

Distracted Dan

A Gosmos Grow Adventure



One of the most important skills for you to learn will never be in any of your books at school.

It is the skill of *Paying Attention*.

If you learn this skill, everything at school and in the rest of your life will be easier.

Fail to master this skill and like Dan, you are in for some trouble, trouble, trouble.

Distracted Dan Lesson Plan

A. Main Focus:

How easy would school, work, life and everything else be if everyone would just Pay Attention?

B. The Main Concepts:

This story is about paying attention as a Skill. It is something to practice, just like playing ball and jumping rope. But paying attention it is much more important for our success in life than these other skills.

Cosmos points out that in the animal world, you must pay attention all of the time or something bad will happen to you. Humans on the other hand, seldom get anything more than a reprimand when we don't pay attention.

In the story, an animal friend of Cosmos who did not pay attention was so unusual that the others made up a special name for him, Distracted Dan, the Huh? What? Man. And many negative things happen to Dan because he is so distracted.

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 often must a teacher or parent explain something over again because someone is not paying attention?

How often do you make a mistake or miss something because you are not paying attention?

Not paying attention can cause classroom problems, missed homework assignments and so on.

In the story, Cosmos talks about a humorous, but could have been serious situation that Dan got into because of his inattentiveness. What was this situation? (The situation with the jug and the tip then sip rule)

What did Cosmos say about when Dan was trying to play a game with others?

But not paying attention has more serious consequences. For Dan, his not paying attention caused him to "miss hear" instructions. What was an example of this? (He misheard about the snake and almost was bitten by a rattler)

"It is not okay to visit with foxes", was the last instruction that Dan miss heard. What happened when he misheard this?

What is an example of things that we sometimes mishear? (doing worn homework assignment, not following the correct directions on a test, etc)

All of us have brains that can go in several directions at the same time. By that, I mean that you can be listening to your teacher and at the same time be thinking about lunch and playing after school. Even though you can do all of that at the same time, it is still a problem because you end up with less understanding about what your teacher was telling you. Your mind is still distracted

What type of thinking was Dan using when he told himself, "I don't need to listen to this 'Tip then Sip' stuff. It is too boring"? (Stinky Thinking)

What kind of behavior resulted from Dan not knowing the "Tip then Sip" rule? (Thumbs Down behavior)

What type of thinking did Dan have that allowed him to not pay attention and "mishear" things? (Stinky Thinking)

What type of behavior resulted from Dan's "mishearing" things? (Thumbs Down behavior)

Paying attention is a skill, just like batting a baseball or shooting a basketball. If you don't practice it, you will never be very good at it. And just as in sports, if you never get any better, you will get frustrated and quit trying. You may remember that Cosmos tried to help Dan learn how to pay attention. He told him that every time he started to daydream or get distracted, he should silently tell himself "STOP!" and then make himself pay attention.

Paying attention is just like any other skill in that if you practice it enough, it will become so easy that you won't realize you are doing it.

What type of thinking would Dan have had if he had followed Cosmos' instructions about how to pay attention? (Good Thinking)

What type of behavior would Dan have had if he hadn't misheard his teacher's instructions? (Thumbs Up behavior)