

# Little Prince

## A Gosmos Grow Adventure



This is the story of a young prince who thought that everything should be just the way he wanted.

In this way, he is very much like you.

When things did not go his way, he became very angry and acted on his anger, much to the regret of his subjects and finally to the Little Prince himself.

You make yourself a “Little Prince” when you tell yourself:

“The world should be fair!”

“I must have things go my way!”

“I ought to be able to do what I want!”

# The Little Prince Lesson Plan

## A. Main Focus:

**Demandingness is frequently the basis of our anger. If our belief system is full of "musts," "oughts" and "shoulds" then we will become irrationally demanding of our environment, others and ourselves and quick to anger.**

## B. The Main Concepts:

Children are by nature, irrational and self-centered. As parents and teachers and other adult influences, we are supposed to modify these natural tendencies so that they will become rational, compassionate adults.

The story of the Little Prince is the failure of the "maturation" process taken to its extreme. Without the appropriate adult teaching, children will grow into adults who still deal with life with the skills of a child. This type of coping in an adult world is very ineffective and will lead to many life problems.

Although it will not cause the downfall of imaginary kingdoms, the "Little Prince" syndrome will lead to many types of dysfunctional emotions and behaviors. In a classic style, adults often express the opinion that the child will "outgrow" their "childish" Demandingness. In the story, the adults did little to dissuade the Prince of his Demandingness when it initially occurred.

In the story, this demanding behavior is attributed to the "specialness" of the royal status of the Prince. In real life, reluctance by adults to deal with this Demandingness may also have to do with perceived "specialness" of the child. The first born, the only child, the smart child, the pretty child, the strong willed child, the handicapped child, etc. are frequently used reasons why an overly demanding child was allowed to engage in this irrational thinking and behavior, until it begins to have serious negative consequences.

As adults, we often want to minimize the frustrating experience of children, when instead; we should be encouraging situations which may be frustrating (as inevitably most new experiences will be) and assist them in

learning how to cope with the frustration. We are experiencing a renewed debate about "low self-esteem," its importance (or lack of importance) and how adults should deal with the whole esteem issue. Some say that instead of teaching children how to deal with life difficulties, we should remove the difficulty. But the removal to avoid endangering this "self-esteem" can naturally be taken to an extreme, as you will see 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**

The Little Prince always wanted things to be just the way he wanted them to be. When the Prince is stung by a bee, what was his irrational thinking? , I should experience no pain or discomfort and anything which might cause it should be avoided and eliminated.

So rather than learn to recognize bees and which are the most likely to sting you and in what situations, the Prince did what? Bans all flowering plants.

Who encouraged the Prince to do this? The Wizard

In doing this, he eliminated the possibility of being stung because as the wizard advised, "Look to the source." However, what problems did this cause?

What are some examples of things that some of us may try to avoid or eliminate in order to not experience discomfort? The shy child who will not talk to anyone or make friends, the child who will not try out for sports team because he may not make it, etc..

These examples are of people who are unwilling to experience the discomfort which MAY occur and they "Just could not stand that."

The stink thinking that may be happening in these examples is something like, "I did not really want to do that anyway "or, "I will call them later (and of course they never do), or Why would anyone want to do that (try out for a play etc.) anyway."

Unlike in our story where the Prince was able to eliminate the possibility of being exposed to this potential discomfort, most of us are confronted with these types of situations over and over again. If we do not learn effective, rational ways of dealing with them, we will have many struggles in life.

In the portion of the story where the Prince finds the boys shooting arrows, what did he demand from the boys? the Prince demanded the best bow and arrows.

What did the boys do when he demanded this? the boys, knew with whom they were dealing (his irrational belief that he should have what he wants when he wants it) and knew the fit he would throw if his irrational beliefs are not met. So they bring him what he demanded.

What did the Prince do to the bow and arrows? No one showed the Prince how to use the bow and arrow so when he could not figure it out, he became frustrated and destroyed the bow and arrows.

Any examples we can think of when someone became so overly frustrated with trying to learn something, that they just threw a fit or broke something?

Obviously, this is very childish behavior but isn't it similar to the "Little Prince" like behaviors that we have sometimes.

What did the doctor in the story try to tell the Little Prince? That eating pie and sweets all day was not healthy for him.

Why did the Little Prince not listen to the doctor? Because it was not what he wanted to hear. He did not want to stop eating pie.

The story ends with the apparent destruction of the kingdom. Although it is just a fairy tale, it does mirror real life. How will our demanding behaviors possibly "destroy" things around us? Relationships, Jobs, Families, etc

The lesson of this story is about Demandingness and the consequences of always, "wanting what I want when I want it." This self-talk is full of "Must, Should Ought statements." For example; I am so smart I should (must) make a good grade even if I don't study. Others should (must) want to play with me. I want some candy so my parents should (must) give it to me. What are some problems with this Stinky Thinking?