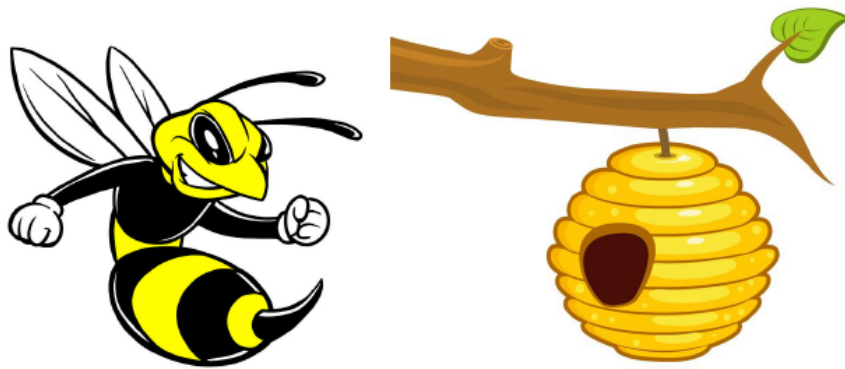


# The Angry Hornet

**A Cosmos Grow Adventure**



We are all confronted with “Angry Hornet” situations  
You cannot control the challenges life gives you, but  
you can control how you deal with them.

**“Anyone can become angry - this is easy.  
But to be angry with the right person,  
to the right degree,  
at the right time,  
for the right purpose  
and in the right way,  
this is not easy.”**

**— Aristotle, the Nicomachean Ethics**

# The Angry Hornet Lesson Plan

## 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 “Angry Hornet” type situations happen to you.

Can anyone tell me what thing happened to all three boys just the same? (All 3 ended up on the same path and all 3 were stung by the same guard hornet)

When the first boy got stung by the guard hornet... who remembers, what was the first thing he said? (“That’s not fair”)

And when he told himself that “the hornet should not sting him” and that “others would make fun of him”, how was he feeling? (Angry)

When he became angry he did something really foolish...what did he do? (He hit the nest with a stick)

Let’s be honest, with a quick show of hands, how many of you know that if you hit a nest of hornets that they will come after you? (See how many raise their hands)

Do you think that Fighting Boy also thought what would happen? (Yes, probably)

So why did he hit the hive anyway? (He was so angry)

The second boy did not get angry when he got stung...how did he feel? (afraid, scared)

That’s right and what did he do when he got scared? (He started waving his arms and making a lot of noise and running around all crazy)

And then what happened to Running Boy? (The hornets chased after him and stung him)

When the third boy got stung, he at first felt scared and then he felt angry, but then what did he do? (He stopped and asked himself, “What should I do”?)

The third boy thought about what might happen if he hit the nest or ran away or just walked away slowly. He told himself that the best thing to do was to not get angry or scared and to just back away slowly and very quietly.

Who in the Story had “Stinky Thinking”? (Fighting Boy and Running Boy both had Stinky Thinking)

Who had “Good Thinking?” (Thinking Boy)

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

(Many may answer that he was angry because the Hornet stung him. If they answer with this, state that all 3 boys were stung by the Hornet, but did they all get as angry as Fighting Boy? No, they didn't, so how could it be that the sting MADE him angry? The correct answer is that his thinking or the things that he told himself about the Hornet stinging him is what made him angry. 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 Thinking Boy and to Stop and Think about things that happen to us.