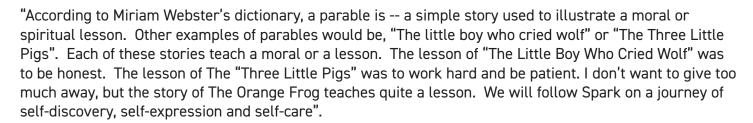
## The Orange Frog

## Week One



"Shawn Achor also spends some time telling us about a disease. It's a disease unlike any other disease. What do you recall him telling us?"

"We learn that Transition week is much like a holiday to be celebrated. What can you connect Transition week to your everyday life?"

Frog

The Thrall	Transition	Transition Week	
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"Have you ever had a time when you wanted to be like everyone else? When you wanted to hide your differences to fit in?".

"I wanted to be like everyone else when

"I felt different because

Weekly To-Bo's:

1. Given the lessons that we've discussed today, what can you commit to what can you commit to create positive impact for people at work this week?

2. Please re-read chapters

3 & 4 before our next session.

## **Alternate Discussions:**

- Let's make a connection. What is the Thrall in the "real world"? What can you connect it to? What evidence do you have from the text? (Depression/Anxiety)
- Based on the reaction of others, is being Orange a good thing? Is it "normal"?
- What is Spark's immediate solution to his "problem"?
- Why do the other frogs seem scared about Spark being Orange? What is the real threat?
- Have you ever had to make a choice about being positive?

