

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