

Trying Medal

A Gosmos Grow Adventure



The Trying Medal: (Anxiety/Self-Control)

Sometimes a “trick” is more valuable than all the fussing, punishing and begging we do to change certain behaviors. The skill your child will learn in this story is one of the greatest you can give them.

Trying Medal Lesson Plan

A. Main Focus:

As we grow, there are many things that we have to learn that may seem difficult and scary. Learning how to “just try” can be very important skill for many of us

B. The Main Concepts:

Some time you only want to do the easy, fun things and avoid the difficult, boring and scary things that are important for you to need to learn.

But if you are lucky, you may have an adult, like your parent, grandparent or teacher that will help you learn how to deal with the difficult, boring and scary things of life.

These adults will guide, encourage and praise you as you develop the skills to deal with the difficult, scary and boring things of life. You will work on the "little things" and go on to dealing with the "big things", knowing that you CAN be successful.

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 main character in this story is I. M. Crow, is a young crow that is worrying his parents. What is he doing that is worrying them? (He is refusing to learn to do tasks necessary for him to be a successful crow.)

What types of things is he refusing to learn? (to leave the nest, to eat other foods, etc)

His frustrated parents have tried everything with no success. Other adult crows make suggestions to his parents. What do they suggest? (That they should stop feeding him, “then he would eat something besides chopped worms.” Another suggests that they just push him out of the nest, “then he would learn to fly.”)

His parents do not want to be mean and to try these suggestions but they are very concerned.

Then one day when I. M. Crow's mother returns from a trip to the local dump, I.M. notices something. What does he see? (I. M. notices something shiny in her wing feathers.)

She plucks it out and drops it to be bottom of the nest. I. M. Crow sees the shiny thing begs his mother to let him have it. What does is mother tell him the shiny thing is? (The mother crow explains that the shiny thing is a Trying Medal and it is given to those willing to try a difficult or scary task.)

What does mother say happens to the medal at the end of the day? (At the end of the day they must return the Medal but are able to get it any time they again complete a difficult or scary task.)

I.M. Crow is excited about the thought of having the shiny Trying Medal in his wing feathers. What does he ask his mom to do to earn the medal? (To take just one step out of the nest)

What does mom ask I.M. about this task? (If this would be something scary or difficult for him)

Do you think that taking one step out of the nest would be scary or difficult for his mother? (No this is something that she does all of the time, but it is something scary to him)

He ventures out of the nest ... but just one step and then he jumps back in. His mother congratulates him and gives him the medal to wear for the remainder of the day.

We all know that was a very small task, just one step, but the point is to just start trying.

What are some of the other things that IM does to earn his medal? (walking all over the tree, eating different foods, etc)

What is the task that he was still very afraid to learn? (wing flapping and flying)

After several days of not having a new task to earn his medal, finally he decides to attempt "wing flapping" because it will be necessary if he is to learn to fly.

What happened while he was trying to wing flap? (The other crows laughed at him and thought the he looked funny)

After his effort at wing flapping, his mother gives him the medal but told her he did not want to do it anymore because the other young crow made fun of him.

When he asked what other thing he could do to get his Trying Medal, what did his mother tell him? (“You have found one of the most difficult things you will ever have to do in your life ... doing what you know you should do even if others make fun of you.” And that the only way to earn the medal was to do wing flapping)

But I. M. Crow refused and would go several weeks without his medal. He even told himself that he did not care about the medal. Do you believe him?

Eventually Cosmos goes back on the limb to practice his wing flapping. Why did he go back? (Because he wanted the medal and because he wanted to stop caring what the other Crows said about him)

Because of this effort, one day something just happened. What happened? (his feet lifted off the limb and he was flying, really well.)

His parents were excited and said the magic of his Trying Medal had really helped him learn skills that will make him successful. Was the trying medal really magic? (No, it did not have any special powers)

So how did the trying medal help him learn these skills? (His want to earn the medal was bigger than his fear to try new things)

In the end his father asks the mother bird, “when will you tell him that the Trying Medal is just a shiny gum wrapper that got caught in your feathers.” What did mother bird say? (“Why never of course”.)

IM had learned the power of trying. That by starting small and trying one scary thing at a time, he could learn all of the skills just like the other birds.