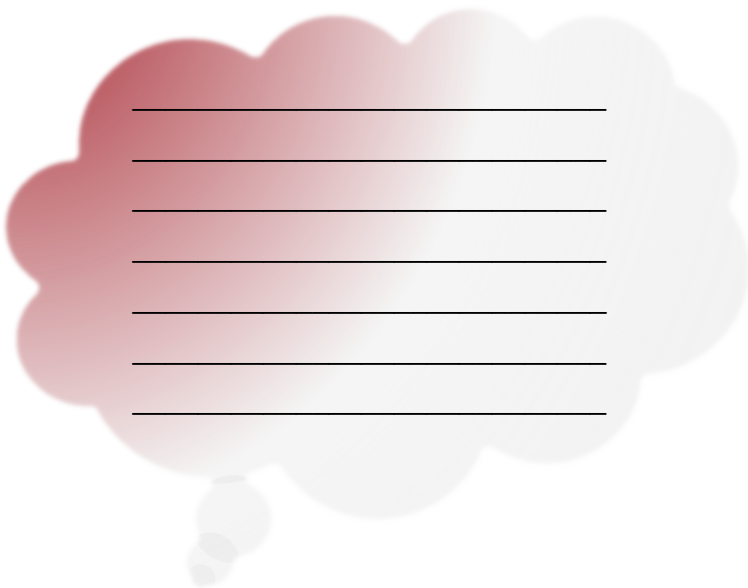
To fight the upset thoughts, I could have tried these thoughts
instead:



A thought bubble with a red-to-white gradient and a scalloped edge. It contains seven horizontal lines for writing.



A thought bubble with a red-to-white gradient and a scalloped edge. It contains five horizontal lines for writing.

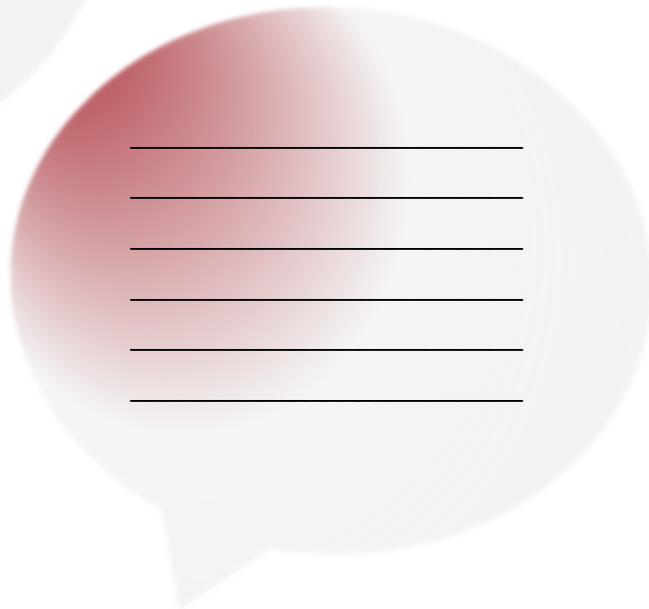


A thought bubble with a red-to-white gradient and a scalloped edge. It contains seven horizontal lines for writing.

Name: _____

Here are more helpful things I could say to myself the next time I feel afraid or scared:





This is something else I can do the next time I feel worried

Name: _____

Sometimes people can calm down their bodies when they are upset.

Think about the time you were sad, worried or upset. What things could you have done to calm down your body at that time?



ACTIVITIES THAT MAKE ME FEEL HAPPY

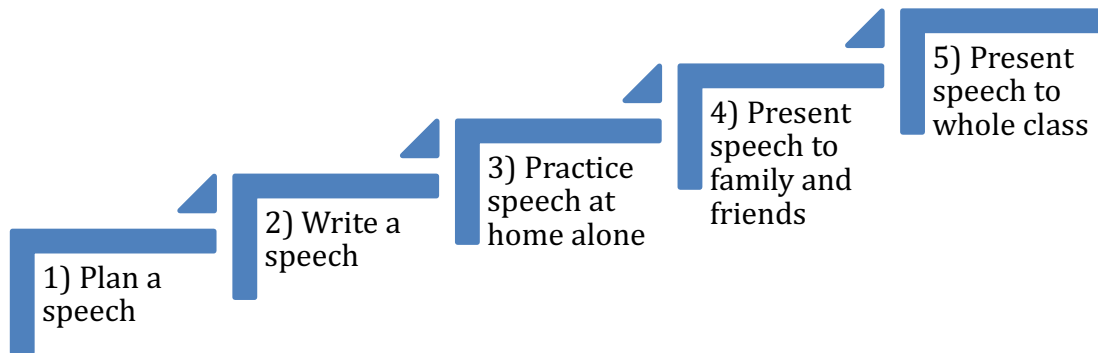
What is your “Quidditch” the thing(s) that cheer you up the most?
Why do they cheer you up?

Activity	Explanation <i>How does this activity make you feel happy or like you have accomplished something important?</i>

FEAR LADDER

As you read Harry Potter and the Prisoner of Azkaban, look out for different ways in which Harry climbs his own fear ladder.

Example of a Fear Ladder:



FEAR LADDER

Think of a challenging task or situation and plan out the steps you could take to reach your final goal.

The Challenging Situation I want to work on:



The Steps I need to take:

Step 1 (easiest):

Step 2:

UNIT 6 (CH.8):

GUIDING QUESTIONS & KEY LEARNING POINTS

Guiding Questions

1. Can you think of a problem that you solved by gradually building up to the solution?
(if you are having trouble thinking of one, consider your first day of school or learning a new musical instrument)
2. What is your “Quidditch” [the thing(s) that cheer you up the most]?
3. Has anyone you know come up with an idea as silly as Lavender’s?
4. Harry was very upset when he thought Lupin believed he was weak. How did talking to Lupin help?

Key Learning Points/Did I Cover?

- The concept of a “fear ladder” and how it can help people tackle situations that make people scared or afraid
- Activities that give people a sense of happiness, pleasure and mastery and what those might be for students
- Continue to review the concepts of cognitive distortions/thinking errors and introduce the concept of “automatic thoughts” which pop into all of our heads some of which may be true and many of which may not be accurate