

# Timmy Timeout

## A Gosmos Grow Adventure



### Timmy Timeout: (Self-Awareness/Self-Control)

Putting a new twist on an old strategy can have some very valuable results. This story will teach both children and adults about how being a “Timmy Timeout” can be a good thing. The punishment of “Timeout” is preferable to physical punishment but with this fable, you will be able use this technique to help your children develop some “Good Thinking” coping skills.

# Timmy Timeout Lesson Plan

## A. Main Focus:

In the story, Cosmos Crow shares how birds use Time Out and how when you are in it, you are referred to as a Timmy Timeout. But in their world, how long you stay in time out is dependent on you and not the adult. The idea is to take responsibility and control of your emotions and behaviors by taking control of your thinking.

## B. The Main Concepts:

In the story, Cosmos explains, "As smart as we are, Crows sometime do something that causes us to be a Timmy Timeout. But we all know how to fix it. All we have to do is think about what happened and why it was a problem. Then we think about the different ways we could have handled the situation, so that it did not become a problem.

Sometimes we come up with really good ideas and sometimes our ideas are not so good. Our crow teachers and parents will talk with us about the situation. As soon as we can come up with a good solution to the problem and are able to practice it, we can stop being a Timmy Timeout." This takes more time than just "Go to your room!" but it is teaching your child to think about a situation, analyze it, consider consequences, come up with the best way to handle it and then doing it. This can occur in "timeout" but it can also occur prior to "time out" and thus eliminate the need for "timeout".

## 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

How can you tell when a bird is being a "Timmy Timeout"? When he is sitting all alone on a wire or in tree

When a bird is being a “Timmy Timeout”, are the other birds angry with or being mean to him? No, they just want him to understand that what he was doing was not something he should have been doing.

What is one example that Cosmos gave as to why a crow may end up in Timeout? When a crow is cawing and being loud when he should be quiet or listening to a lesson. Or if he is being rude and disrespectful to others.

What does Cosmos say we have to do to fix being a “Timmy Timeout”? He says all we have to do is think about what happened and why it was a problem. Then we think about different ways we could have handled that situation.

Cosmos says that our teachers and parents talk to us and will help us to come up with a good solution and to practice it so that we can stop being a “Timmy Timeout”.

Does Cosmos say that this is easy to do? No, he said that it sounds easy but that it is not easy to do.

What was the time that Cosmos became a “Timmy Timeout”? He said they were learning about nest building and were sent out to collect materials to build the nest. He saw a shiny object that he wanted for his nest, but another Crow picked up the shiny object first. Cosmos became upset and was ugly to the other Crow.

Cosmos says that when he was angry about the shiny thing, he “turned off his brain”, what does that mean? He means that he was so angry that he was not able to really think or to listen to what the teacher was telling him. His anger was all that he could think about.

Once Cosmos was in Timeout, did he want to think about what happened or what he could have done different? No, he was angry and he did not want to, but after a while of sitting all alone, he decided to think about it.

Was Cosmos’ first solution that he told the teacher a good one? No, his first solution was to wait and steal the shiny thing from the other crow’s nest.

After thinking about it for more time, what did Cosmos tell his teacher the second time? He told her that he really wanted the shiny thing so that he could make his nest special and everyone would like it, but that Carl got to it first and wanted it,

but that he was not trying to be mean. Cosmos realizes that he made himself upset and it was not Carl's fault.

The teacher asked Cosmos what he would tell himself next time something like this happens, what did Cosmos answer? He said that he would tell himself that he did not really need the shiny thing and that he needed to keep working to find items to make his nest nice.

After all of the fussing and time out what happened with Cosmos' nest and Carl's nest? Cosmos' nest ended up in third place and Carl's nest with the shiny thing ended up in seventh.

The lesson that Cosmos learned from this was not to blame others for his bad feelings because most of the time, he is responsible for his upset feelings and is just blaming others because he does not want to take responsibility.

He also learned that time outs are important so that we can take time to think about what happened and what we should have done different in a situation.

How can we use this story to help us? We can remember that when we are given a consequence like a timeout or have something taken away, we need to stop and think about what happened and what we could have done different to avoid that consequence.