

# **Polly Perfect**

**A Gosmos Grow Adventure**



You may want your life to be perfect.

You make yourself angry or upset when that does not happen. You have trouble accepting life as it is and say things like “that’s not fair,” when you get disappointed.

Polly is about to learn some lessons that may help you understand that... “Perfecionisic Thinking” is Stinky Thinking.

# Polly Perfect Lesson Plan

## A. Main Focus:

**Some of us demand that things should turn out the way we want and expect them to turn out. We can push ourselves and others toward these expectations without realizing that this Perfectionistic thinking has so many negative consequences that it becomes self-defeating.**

## B. The Main Concepts:

We spend a lot of time encouraging our children to do their best. We encourage them to work hard in school and in the games they play. This encouragement is warranted in most cases. There are some children that work very hard at tasks and their issue is not with a willing to work but with an irrational need to be "perfect". This need stems from the common irrational belief, "Everything should go my way and I should always get what I want." They need for life to treat them perfectly... not that they will do everything perfectly. There are also children who have the same irrational belief and demand that everything turns out just the way I want it to but they don't put out any effort (or very little). The problem is the same, a need to be (or be perceived as) "PERFECT".

## 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

With a quick show of hands, how many of you would prefer to not have Polly Perfect as your partner in a class project? (Hopefully most hands will go up)

Who would like to tell us why they would not want Polly as a partner? (You want them to identify that she is demanding, mean, etc.)

Throughout the story Polly does not seem happy. Now that does not mean that she isn't pretty and smart. She may make good grades, and she really works hard. So why is she not happy? (Because she expects to always win and to always be the best)

How did she treat her friend that helped her in the best nest contest? (She blamed her for causing her to not win that contest.)

If you were that friend would you want to help her again?

In another contests she blamed the winner for cheating. What contest was this and how did she say they cheated? Most appealing fruit contest and because she found a fruit that was not from their jungle.

Do you think he winner cheated? (No because that was not a part of the rules)

Who did Polly blame in the most appealing Parrot contest? (She blamed the judges and that they were blind)

Why do you think that Polly did not win the most appealing parrot contest? (Because the most appealing was about their character and how they treat others)

Who did Polly never see as the cause for her not winning first place? (Herself)

If the reason you don't do well in school or in sports is because of others, your coaches, your teachers, your teammates, your classmates then who does that mean has to change? (This may be a little difficult but you want them to see that if you blame others for you failures or lack of success, then you see "them" as needing to change")

Polly expected others to change so she could be happy. Who do you think needed to change in this story so Polly could be happy? (Polly)

What could Polly have told herself about the nest contest? "I did my best and came in second. There is always next year. What could I have done differently that might have helped me win?"

Polly, just like others with this perfectionistic thinking, gets angry when she doesn't win, and she is quick to blame others. Now, needing to win that badly may make you work real hard and so you will occasionally win. However, you are never satisfied with just doing your best (if you don't win) and you are so disagreeable to be around that others avoid you.

When Cosmos talks about "Perfectionistic Thinking," he means someone who must always be right, or the best, or first, and so on. If you think this way, what would you call this type of thinking? (Stinky Thinking)

Because of the things that Polly was telling herself about the "nest contest," what kind of emotions did she have? (Not OK emotions)

How would you describe Polly's behavior toward the parrot who helped her build the nest? She blamed her...was ugly toward her, etc. (which is Thumbs Down behavior)

Have you ever heard anyone talk about being a "good winner" and a "good loser?" You know that in life there are winners and losers. We all know that Polly was a "sore loser." She was not kind or gracious. By that, I mean she did not go up to the winner and say, "Great job" or "You deserved to win."

Polly was able to teach us a lot about needing to be "perfect." I think that the most important contest was the one when they selected the parrot who was the "most appealing."

Penny won the "Most Appealing" contest because of the way she acted and treated others. What type of thinking made it possible for Penny to be considered, "Most Appealing"? (Good Thinking)

Because of Penny's type of thinking, what kind of emotions would Penny have had if she had not won the contest? (OK emotions...disappointed that she did not win but not angry or really sad)

What do you imagine Penny would have said to Polly, if Polly had won the contest? Why? (Help them come up with a "good loser" would say to Polly...realistic and rational)