

Too Birds

A Gosmos Grow Adventure



The word "Too" sounds very innocent, but it can be very *Limiting*.
If you think some task is too hard or will take too long,
you probably won't try your best to complete it.

If you think that your teacher is too demanding or a subject is
too hard, then you will blame the teacher or the class
when you don't make a good grade.

This blaming will keep you from trying to figure out
what you can do to make a difference next time.

If it is just too important to be accepted by your friends, you will do things
that are not in your best self-interest just to please them.

Some of you have, "handicap" of being too smart or too pretty or too athletic
and you think that you will never have to learn to be kind or generous or fair.

The Too Birds Lesson Plan

A. Main Focus:

Certain beliefs and certain words carry a lot of power. The word Too is such a word. If you believe a task is too hard, you won't attempt it. If you tell yourself that you are Too dumb to learn a subject, your effort at learning it will be halfhearted. As such, the word Too, as it relates to Stinky Thinking, is very Limiting. By self-limiting ourselves we miss out on much of life. We lack the self-confidence that is so important in taking on the increasingly difficult tasks in life.

B. The Main Concepts:

Much of our anxiety and many of our fears have their genesis in the word "Too". If you tell yourself that you are Too unlovable, then you will not learn the skills necessary to generate and maintain friendships. Why should you bother, since you know you will be rejected anyway? Then because you don't have the necessary social skills, your assumption is proven true. Study? Why study? Don't you know that you are Too dumb to do well in this class? Consequently, you give yourself permission not to try. Any indication that your "Too belief" is true, such as a poor grade (following you not studying), will validate your "Too dumb belief".

Although the actual word "Too" may not be in the Stinky Thinking conversations you have with yourself, you know it is there if the belief is unrealistically limiting. "I am not going to try out for the team, it is just a dumb game," can be camouflage for "I am afraid to try out for the team because I am too clumsy and it would be too awful to be rejected." Learning to identify "Too beliefs", challenging and changing them is one of the most difficult but beneficial of the "Coping" tasks.

You want to use this story to help the child understand that often you have to do things that are associated with fear and anxiety. Frequently, there is a Too Belief associated with these Not OK emotions. If you give in to your Too Beliefs, you may also have some Thumbs Down behavior. By the same

token, the ability of overcome those irrational Too Beliefs will open up opportunities and make life much more interesting and exciting.

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

We all want life to be easy and fun but it can't always be that way. And as you get older you will have to learn to do things that are hard, boring and sometimes scary. Can anyone think of some examples of things that we have to learn? Babies have to learn to walk, children have to start going to school, learn many new subjects, learn to ride a bike, learn to drive a car, to cook, to play sports, etc.

But as we see with the birds in the story, one little word can stop you from learning to do the things you need to do to be happy and successful. What is that limiting word? (Too)

That's right Too...like in "This is too hard I will never learn it" or "This is going to take too long so I am going to quit" or "This is Too...whatever..."

Now take just a moment and pretend that you are Cosmos Crow and answer this question...when you tell yourself these things, when will you learn how to do whatever that skill is? Never

When you put off doing something that you know you should do because it is Too hard...you are just making it harder. When you avoid doing something because it is Too scary...you are just making it...what? (Scarier)

Most of the birds in our story did not want to change because of their T-O-O beliefs and in this story, what happened to those who would not change? (They died, disappeared, went extinct)

In your real world, if you don't do what you need to do because you have T-O-O beliefs what may happen to you? (Fail, not get a job, be unhappy, not make the team, etc.)

With a quick show of hands, how many of you see why it is important to be aware of when you are having a T-O-O belief. (Pause)

As most of you know from our stories, you need to pay attention to you thinking and if it is Stinky...like I am Too Dumb to learn this or the teacher is Too Mean and I am not going to pay attention, you need to ask yourself, "Is this true?", "Does this make any sense?".

If you tell yourself "I am Too Dumb to learn this" will you work hard enough to learn it? (No)

If you tell yourself "the teacher is Too Mean and I am not going to pay attention", will you learn the lesson? (No)

And if you don't pay attention or you don't study for the test...who does that really hurt? (Me)

So how do we change these problems? We have to change the Stinky "Too" Thinking to Good Thinking. We have to tell ourselves that it might be hard, but I can try my best. This homework might be boring, but I can work to complete it and then have time to do something fun. Learning this might seem scary, but if others can learn it, so can I.

We all have to work to catch our Too Thinking and remind ourselves that all we have to do is be willing to try.