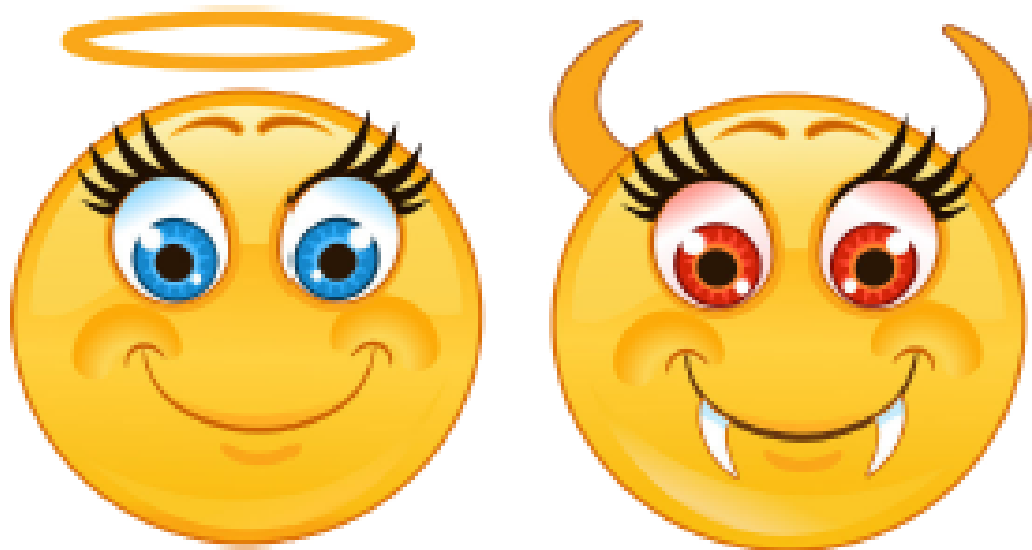


# **Dr. Nice & Mr. Nasty**

## **A Gosmos Grow Adventure**



You can choose which to be,

a Dr. Nice or Mr. Nasty.

It will depend on how you think,  
and can happen faster than you can blink.

## Dr. Nice and Mr. Nasty Lesson Plan

### A. Main Focus:

Anger is a topic about which much is written and said. Several of the Coping Skills stories are designed to encourage us to look at the true source of our anger...ourselves. When we are angry, we typically look to a situation or to others as the cause of our anger. This is such an accepted notion that few question its validity.

### B. The Main Concepts:

In this story, Cosmos talks about how there is a "Dr. Nice" and a "Mr. Nasty" in each of us. We choose which one to "let out". It is not the result of what someone else does or fails to do. We choose to "release" our Dr. Nice or Mr. Nasty. Some of us get into the habit of "letting out" Mr. Nasty for the least little thing. Others of us are able to keep Mr. Nasty safely locked away unless the situation truly justifies letting him out.

### C. Teach the Defining Terms to The Students

### D. Listen to the Flip Book Story

### E. Sample Dialogue with Students after Listening to the Story

In the first part of the story, three boys are playing a ball game and are having a great time. They were all behaving like who? Dr. Nice.

Then one of the boys decides that he would like to have an extra turn and demands to be given the ball. What do the other boys tell him? The other boys explain that he wants to go out of turn and are not willing to give him the ball.

What does this "demanding boy" do next? He then turns red with rage and balls up his fists as if to hit the other boys.

In the story, the young crows that are observing this behavior are surprised and shocked at what has just happened. One of them says, "Cosmos, one of those little boys turned into some kind of monster!"

What does Cosmos say this "monster" was? Cosmos explains that the little boy let out his Mr. Nasty.

The young crows are confused why he would do that because now the game is over and all of the boys are sad.

The young boy demanded the ball because he told himself that he "should be able to take another turn, it is my ball".

When we think this way, we are not considering how our behavior affects others and we feel our anger is okay. Children, who behave like this boy may be called "spoiled" or "rude".

In the second situation, one girl calls another a name and they both let what out? They let out their Mr. Nasty.

Many kids may think that you should become angry if someone calls you a name. But Cosmos Crow tells us that this is what kind of thinking? Stinky Thinking

Do we have to become angry just because someone calls us a name? No, we can ignore it or we use our good thinking and choose not to let it upset you.

Becoming angry, fighting, or telling the teacher, may temporarily stop the name calling, but it will not make it stop fully.

In the final example, the young crows are told of a group of children who let out their Mr. Nasty how? Because they made poor grades on a test, and then became angry at the teacher.

The Crows are again confused because "Your teacher spends hours trying to help you understand something. They ask you questions in class and give you answers to those questions. Then they give you practice work to take home. And after all that, if you do poorly on the test, it is their fault?"

We know that this is just another example of what thinking? It is Stinky Thinking and foolish and it is always better to be Dr. Nice not Mr. Nasty.