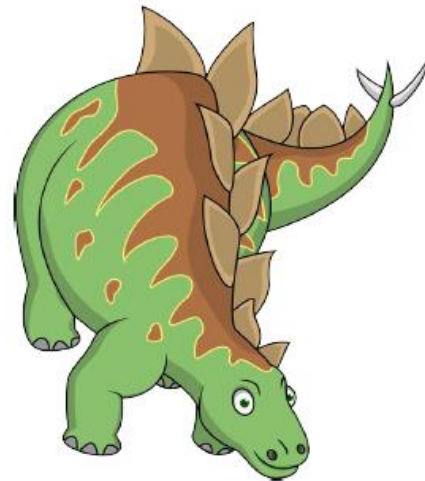
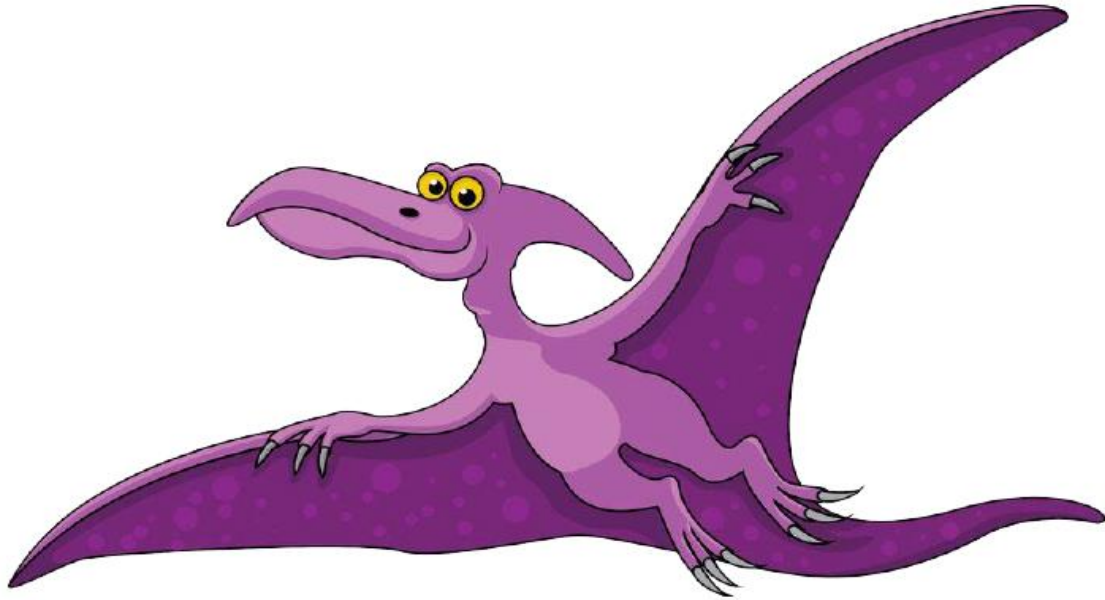


The Last Dinosaur

A Gosmos Grow Adventure



The Last Dinosaur: (Social Skills/Personal Control)

This theme is so important that it is offered for even the youngest children. You have choices about how you think, feel and behave. Good choices and you get to be the “Last Dinosaur”. Poor choices and you are may become “extinct”.

The Last Dinosaur

A. Main Focus:

Learning that your thinking determines your emotions and behaviors. That “Stinky Thinking” will lead to "Not Ok" emotions and "Thumbs Down" behaviors. If your thinking is Good, then you will be able to evaluate options when confronted with a "threatening" situation because your emotions are "OK" and your behaviors are "Thumbs Up."

In other words, no person or thing can **MAKE** you feel anything. We control our feelings and our behaviors when we control our **thinking**.

This story has great “cue” words to help children recognize how they control their own emotions and behaviors.

We often use these lessons with a “Group of Three Characters” to illustrate how we are able to control how we feel and behave to any situation. In the story there are 3 different groups of dinosaurs that were all faced with the same challenges, but each group reacted a different way.

B. Teach the Defining Terms to The Students

C. Listen to the Flip Book Story

D. Sample Dialogue with Students after Listening to the Story

In this story, there was a group of dinosaurs that always wanted things to go the way they want them to go. What are some things that they said when things did not go their way? (“If it was hot, they complain that it was too hot. If someone else won a game, these dinosaurs would say the other dinosaurs were cheating and so on.)

What Kind of Thinking were these Dinosaurs having? (Stinky Thinking because complaining and getting angry did not help them from being hot or not winning)

“As time passed, these dinosaurs changed. They got even more disagreeable. They would make fun of others and pick on smaller or weaker dinosaurs.” As a consequence, what did the other dinosaurs start to call these Dinosaurs? (Mad Dinosaurs)

[You can use this time to ask the children to show you what a Mad Dinosaur would look and sound like. Complement them for their Mad Dinosaur imitation. Then asked them if they would like to be around a bunch of Mad Dinosaurs]

How were the next group of Dinosaurs different from the Mad Dinosaurs? (When it was hot, they would also say it was too hot but rather than get angry, they would make themselves unhappy and whine. They would whine about everything even about things that they were causing)

They would often whine that, “Nobody will share with me”. If someone does not want to share with you, does whining about it help? What else can you do? (It does not help and could make others not want to play with you too. You can instead find something else to play, etc.)

The whining got so bad that the other dinosaurs just called them what? (The Sad Dinosaurs.)

What type of thinking did the Sad Dinosaurs Have? (Stinky Thinking because whining about being hot or about not sharing is not kind and does not make it better)

[You can use this time to ask the children to show you what a Sad Dinosaur would look and sound like. Complement them for their Sad Dinosaur imitation. Then asked them if they would like to be around a bunch of Sad Dinosaurs]

The last group of Dinosaurs looked similar to the Mad and Sad Dinosaurs but they acted very differently. What did they do? (When it was hot, they would simply say, “It’s hot I think I will go into the water and cool off.” When someone would not play with one of these dinosaurs, they would say, “That is okay”, and then find someone else to play with.)

What type of thinking were these dinosaurs using? (Good Thinking because they thoughts about things they can do to help them cool off and how to be kind to others)

They were so different from the other dinosaurs what did they become known as? (The Glad Dinosaurs)

[You can use this time to ask the children to show you what a Glad Dinosaur would look and sound like. Don't be surprised if they have difficulty with a Glad Dinosaur imitation. Then asked them if they would like to be around a bunch of Glad Dinosaurs].

What happened to the Mad and Sad Dinosaurs at the end of the Story? (They disappeared and only the Glad Dinosaurs survived because of their Good Thinking)

We can work each day to be like Glad Dinosaurs and to Stop and use our Good Thinking everyday.