

The Orange Frog



Week One

“According to Miriam Webster’s dictionary, a parable is -- a simple story used to illustrate a moral or spiritual lesson. Other examples of parables would be, “The little boy who cried wolf” or “The Three Little Pigs”. Each of these stories teach a moral or a lesson. The lesson of “The Little Boy Who Cried Wolf” was to be honest. The lesson of The “Three Little Pigs” was to work hard and be patient. I don’t want to give too much away, but the story of The Orange Frog teaches quite a lesson. We will follow Spark on a journey of self-discovery, self-expression and self-care”.

“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?”

The Thrall --

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Transition Week --

- _____
- _____
- _____
- _____
- _____
- _____
- _____

“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-Do's:

1. Given the lessons that we’ve discussed today, what can you commit to doing immediately that will 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?