

Scaredy Cat

A Cosmos Crow Adventure



Scaredy Cat: (Anxiety/Fear)

Some children tend to be fearful of the novel or difficult.

Unfortunately, much of life's happiness and success dependson embracing novel and difficult tasks and not being a caredy Cat".

This fable allows us to see how Cosmos Crow is able to help a "Scaredy Cat" recognize that many fears are unnecessary.

Scaredy Cat

A. Main Focus:

Some children tend to be fearful of nearly everything. To be Successful and Happy, we have to learn how to face these fears and how to cope with them. This story is about how Cosmos Crow helps a “Scaredy Cat” recognize that many of these fears are unnecessary.

B. The Main Concepts:

Being afraid is built into us and has served us well over millennia. Something big with sharp teeth and claws should scare us. A deep fast, running stream should cause us to be anxious. These emotions are designed to help us make decisions about animals, situations, strange foods that might cause us harm in a world filled with dangers.

Today, a lot of these dangers are less present and certainly more easy to avoid. But even today, our reaction to situations like, different looking people, potentially embarrassing experiences, or just something new, will generate a fear quotient of 10+ on the 1-10 scare meter of “Scaredy Cat”.

This little story is designed to humorously help children to understand right fear and wrong fear. And as with everything in our “Adventures” we have to look at the “Stinky Thinking” and “Good Thinking” of the story characters.

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

What is the name of the cat in the story? (Carmen Cat)

What is Carmen afraid of? (lots of things)

What name does Carmen call herself? (a “Scaredy Cat”.)

That is right Carmen says, “I’m a Scaredy Cat and all Scaredy Cats are afraid of everything.”

By telling herself this, Carmen believes that she HAS to be afraid of everything because she is a Scaredy Cat and that is what Scaredy Cats do.

Cosmos notices that Carmen will not walk through the small puddle. Why is she afraid of the puddle? (she thinks that she may drown or that there may be an alligator in there)

Why didn't Cosmos just walk through the puddle to show Carmen it was safe? (He realizes that just because he does it, does not necessary change Carmen's fear because she tells herself, "Sure Cosmos can do it but I can't ever do that because something terrible will happen".)

What does Cosmos do instead? (Instead, Cosmos plucks a lizard out of bush and it runs through the puddle "barely getting his little feet wet.")

What was Carmen's reaction after the lizard was safe? (She then knew that if the tiny lizard walked through and was safe, then she would be safe too and that it was silly to think that she would drown in that little bit of water)

Cosmos knows that Carmen is afraid of climbing trees, which is a real problem for a small cat when big dogs and kids on bikes are around. What does he do to help her climb? (He climbs to the lowest branch and fell out of the tree to the ground to show her that she would be ok)

After Carmen realizes that she was able to climb to the lowest branch and jump down without getting hurt, what does she say she will do next? (she says, "Next I will go to the top and jump down.")

Would that be a safe idea?

What does Carmen mean when she says, "If others can do it than so can I, if I try." ?

Why did Cosmos take Carmen into the alley? (to meet the "Fence Cats".)

How did Carmen feel about singing with the Fence Cats at first? (very nervous and scared)

Cosmos remarks that "We all make ourselves scared of things that are really not dangerous or incredibly important" and "our fear makes us perform more poorly at any task". What does he mean by this?

Carmen's first effort at singing was not very good but the fence cats were supportive. So she told herself, "This is no big deal so let's just do it", and let out a screech that was admired by all.

At the end of the story Carmen tells Cosmos what she will do next time she is facing something that she has feared, "Next time I make myself scared about something, I will tell myself to just do my best and that is all I can do."

What does Cosmos mean when he says, "It seems that this neighborhood has lost another of their Scaredy Cats."