



Chapter 9-11

Exploring Setbacks

How not to be demoralized

Suggested Duration: 1 50 min periods

Lesson Objectives

Students should understand what a setback is and why we should expect it.

Students should understand how common it is to feel discouraged when a setback happens and how to overcome that.

Summary of Tasks/Actions

Suggested Actions/Lesson Planning:

After reading chapters 9-11, answer the questions provided in the handout as a class, in groups, or individually.

As a group, discuss CBT Core Principle #5 and whether we should expect growth to happen in a straight line in any aspect of our lives.

The focus of group discussion should be on why we should expect setbacks and how to handle them. If they feel comfortable, students can be encouraged to share situations where they have had a setback and how they managed to overcome it

SETBACKS

1. What does Harry experience when he is exposed to a dementor once again? Explain.

2. What thoughts, feelings and behaviours does Harry experience during these chapters?

3. Harry is reluctant to share his feelings with others. Do you understand why he kept things to himself? Was this the right choice? Explain

4. What does Hagrid say to Harry about the dementors?

5. What might happen to someone if they had to face all their worst experiences all at once like Harry? Explain

6. What does Professor Lupin say to Harry about the dementors? How does this help Harry?

7. Is Harry really back to square one? Explain.

8. Have you ever had a setback? How did you handle it and what did you learn?

UNIT 7 (CH.9-11):

GUIDING QUESTIONS & KEY LEARNING POINTS

Guiding Questions

1. What does Harry experience when he is exposed to a dementor once again? Explain.
2. What thoughts, feelings and behaviours does Harry experience during these chapters?
3. Harry is reluctant to share his feelings with others. Do you understand why he kept things to himself? Was this the right choice? Explain
4. What does Hagrid say to Harry about the dementors?
5. What might happen to someone if they had to face all their worst experiences all at once like Harry? Explain
6. What does Professor Lupin say to Harry about the dementors? How does this help Harry?
7. Is Harry really back to square one? Explain.
8. Have you ever had a setback? How did you handle it and what did you learn?

Key Learning Points/Did I Cover?

- The concept of “setbacks” as an expected occurrence
- CBT Core Principle #5 – Growth does not occur in a straight line**
- That depression can cause people to feel embarrassed, fear they will never get better and be reluctant to seek help.
- That these feelings and worries can lead to a vicious cycle preventing people from using the skills already covered in this curriculum to get better (and that students should try to notice if this is happening like Harry does and seek help anyway).