Student Name _____
Date _____
Class Period _____

Teacher's See, Think, Feel, Wonder

Identify the image your group is assigned: Excerpt #___, page(s) ____ from Ellen Forney's book, Marbles: Mania, Depression, Michelangelo and Me.

Instructions

1. Appoint a time keeper who will keep time as well as the group's discussion focused:
   _____ (time keeper's name)

2. Spend a few minutes quietly looking at the image assigned to your group. Then make your notes on each of the following categories based on what you see, think, feel, and wonder:

   Students' responses may vary but include items noted below among others.

   a. I/We See: List specific things you observe in the drawing. For example, you might see a face, a word, thick lines,thin lines, and many other items.

   Excerpt 1 (p. 77): no words, blanket, bed, couch, series of small drawings, face with no features

   Excerpt 2 (p. 134-135): a person in a boat reaching toward a dock; a broken rope that kept the boat by the dock; floating oar in the water and not in the boat, a big wave by the boat; a cloud of many symbols and signs; words explain how the person had a new medication; words tell how the person's mood lifted which made her feel out of control

   Excerpt 3 (p. 153): stars, squiggly lines, arrows; a graph about mania, normal and depression; faces with different expressions; words in thought bubbles by faces; descriptions/narrations

   Excerpt 4 (p. 230): bills and coins (money); Rx symbol and names of drugs; different treatment types/options; costs related to medicine and a visit with psychiatrist;

   b. I/We Think: What do these items remind you of? What do they suggest to you about depression or bipolar disorder?

   Excerpt 1 (p. 77): The person seems depressed. The image depicts the person staying home and alone, and isn't doing much else.

   Excerpt 2 (p. 134-135): The words and images work together to show how a manic state made her feel out of control. The excerpt also tells how she had to take different medications, which might cause mood changes.

   Excerpt 3 (p. 153): The excerpt explains how people with bipolar disorder experience episodes of mood changes outside of a "normal range." It also presents information about triggers for those episodes.

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Excerpt 4 (p. 230): Living with and treating bipolar disorder can be expensive. There are many different types of treatments and medications for people with bipolar disorder. People continue to deal with the symptoms of bipolar disorder, while having to worry about cost and decisions on treatment options.

c. I/We Feel: What emotional response does this item provoke in you? For example, does this item evoke a sense of happiness and calm in you? Or does it make you anxious?

Excerpt 1 (p. 77): sad and alone, anxious to help or to tell the person to feel better

Excerpt 2 (p. 134-135): anxious, scared, confused

Excerpt 3 (p. 153): overwhelmed with so many different states of feeling/mood

Excerpt 4 (p. 230): worried, confused about all these drugs and treatment options, overwhelmed

d. I/We Wonder: What questions do you have about what you see in the drawing? What do you want to know more about?

Excerpt 1 (p. 77): where this person is; why s/he doesn't have facial features; why the artist decided to draw several similar images; is there someone or something that can help this person?

Excerpt 2 (p. 134-135): If she makes it back to the doc; what all those symbols mean; why or how the rope broke and the oar is in the water

Excerpt 3 (p. 153): who decides what is normal; whether the normal drawn on the image applies to me; whether it is good/healthy if you stay in the upper part of the graph; how to stay or get "within normal range"

Excerpt 4 (p. 230): why doesn't insurance cover mental health treatment; how people ever pay for so many medications if they don't have help; how to decide which treatments or medications to try; are there available, possibly free, support or resources to help navigate the cost and treatments while experiencing depression and episodes?

3. Have each person in your group share what they noted. Afterwards, as a group, consider other items in the drawing and add notes above about those items.

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Instructions

4. Review the final notes under See, Think, Feel and Wonder above, and make inferences about the following statements based on your work with the image:

   a. The symptoms of depression and/or bipolar disorder include...

   Student responses based on the four excerpts from Marbles may include:

   Depression: long periods of sadness, tiredness/fatigue/low energy, changes in sleeping patterns, being alone/ loneliness, pessimism, difficulty working or concentrating

   Bipolar Disorder: moving back and forth between depression and mania

   Depression symptoms: see above

   Mania symptoms: racing thoughts, exaggerated optimism or confidence, high/extreme energy, impulsiveness, feeling out of control,

   b. Someone coping with depression and/or bipolar disorder might...
   Student responses might include things like:

   - *Need to manage their condition for their entire lives (chronic condition)*
   - *Withdraw from their friends and family (especially during a depressive episode).*
   - *Take medications, see a therapist and/or psychiatrist, practice yoga, exercise, seek complimentary treatments like acupuncture or nutritional supplements, worry about how to pay for treatment, worry about keeping their job.*
   - *Be aware of their shifting mood states*
   - *Know what "normal" feels like for them*