

# **Jeff the Monkey**

## **A Gosmos Grow Adventure**



**Learning that life requires attempting and learning new and demanding tasks proves difficult for Jeff the Monkey.**

**\* Do not ask someone else to do something for you that you should and could do for yourself.**

**\* Don't allow others to get you to do things for them that they should and could do for themselves**

# Jeff the Monkey

## **A. Main Focus:**

**Accepting personal responsibility and accepting the need to learn difficult tasks can seem like something we all should want to learn. But sometime, adults and other children allow us to avoid learning these skills and as a consequence we get “left behind”.**

## **B. The Main Concepts:**

**You want to use this story to help the child understand that they must be willing to take on progressively more difficult tasks to succeed in school and life. In addition, the story line addresses the necessity to develop a willingness to accept guidance, not be annoying or threatening to others**

**to get what you want, and an acceptance that success comes incrementally. If these skills are not learned, the irrational self-message which can develop can be something like, "Life should be easy or it is not fair." Another irrational belief that can be developed is "Anyone who makes me uncomfortable or demands that I do something I don't want to do is just being mean and should be ignored."**

### **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**

Why didn't Jeff want to climb the banana trees?

Because he thought that this was too hard and it was unfair that he should have to learn to do something new and scary. He felt that the others were just being mean to him.

What did he tell himself about the trees growing taller?

He told himself, "Why should I climb the trees? I have always had enough to eat without climbing and I see no reason to change now." He said it was just a mean trick to make his life difficult and he would have none of it.

When Jeff thought that way, how did he feel?

He became very angry and decided that he was going to get his way even if he had to scream for it.

What was his behavior when he felt that way?

He began to scream and throw tantrums until the other Monkeys gave him what he wanted. He was mean to the others even when they tried to help him learn how to climb the trees.

Sometimes our "stinky thinking" is a problem for others. When Jeff did not have any bananas, he would say ugly and hurtful things to others, or he would scream and annoy others to get what he wants. Some of us may know someone like this. His "Stinky thinking" contained a lot of "should" and "must" statements like,

“They **should** give me bananas, look how much they have and I do not have any.” This “should” thinking causes him to be angry towards the others when they do not do what he thinks they “should”. Was it really the other’s job to make sure that he had bananas?

Are the other monkey’s actually helping Jeff by giving him bananas?

They were actually hurting him because they were giving in to his stinky thinking. By giving in they made it possible for him to continue to think that way and to not have to learn to climb the trees. He never had to ask himself if his thinking made sense or if he needed to change his thoughts.

If we ever have someone around us that is thinking and behaving like Jeff, we have to be careful not to just go along with their stinky thinking. By giving in to their whining or to their threats or tantrums, we are actually making it more likely that they will continue to demand that others do what they want and give them what they want. We instead have to use our Good Thinking and know that we do not have to allow their Stinky Thinking to control us.