

Take me out to the Ball Game

A Gosmos Grow Adventure



Sports can teach us a lot of good lessons.
Cosmos is about to learn that a baseball game
can teach us a lot about our own
Good or Stinky Thinking

Take Me Out To The Ballgame

A. Main Focus:

Learning that your thinking determines your emotions and behaviors. That "Stinky Thinking" will lead to "Not Ok" emotions and "Thumbs Down" behaviors. If your thinking is Good, then you will be able to evaluate options when confronted with a "threatening" situation because your emotions are "OK" and your behaviors are "Thumbs Up."

In other words, no person or thing can **MAKE** you feel anything. We control our feelings and our behaviors when we control our **thinking**.

B. The Main Concepts:

The concepts used in this lesson are frequently referred to as the ABC theory:

"A" An activating event or experience

"B" Your belief/thoughts/self-talk about "A"

"C" The emotional and behavioral consequences

Most children and many adults think that an event or situation (A) leads directly to an emotion or a reaction (C). For example, "He stepped on my foot and that made me mad so I hit him." The problem for this child is that he believes, stepping on his foot caused the anger and he had no choice but to fight.

What is missed by this student is that there were also some thoughts or self-talk (B) involved in the outcome. Negative thoughts such as, "That punk better not mess up my shoes," or "Nobody is going to mess with me," will cause more intense emotional reactions such as anger and more irrational behaviors such as fighting.

A student with more rational thinking, "It was just an accident," or "No need to get angry, I can clean the shoe," etc., will be better able to control their emotional and behavioral reaction in this situation.

What we are targeting in this lesson, is to help students begin to realize that what they are thinking, either rational or irrational, is what is causing their emotions, both good and bad and that this in turn is causing their behavior.

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

I bet a lot of you have had some “Missed Ball” type situations happen to you.

In our story, three boys are playing baseball. A fly ball is hit into the outfield and can anyone tell me what thing happened to all three boys just the same? (All 3 ran for the fly ball, but they all 3 missed it)

What were the first boy's thoughts about missing the ball? (It is all their fault. They will make us loose.)

What did these thoughts lead him to feel? (They led him to become angry)

What behavior did these angry feelings lead to? (They led him to yell and blame the others for his failure to catch the ball)

What did Cosmos Name this Boy? (Mad Boy)

What were the second boy's thoughts about the missed ball? (He thought it is all my fault, and I am a terrible player, and I am going to make us loose.)***Note: The Sad Boy's thoughts were not caused by the statements of the Mad Boy. Sad My had these thoughts on his own****

What did these thoughts lead him to feel? (He is embarrassed and sad.)

What did these feelings lead him to do? (To blame himself and to say that he should quit the team.

What did Cosmos name this Boy? (Sad Boy)

What happened to the third boy who missed the ball? What did he think? (The third boy felt a little disappointed, but he thought about how this is the first game and how with more practice they will get better and better.)

What feeling did this thinking lead to? (He felt calm and a little happy that they almost caught such a difficult ball)

How did these thoughts, feelings, and behaviors, affect the boys for the rest of the game? (Mad and Sad boy continued to think about the "missed ball" and their emotion of anger and embarrassment caused them to strike out when at bat.

****Note that striking out is not a bad thing and it happens all the time in baseball, but what was a problem was that they struck out because they were not trying their best while they were still thinking about the missed ball.**** Glad Boy was able to be "OK" with the "Missed Ball", and was able to focus on his turn at bat and he hit a home run.)

Who in the Story had "Stinky Thinking"? (Mad Boy and Sad Boy both had Stinky Thinking)

How do we know they had Stinky Thinking? (They were both telling themselves things that were not true. It is not true that the others made Mad Boy miss the ball. It is not true that Sad Boy is a terrible ball player or is going to make them lose the game. Telling yourself things that are not true is Stinky Thinking)

Who had "Good Thinking?" (Glad Boy)

How do we know that he had Good Thinking? (He was telling himself things that were true and based on facts such as, It was the first game of the season, The ball was hit really hard, and if they keep practicing they will get better and better.)

So, I have a tricky question for you, What made Mad Boy so Angry?

(Many may answer that he was angry because they missed the ball. If they answer with this, state that all 3 boys missed the same ball, but did they all get as angry as Mad Boy? No, they didn't, so how could it be that missing the ball MADE him angry? The correct answer is that his thinking or the things that he told himself about missing the ball is what made him angry. So really, he made himself angry.)

What do you think that Cosmos Crow is wanting us to learn from this story?

I think that Cosmos Crow is trying to explain that when something you don't like happens, like making a poor grade or someone makes fun of you, you have to be aware of your thinking and using your "Good Thinking"

Just because someone calls you a name, does not mean that you have to get angry or that you have to feel embarrassed. When they call you a name you can

tell yourself, “Why do I care what they think”, or “I am not going to let them ruin my day” and will be able to stay in control of your feelings and your behaviors.

We can work each day to be like Glad Boy and to Stop and Think about things that happen to us.