

BIBLIOTHERAPY PLAN

TITLE OF LITERATURE: _____

ADDITIONAL RESOURCES NEEDED: _____

STEPS & STAGES	ACTIVITY PLAN
a. Warm-Up Discussion (Highlights a problem that is occurring in the classroom, grade level, school, or community)	<u>Example:</u> Growth mindset/Fixed mindset anchor chart
b. Reading the Literature (Independent/oral/guided reading)	<u>Example:</u> Guided reading with discussion to follow
1. IDENTIFICATION (Reader sees the problem as being similar to his/her own)	<u>Example:</u> Create a multi-layered story map
2. CATHARSIS (Reader releases emotions in a safe space)	<u>Example:</u> Make a personal connection to a character by acting out a favorite scene from the story
3. INSIGHT (Uses various strategies to identify possible problem resolutions)	<u>Example:</u> Modify the ending to the story
4. APPLICATION (Applies new insight to actual problem solving)	<u>Example:</u> Write own story