

Collard Green Garden

A Gosmos Grow Adventure



Others may want you to do or not do something.

What they want may not be in your best self-interest.

If they are friends or family, this is called Peer Pressure.

This is the story of a young girl who, after inheriting a farm,

finds that she must learn to deal with “Peer Pressure”

or all she will ever have is a

Collard Green Garden.

Collard Green Garden

A. Main Focus:

The Collard Green Garden starts by explaining manipulation and the term, Peer Pressure. Peer Pressure comes in many variations and we must learn how to deal with it or others will be able to control us.

B. The Main Concepts:

Manipulation and (negative) peer pressure have to do with trying to influence someone into doing or not doing something that is against their best self-interest. Many times this is for the other person's benefit or personal gain.

There are times when we are often trying to influence others into doing things they don't want to do, but that are in their best self-interest. No one wants to study, exercise, diet etc. and when we try to influence them, it may be technically manipulation, but not in the sense it is used in this story.

The three main forms of Emotional Manipulation are Guilt, Shame, and Fear. In this story, all three forms are used through different characters.

What we are targeting in this lesson, is to help students begin to recognize the forms of manipulation and peer pressure and to understand that allowing others to manipulate you against your best self-interest does not end well.

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

This story is trying to show us the various ways that people can take advantage for you. Some may try to make you feel responsible for them, or their problems. Who in the story did this behavior? (The Rabbit)

Others may try to make you doubt yourself and listen to their advice instead. Which character was this in the story? (The Owl)

And still others may threaten and try to bully you into doing what they want. Which character was this? (The bull)

All three of these are known as negative peer pressure or manipulation.

Manipulation is the result of Stinky Thinking. The girl in the story allowed the animals to put their Stinky Thinking onto her, and she began to tell herself the same Stinky Thinking. She allowed herself to believe what the animals were saying even though it did not make sense.

Were all of the animals in the story seen as being “stronger” than the girl?

No, the Owl and the Bull were presented as being mentally and physically stronger, but the Rabbit was so “little” and so “weak” and “needed” the girl to feel sorry for him and take care of him.

This helps us to see that peer pressure does not always come in the form of intimidation from someone bigger or stronger. Sometimes people can make themselves seem so weak or so helpless that we feel obligated to do for them even if it is not what is best for us.

The Stinky Thinking in this situation looks like, “If I do anything that causes that person to be unhappy, then I will feel bad or that makes me a bad person.”

An example of this may be when another student tells you that they did not have time last night to do their homework, and they are really going to be in trouble if they do not turn it in. Can you just please let them copy your homework so that they do not get in trouble? How might this end up causing problems?

The Owl was a good example of someone trying to make you think that they are wiser than you and that you should do what they tell you too because they know best. Many times in this situation people tell themselves, “I am not smart enough for this so I am just going to do what they say.” Can anyone think of a real life example of this type of peer pressure?

Usually when we think about peer pressure, we think about characters like the Bull. He controls others through threats and intimidation. The little girl was afraid to do what she knew was best because she feared the Bull was going to hurt her.

Who in the Story had Good Thinking? This is a tough one. Answer: Cosmos Crow. He tried to help the girl to challenge her stinky thinking. Cosmos was trying to teach the girl that we have to learn to challenge our own and others stinky thinking. For example, Cosmos told the girl, "It is not your fault that the rabbit might have to move. You are suffering so that he can be happy... pretty silly."

Let's take a little closer look at peer pressure. What we have been discussing is negative peer pressure. Can peer pressure also be positive sometimes? Can anyone give examples of what positive peer pressure would look like?

Have any of you experienced peer pressure to try things that might get you in trouble or was dangerous?

Have any of you ever had peer pressure to do things that was to help you or that would have positive outcomes?

Can it sometimes be hard to resist peer pressure? Why or why not?

What are some ways that someone your age can resist negative peer pressure?