

# Cando Cranes

## A Cosmos Crow Adventure



Do you want to make better grades?  
Do you want to have more and better friends?  
Do you want to be better at sports?  
Do you want to be happier?

If you answered yes to any of these questions then you are in luck.

Today, Cosmos Crow is going to tell you a story that will show you how all those things can happen for you.

Cosmos is taking you to the land of the Cando Cranes.

# Cando Cranes Lesson Plan

## A. Main Focus:

**We often limit ourselves by insisting on taking the easy, safe way in any situation. Life however, is full of threats and opportunities. Often, they come in the same "package". As adults, we look back at our lives and regret decisions we have made because they were the easy and safe alternative, but ultimately caused us much more frustration and pain.**

## B. The Main Concepts:

In this story, the Cranes are dealing with a changing world and must decide how they should react. One group follows the advice of the Elf and takes the easy, safe route. They are the Cantdo Cranes and they vanish from the earth. The other group of Cranes recognizes the pitfalls in the "safe and easy" plan and rejects it. They accept the difficult and dangerous because that is what is necessary for them to succeed. They are able to survive in the changing world. They are the Cando Cranes.

The Coping Skills series of books often returns to the theme of how we frequently choose the safe and easy over the difficult and dangerous. In the context of the stories, we are not talking about the truly physically difficult or dangerous, but rather the perception of what is difficult and dangerous.

To some children, schoolwork is difficult and should be avoided. They accomplish this by daydreaming, not studying, and skipping school and so on. Ultimately, they will not succeed and will see school as a very adverse environment and stop coming. Some children are very "personal risk adverse". That is, they are fearful of looking foolish or being rejected or being not perfect. Their perception of self is very fragile and they tend to avoid "dangerous" situations, like reading aloud, to keep from being "injured". In reality, these children are making their anxiety greater and are propelling themselves into a style of coping that is doomed to failure.

## 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 story starts with a problem that the Cranes are facing, what is the problem? The world is changing and the Cranes have to figure out how to change as well.

What do the Cranes decide to do in order to learn how to change? They decide to send two representatives of the cranes to the "wise elves" to get advice about dealing with a world in transition.

Why do they decide to go to the Elves? Because the Elves are considered to be the wisest of all the animals.

The story says that the selection of the two elves was a very important one, why was this so important? Because they would have to depend on the Cranes chosen to be able to discuss the concerns with the Elf and to be able to report back to them what the Elf had stated.

The elf tells the first crane that the world is a dangerous place and that they should only come out at night when it is safer. Does this first rule make sense? No, because there are not only dangers during the day, but also dangers at night. And the Cranes are not as good at seeing at night and the food that they eat is more available during the day.

The second rule that the Elf stated was that flying is difficult and hard work so the Cranes should walk every place they want to go. Does this new rule make sense? No, because Cranes are meant to fly in order to avoid their predators and to be able to catch their prey. Cranes are not very fast at walking and thus would be difficult to avoid predators like this.

The third rule given was that learning how to succeed and find food in new places is difficult so the cranes should never leave where they are living now. Does this rule make sense? No, because food will not be available in one place all year round so they will have to move from place to place in order to have food to eat.

The first crane accepted this advice and agreed to follow it just as the Elf stated. If these rules really do not make sense, why would the Crane agree to follow it? Because the Crane did not stop to question if the rules made sense. He told

himself that the Elf was the smartest so he needed to follow anything that he said without even thinking about how the Rules could be a problem.

The elf then gave the same advice to the second crane. But this crane was different. How was he different? He did question the rules. They might be safer at night but it would be too difficult to find food. Flying may be dangerous and hard work, but it is necessary for cranes to fly if they are to survive. It may be convenient to stay where we are currently living, but there is not food there all year long so moving to new places is necessary.

This crane rejects the suggestions of the elf, how did the Elf feel about that? He became angry and threatened to curse the flock.

What happened when these two Cranes returned home to the flock? They told the flock what the advice of the Elf was. One group of cranes, the Cantdo Cranes followed the advice of the elf and the other group, the Cando Cranes chose to follow their own Good Thinking.

What happened to the Cantdo cranes who listened to the Elf? They disappeared.

What happened to the Cando Cranes that followed the Good Thinking? They are still with us today.

We must all be willing to do what is in our best self-interest even if it is the more "dangerous" and "difficult" route, if we are to succeed in life.

Do you feel that the Cranes needed the advice of the Elves or any other animal in order to solve their problem? No, the Cranes were smart enough and were able to determine what was best for them as Cranes in this new world.

Why did the Elf give such bad advice? Maybe he was trying to be hurtful or maybe he was giving advice based on what would be best for an Elf to do and not really knowing what is best for a Crane. A crane is going to know what is best for a crane.

Cosmos is trying to show us that we are often quick to turn to others to solve our problems when really we are the best one to solve our own problems. That we are smart enough and are capable to use Good Thinking to face most challenges in life.

Cosmos also wants us to remember that there will be times we are given advice that is not healthy or good advice. He wants us to be able to think about the advice we are given and to ask ourselves if it makes sense and if it is based on Good thinking.