

# Plowing the Desert

**A Cosmos Grow Adventure**



This story is about the mistaken belief that,

“Things should always come easily to me.”

This belief will lead to a life as fruitful and

enjoyable as “plowing the desert”.

# Plowing the Desert

## A. Main Focus:

A common irrational belief of children is that “Things should always come easily to me.” Unfortunately children who do not learn to change this belief will likely end up with a life as fruitful and enjoyable as “plowing a desert”.

## B. The Main Concepts:

The fable, The Man Who Plowed the Desert, is a story about wasting time. We don't think about the topic very often because many of us seem very busy. But our main character, the Plowman, also seemed very busy.

He worked each and every day plowing desert sands. This task of plowing kept him occupied. He even took pride in his rows, but it was all for nothing. Every night, the wind blew away his rows and he had to start over. However, the Plowman did not mind. He would just start over again. The Plowman did not consider doing anything productive such as planting a crop. He knew that planting would cause his rows to no longer be perfect. He would then have to deal with weeds and harvesting. In other words, it would no longer be easy and fun.

Very often, we miss the opportunity to learn something that could be interesting or useful, such as playing a musical instrument, because at first, it is neither easy nor fun. Consequently, we may fail to learn something that we could use for the rest of our life, like writing good sentences or doing math, because it is not easy or fun. We can spend all of our life insisting that everything should be easy and fun, but we will end up with nothing.

## 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

This story starts off, that during one of his adventures, Cosmos Crow ends up where? In a desert, sitting in cactus.

What does he see while sitting there? He sees a pair of oxen and a man plowing rows in the desert.

When the plowman takes a break, what does he do? He ties the oxen to the cactus where Cosmos is sitting.

Cosmos then has a conversation with the oxen about the job they are doing.

At first, Cosmos is very impressed with the rows being plowed. The oxen comment that the rows are all perfect and since they are plowing in the desert sand, the job is what? It is easy and enjoyable.

Then Cosmos asked an important question. What was his question? "what will grow in such a dry climate"?

What answer do the oxen give? The oxen reply "Well nothing".

What was Cosmos' next question? "When are you going to plant the seeds for your crop?."

What did the oxen say? "Why never", is the reply.

To Cosmos' confusion he learns that plowing of the rows is all the plowman ever plans to do.

Why did the plowman not want to plant seeds? If he were to plant anything then the rows would no longer be "perfect".

Why did the plowman not want plants to grow? If plants grew, then there would need to be weeding and harvesting, which the plowman thinks would be too much work.

In fact, according to the two oxen, "He does it (plowing the desert) because it is easy and fun and he never has to do any of the hard stuff that they do on other farms."

Cosmos realizes that the plowman just plows the desert over and over again with no intention of ever doing anything useful. Cosmos says the plowman is not really doing anything, just what? That he is just wasting time.

Do you believe that the plowman was lazy? Some may think this, but he did go out and work every day.

The problem was that he only wanted to do what was fun or something he knew he could do perfectly.

Some of you may be like the Plowman because you do not like to try new things. You only want to do something if you are very familiar with it and know that you can do it well.

Take playing a game for an example. You may be willing to play one certain video game, but you don't want to play that new game. That new game may be fun, but you are not familiar with it. You are unwilling to play because you have to learn the new rules when you play it. You may be afraid that you will play it so poorly that you will look foolish. So, you insist that your friends only play this one certain game even if they want to play the new one.

Some may even get angry and threaten to go home if they don't play the game you want to play. Your Stinky Thinking has to do with wanting things to be perfect: "I should only have to play the games that I know and can win. If I play this other game, I may lose or look foolish and I won't like that." This type of thinking causes you to not want to try new things, even those that are important or that may be fun once you understand them.

We can spend all of our life insisting that everything should be easy and fun and then end up with nothing.

This is one of the most common of the Stinky Thinking beliefs, "Things should always come easily to me." It always leads to Not OK emotions because you will be disappointed and angry when life does not turn out to be easy or fun. Your Thumbs Down behavior will include arguing with others and pouting when you are told "No" or to "Stop wasting time."

You need to get rid of this Stinky Thinking that "Things should always come easily to me," and Replace it with, "Life will be difficult but I can handle it." Learning new things can be interesting and fun. But wasting your time, "plowing a desert" will never lead to anything.