

# **Gold to lead**

**A Gosmos Grow Adventure**



*This is a story about a Young Man who turned  
"Golden Opportunities" into "Lead"  
because he refused to give up  
his inaccurate beliefs  
(Stinky Thinking),  
which had no basis in reality.*

***Will you let your "Golden Opportunities"  
become "Leaden Regrets?"***

# Gold to Lead Lesson Plan

## A. Main Focus:

**Acceptance of guidance and not letting your past mistakes and failures determine your future. Also, doing what is in your best long term self-interest without being overly concerned with the opinions of others.**

## B. The Main Concepts:

The topic of this fable is the acceptance of guidance and a sub topic of challenging your irrational limiting beliefs. Rather than being given riches, a brick of gold, (success, good looks, making the team, etc.), the main character, "The Young Man", was given an Opportunity, a brick of lead. Guidance was offered regarding how to use it to accomplish some of his needs and desires but because of his irrational beliefs he refused this guidance and ultimately "threw away" the opportunity

Often, you can hear the frustrated adult say to their child "If you would just try" or "You can do it if you practice." We think of this as a normal interaction between the parent and child and because of the limited and frequently irrational belief system of children. We hope that our children will learn that they must accept life as it really is and not hope that by some magical intercession they will be successful. They must realize that setting goals, evaluating alternatives, and working hard, are all part of the "maturation" process that adults are supposed to guide them through.

As children, many of us naturally tend to want to avoid difficult or frustrating tasks and situations. If our beliefs continue in this way, then we will never learn how to face a situation that is challenging or how to overcome difficult events. It is important, therefore, that we address the child like irrational belief, "Because I tried this or something like it before, and failed that I should not try again." As adults, we should recognize that rational persistence does pay off. Edison had thousands of failures before he finally got it right with the electric light bulb.

### **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**

In the story, the Young Man thought the gift was gold and that all his troubles would be over. When he realized it was a brick of lead, what did he THINK and how did he feel? (You want the children to recognize that he thought that everything was going to be okay because of the gold and that he was happy.)

When he realized instead of gold it was lead, what did he tell himself? (He told himself that he had been "cheated" or that life was going to still be too difficult or something similar.)

How did he feel when he realized it was lead? (He may have been angry or sad because the "gift" did not meet his expectation.)

Why was he being rude to the Old Man? (Because of his disappointment that the gift was not what he expected)

It is very easy to "Feel sorry for yourself." It is easy to blame your difficulties on others, bad luck, fate, and on and on.

In the first part of the story, the Young Man was feeling sorry for himself. Was he doing anything to try to solve his problems or make his situation better? (No, not at all)

Did you know that you can get into a habit of feeling sorry for yourself, which of course you know is Stinky Thinking? Then you start telling yourself that there is, "Nothing I can do to make it better." This is not true of course, but if you tell yourself something often enough, you start to believe it. When you convince yourself that trying to make things better (as in better grades, new friends, making the team, etc.) is hopeless, you may look to others or luck to solve the problems. "Maybe I'll get lucky and pass the test." "I hope that my parents win the lottery so we can move and I will make new friends."

The Old Man suggested that the Young Man make musket balls out of the lead. Why would he suggest this? (He knew that the Young Man needed them and was just trying to be helpful)

Why was the young man against this suggestion? (Because the Young Man told himself that he had tried this and had failed, and he would not try and make the musket balls again.)

The suggestion was an opportunity for the young man to change his situation and do something to make life better. But that's not what happened. This Young Man saw his past failures as a reason not to try. "It doesn't work, so why try."

Think how hard it would be to learn a game, like baseball, if you quit trying to learn the game after the first strike out.

I know that you are getting pretty good at this Stinky Thinking stuff. You knew right away that the Young Man's belief that "I've tried that before and it never worked so why try again," was Stinky Thinking. Good thinking is, "Just because it did not work today, does not mean it will not work tomorrow. We never let our past mistakes and failures determine our efforts for today.

The Old Man then suggests that the Young Man use the lead to make a fishing net. Why did the young man refuse this suggestion? (Because he is not familiar with making a net.)

What is the young man telling himself about making a fishing net, ("I have never done that before and it will be too difficult.")

He does not want to try new or difficult things. Now think about it. Everything in life is new and difficult at some point. Learning how to walk or talk or even eat, are all difficult. However, you learned how to do those things long ago and have forgotten how hard it was to learn them. But now, you complain about the math or language test you are going to have, and about too much homework. You shouldn't not try just because it is new or difficult. If you do that, you will quit learning and enjoying life.

What was the young man telling himself that made him refuse the last two ideas? (The Young Man may have been telling himself that others would make fun of his

children and the homemade dolls and that no one would be willing to help him learn to become a plumber.)

Did he really know what the others might say about the dolls? Did he really know if anyone would be willing to help him learn to be a plumber? Is this another example of him just Guessing?

He did not know what would happen, but he thought the worst (catastrophes).

What are some Good Thinking statements he could have told himself instead? ("My children do not have any toys and these will be just fine," "If one person will not trade the lead and teach me to be a plumber, I will just ask someone else)

If no one likes the dolls or no one will help him become a plumber, should the Young Man feel bad that he tried? Why?

Now that the Young Man has rejected all of the Old Man's suggestions and threw the brick of lead into the creek, what do you imagine life will be like for the Young Man? Why?

The lesson of the story is that the future looks bad for the Young Man because he is unwilling to try things that have failed before, or that he has not tried, or that he might get him teased or rejected by others.