

The Orange Frog



Week One

Reading Expectation: Re-read Chapters 1 and 2

Learning Objective: (“Each participant...”)

- Has read and understands the Orange Frog parable.
- Will discuss the central theme of The Orange Frog and discover it's metaphorical connections to everyday life.

Essential Concept:

Communicate and work productively with others emphasizing collaboration and cultural awareness to produce quality work

- Provide positive encouragement to others.
- Relate positively to others.
- Understand methods to influence others.

Skills Required:

- Interact positively as a team member.
- Cooperate with others in a group setting.
- Generate ideas with group members.
- Experience active listening.
- Read and understand information in a variety of forms.
- Express ideas.

Opening question(s):

“Would you say that you are a positive person by nature?”

Or

“Would you say it's 'trendy' to be positive? Or is it more 'trendy' to be sarcastic, full of angst, and mad?”

Finish with --

“Has everyone read the Orange Frog?”

Facilitate Discussion with participants. When they seem to be wrapping it up, tell them, “We are going to read the parable. Can anyone tell me what a parable is?”

“According to Merriam-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”.



Thoughts for Consideration:

“The first parts or even words of the book seem incredibly descriptive. Shawn Achor takes some time to reveal different key concepts. One of the things we learn, several times actually, is that the author is in fact a scientist. He seems quite persistent that we know he’s a scientist and this is the rationale for some of his decision making. Why do you think he takes the time to tell us that? More than once even.”

Take discussion. Lead the team to understand that Shawn let’s us know this fact, because it builds interest, and credibility.

“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?” Jot down ideas on the board

The Thrall:

- Changes perspective
- Changes the color of the frog
- Makes life less vibrant, and duller
- Doesn’t make you cough
- Doesn’t make you grow warts (Although, warts are alluring)
- Doesn’t make you shake

“We then start to grasp other important events. We hear from the author about the Deluge, and theories centering around it. We learn that Transition week is much like a holiday to be celebrated. Can anyone connect Transition week to everyday life?”

Lead participants to discuss ‘coming of age’ or moving from one team to another.

“It’s easy being green is by far the truest statement. We learn that Spark is different. Spark isn’t just changed on the outside, but he is changed on the inside too. As readers, we meet three other frogs that were a part of transition week. Misty, Bull and Plop also notice the changes in Spark and ask questions like, “Are you sick?”. Spark seems to be a bit resistant to being different, at first. Why do you think that is?”

Allow discussion to take place.





Connecting This Lesson To Our Work:

What does the Thrall metaphor mean in the “real world?”
How does that metaphor translate into the work we do?

Action:

Ask the participants to have an elbow partner discussion -- “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 _____.”

**Example: “A time when I wanted to hide my differences was when I was asked to speak up at a meeting and was so nervous my voice was shaking. I got several pitied looks. Everyone else who spoke did so with confidence.”

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?

