

Mousy Mouse Has a Bad Day

A Cosmos Grow Adventure



Some of us get into the habit of being a "Comparison Shopper."

We compare ourselves, our grades, our clothes and even our family members to others. If we look better or make better grades or have a newer car, we feel great.

However, if we don't look better, have better grades or have a newer car, we feel terrible. "Comparison Shopping" is a bad habit because you will always find someone who is better looking, smarter or riding in a newer car.

If you are always comparing, rather than being yourself... you will always have

A Very Bad Day.

Mousy Mouse

A. Main Focus:

We all like praise and to receive compliments. But when we get into the habit of comparing ourselves to others and overvaluing the opinions of others, we will be left with disappointment and unhappiness.

B. The Main Concepts:

Some of us get into the habit of being a “Comparison Shopper”. We compare ourselves, our grades, our clothes, and even our family members to each other. If we look better or make better grades or have a newer car, then we feel great. However, if we do not think that we look better or those other things, then we feel terrible about ourselves.

Comparison Shopping is a bad habit because you will always find someone who is better looking, smarter, or riding in a newer car. If you are always comparing to others rather than being yourself then you will have a bad day like the character in this story.

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

Mousy Mouse is just like many of you. She has the ability to make herself happy or sad. She can choose to be nice to others or to be rude to them. But, Mousy allows herself to be controlled by others through comparison shopping.

What do you think Comparison Shopping means as in this story? (Comparison Shopping means to compare ourselves to others or to unrealistic expectations, and to put too much importance on the opinions of others)

Comparison Shopping is a very common habit in many of us. Even for many adults. Sometimes it can be referred to as, “Keeping up with the neighbors”. What

this means is that people sometimes put all of their focus and energy on needing to have a house as big or nice as the neighbors, or a fancy car like them, or name brand clothes to fit in with them, or to be as good as them. And if I do not have those things then I am not good enough or a failure.

Those that tend to do this Comparison Shopping, usually find that when they are not able to keep up they may start to feel really bad about themselves and fall into a depression, while others refuse to stop and will put themselves into financial destruction. Obviously both are clear examples of Stinky Thinking.

Someone with Good Thinking would tell themselves that the other person is fortunate to have what they have, but that it does not make me less to not have the same.

What are some things around us every day that might actually encourage this Comparison Shopping and Stinky Thinking? (Television, Radio, Magazines are designed to make us want the newest and biggest, and fanciest, whatever.)

Think about it in terms of cars. What is the difference in someone owning a new Toyota versus someone owning a new Lexus? (Ask them what their thoughts are about the difference in the two)

You all may not be ready for shopping for a new car, but what about shopping for shoes? What makes that \$150 pair of shoes so much better or needed than a \$60 pair or a \$20 pair? Because it has some athletes name on it? But how do you feel when you have the expensive pair on compared to the non-name brand?

Comparison Shopping is not just about buying things. What was an example from the story in which Mousy was Comparison Shopping on something else? (Mousy is devastated with her 95% because it was not perfect)

Mousy scored a 95% which is the best that she has ever done, but that was not something that she could be proud of because, it was not perfect. Instead of focusing on striving to try her best, she was focused on needing to be perfect. She saw the 95% as a failure because it did not reach perfection. Setting unrealistic goals like this will tend to set up a feeling of failure even when it was a positive or an accomplishment.

Do you think it is possible to always have the best of this or that or to always do perfect on things? (No, of course not)

There will always be someone who is faster, or scores better on a test sometimes, or who has a bigger house or the newest released shoes, etc. Using these things to determine how we feel about ourselves is going to lead to unhappiness and disappointment.

What are some things that we should base how we feel about ourselves on? (Trying our best on something, how we treat others, how blessed we are, etc)

What could Mousy have done in order to have better days? (She simply needed to change her thinking about each event. Just because another mouse was dressed very nice, does not mean that she did not also look nice. Just because her father bought used, does not mean that it was not still nice and exciting.)

What are some ways that we can change our thinking on things each day?