



Chapters 13-16

Putting Learned Skills into Practice

Automatic Thoughts

Suggested Duration: 15 min.

Lesson Objectives

Students will continue to learn that their thoughts (or how they perceive reality) directly affect their behaviour. This is the case regardless of the degree to which thoughts are true.

Automatic thoughts, although engrained, can be challenged and modified but only once you've become conscious of them.

Summary of Tasks/Actions

Lesson Planning/Suggested Actions:

1) Write the following names on a slip of paper:

- Hagrid
- Malfoy
- Snape
- Harry
- Ron
- Hermione
- Lupin

2) In groups, let the students select one name and answer the following question together:

Based on what you know about _____, what negative automatic thoughts do you think he/she experiences?

Students should discuss what thoughts they would encourage the character to adopt to replace their negative automatic thoughts.