

	<p>Bipolar</p>		
		<p>Characters: Rocco Raccoon, Bear-T Bear, Fozzy Fox students</p>	<p>Ms. Duck & Mr. (WP) Woodpecker teachers</p>
		<p>Polly Polar Bear & Polla mother & daughter</p>	<p>Mr. Sparrow Ms. Owl school counselor & nurse</p>

Science class. Teacher - Mr. (WP) Woodpecker. Mr. WP begins the class by pointing to the white board.

Mr. WP: We researched iceberg melt in the Arctic. Writing a research paper came next. Where are we now?

Bear-T: We've finished. All done!

Mr. WP: That's right. So get out your research papers. I want everyone to read their conclusions to the class.

All the students put their research papers on their desks.

Mr. WP: Polla, please read your conclusion.

Polla screams, cries, bangs on her desk and tears up her paper.

Mr. WP: Calm down, Polla!

Polla continues screaming and crying. All the students watch open-mouthed. Mr. WP calls the office for help.

Fozzy (whispers): Has she gone crazy?

Bear-T (whispers): I think she's lost her marbles.

Rocco (whispers): She did this yesterday in the cafeteria.

Ms. Owl, the school nurse comes and moves the screaming, crying Polla out of the classroom. She consults with Mr. Sparrow, the school counselor.

Ms. Owl: Polla, try to stop.

Mr. Sparrow: Take a deep breath. Maybe that will stop your crying.

Polla: I can't . . . stop. I . . . I . . . can't stop . . . crying. I . . . I . . . I'm sorry!

Two weeks later in Language arts class. Teacher - Ms. Duck

Ms. Duck: Get out your books please. We'll continue reading the next chapter. Whose biography are we reading?

Class (together): Dr. Martin Luther King, Jr. - MLK

Polla's head is on her desk and she does not join in the answer.

Ms. Duck: Yesterday we read about MLK’s famous speech What is that called, Bear-T?

Bear-T: I have a dream speech.

Ms. Duck: Correct! Where did Dr. King make that speech, Polla?

Polla does not respond, her head is down on her desk.

Ms. Duck (*taps Polla on the shoulder*): Polla, are you ok?

Polla (*muffled, head down*): N. . . o.o!

Roccy (*whispers to Ms. C*): She was like this last period too.

Fozzy (*whispers*): She just slumped into a chair in the cafeteria – wouldn’t order, wouldn’t eat.

Bear-T: My mom says that’s a sign of being depressed.

Ms. Duck calls the office and talks to Ms. Owl, the school nurse. She comes and takes Polla to the clinic. She consults with the counselor, Mr. Sparrow

Mr. Sparrow: Polla has been up and down like this for weeks now.

Ms. Owl: Yes, first she was angry, on a high. Now she seems very depressed.

Mr. Sparrow: Highs and lows. It’s time to talk to Polla’s mother.

They call Polly Polar Bear, Polla’s mother.

Ms. Owl: Mrs. Polar Bear, we are worried about Polla here in school. Today she is very low, depressed. Two weeks ago she was very high, angry. How is she at home?

Mom Polly Polar: She often has temper tantrums and then she’ll be real down and I can’t interest her in anything. I’m very worried, but don’t seem to know what to do. She’s not sick, so I can’t take her to the doctor.

Mr. Sparrow: I can make an appointment for you to take her for a mental health screening.

Mom Polly: Thank you! That would help.

A week later, Mom Polly Polar Bear meets with Mr. Sparrow at school.

Mom Polly (*hands him a paper*): Here is her diagnosis. Polla is bipolar.

Mr. Sparrow: How do you feel about that?

Mom Polly: In a way relieved, to know what’s wrong. But I mostly feel worried about her future and that I should have done something different.

Mr. Sparrow: I understand.

Mom Polly: Well, I’ve clearly seen the mood swings from high to low.

Mr. Sparrow: Here at school it’s even worse. We often have to take her out of the classroom.

Mom Polly: She can be so depressed for days and days. Then there are the times when she’s so angry and kicks and yells and throws things. And just won’t calm down whatever I try. I guess that’s why I feel relieved to find a reason for all this up and down behavior. The doctor wants us to try some medication gradually regulating the amount.

Mr. Sparrow: That’s a good plan. What about therapy? Did he mention that?

Mom Polly: Yes, I’ll do anything and everything that will help my daughter. I want her to feel good about herself.

Mr. Sparrow: I’ll tell her teachers what is going on.

Two weeks later Mom Polly and Polla talk at home.

Mom Polly: How was your session today with Ms. Bunny, your therapist?

Polla: I really like working with Ms. Bunny. We practice strategies for self-control. I will be so happy when I don’t have to get so mad or so sad.



How do I react when someone is very angry or very depressed? Do I recognize a serious mental health problem?

Name _____

date _____

Bipolar

1. Who are the characters? _____

2. What is the setting? _____

3. How does Polla behave in Science class? _____

4. How does Polla behave in Language Arts class? ? _____

5. How do the other students react to Polla's behavior? _____

6. Why do the school nurse and counselor talk to Polla's mother? _____

6. What is Polla's diagnosis? What will help? _____

7. How does Mom Polly Polar Bear feel? _____

8. Writing. Text-to-self. Have you had a similar experience?

9. Writing. Stop and Think! How do I react when someone is very angry or very depressed? Do I recognize a serious mental health problem?

