

Whoos A. Fraid

A Gosmos Grow Adventure



Fear is a controlling emotion.

Because of it, you do things you know you shouldn't.

Because of it, you don't do things you know you should.

Sometimes fear is appropriate and useful.

But often, it is unnecessary and causes problems.

That is why it is important to know "right fear" from "wrong fear"

and who better to teach you the difference than

Whoos A. Fraid.

Whoos A. Fraid

A. Main Focus:

In Life, there are “Good” fears and there are “Stinky” fears. Unfortunately, many of us can’t tell the difference. If your life is driven by too many “Stinky” fears, you will have trouble being happy and successful. Cosmos will use Whoos A. Fraid to help explain the difference between “Good” and “Stinky” fears.

B. The Main Concepts:

Being afraid is natural and is an important survival skill for us. Without a healthy amount of it, we would find ourselves in many dangerous and harmful situations. Without it, we would do very foolish things. Without it we would leap from cliffs, just to see if we can fly. The healthy fear that we learn is necessary for us and our survival. But fear comes in many forms and is often inappropriate and very limiting in our lives. Not just in phobias, but as unreasonable resistance to try anything that is new, different, or difficult. In this story, your students meet a young owl that will illustrate many of these irrational beliefs, which lead to irrational fear and inappropriate behaviors.

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

From this story it is easy to see that Fraid let his Stinky Thinking cause him to feel afraid of even very simple things. What were some of the simple things that he was so afraid of?

He was afraid of meeting the different types of owls. Do you think that Smartest would have invited all of the different owls to come meet the class if he thought they were dangerous or would harm them? Of course not. Fraid’s Stinky Thinking was that they look different from me, so I do not want to be around them. He told himself that because they are different, then they are mean and bad.

As people, we are surrounded by others who look different than us every day. How strange would it be if we all looked just alike? The fact that we are all different in some way is what makes us each special.

Fraid did not understand this and he was making himself uncomfortable just because the other owls looked different.

How did Fraid feel when he was told that he needed to learn to stay awake all night?

He complained and stated that it was not fair. He was being asked to do something that he never had to do before and he was scared. He thought about how the night was full of shadows and scary noises and he became very scared. He even tried to convince the other owls that they did not have to learn to stay out at night.

Why did Fraid want to convince the other owls?

Because he wanted others to agree with his Stinky Thinking and to not be the only one that was unwilling to not stay out all night.

Sometimes when we are afraid of something we also try to talk others into being afraid or not doing whatever it is. We too want others to agree with our Stinky Thinking. But agreeing with other's Stinky Thinking is not helpful to anyone.

What would have happened if Smartest would have given in and let Fraid go home that night?

Then Fraid would have felt that he was right and that the night is scary and would have become even more afraid of it.

Fraid also did not want to try any new food and he was too afraid to learn to fly high in the trees to avoid predators. Unfortunately for Fraid, his Stinky Thinking and fear made him unable to accept and learn what he needed to in order to succeed. What is worse, is that the one thing that he should have been afraid of, the fox, was the only thing that he decided to trust. Why was it so easy for him to trust the fox?

Because the fox agreed with him and told him what he wanted to hear.

There will be lots of things in life that you are asked to do that you may find scary. You can try to convince yourself that you don't really need to try this or that and refuse to try. But, like Fraid this does not usually turn out well. When we understand that things may seem scary, but that using our Good Thinking can help us to face these fears and learn the things that we need to learn in order to grow and be successful.

There will be people in your life that are just like the fox. They will agree with your Stinky Thinking about things, just so that they can take advantage of you or hurt you.

Cosmos Crow is teaching us this lesson so that we do not end up like Fraid and, "have no more lessons to learn."