



Chapter 9-11

Exploring Setbacks

My CBT Plan

Suggested Duration: 30 min.

Lesson Objectives

Students will learn to recognize “high-risk” situations (from a mental health standpoint) and devise a plan to ensure that these high-risk situations do not lead to crises.

Summary of Tasks/Actions

Lesson Planning:

- 1) This is a journal activity that can be done by either focusing on a character from the novel (this option may be less intimidating), or by having the students focus on themselves if you think your class (or some students in your class) are ready for this.
- 2) Provide the students with the following worksheet to complete.

Materials/Equipment:

- Worksheet attached

CREATE A PLAN OF ACTION

Many of the characters in *Harry Potter and the Prisoner of Azkaban* have learned that there are some situations that will be challenging for them. Put yourself in the shoes of a character of your choice and describe your challenging situation, your early warning signs, and your plan of action to help you face this challenge. An example, using Professor Lupin's character, is done for you.

If you'd like and feel comfortable, instead of choosing a character from the story, you can try describing your own real challenging situation, early warning signs, and plan of action.

My challenging situation:

*For Lupin, a high-risk situation is being out during the full moon and forgetting to drink his Wolfsbane potion.

My early warning signs:

*For Lupin, his early warning signs are that he becomes irritable and distracted.

My plan of action:

*For Lupin, his plan of action is to monitor the moon phases and set a reminder, so he always remembers to take his Wolfsbane potion.