**Optimism (Part 1/3) | "Fact or Fiction" | Big Ideas - Mojo Show**

[Music]

It was a beautiful day at the school field and day one of the Monsterlympics

Field Day was about to begin.

And they’re off for the three-legged race. It's a close race, but there… it's Mojo and Katie surging ahead right in the second place behind Teresa and her three legs.

“We were … so close! Ugh”

“Don't worry, Mojo, frisbees are next.”

“Frisbees?! How hard can that be?”

Just then they heard the voice of their teacher, “Snack table’s open!”

“Whoa, ice cream sandwiches! Best day ever!”

Mojo made a beeline for the snack table. He was so excited that he didn't quite

see what lay in front of him. Oh, no! When Mojo saw what he had done, he was devastated, and his devastation quickly turned to dread. Mojo realised that everyone would remember this forever. His friends, his teacher, even people he hadn't met yet.

“Well, we’d love to hire you, Mr Mojo, but what's this on your permanent record about ruining the ice cream sandwiches?”

“I'll only have one option. There'll be no home but the open road for Mojo, the ice cream ruiner.”

“Snap out of it, Mojo!” Katie shook Mojo awake.

“Oh, Katie, I don't want to be a biker rebel!”

“A what?”

“All my friends hate me. I'll never get a job! I'll have to drift on a bike from

town to town; a monster without a place. And what kind of monster is that Katie?”

“That's a crazy story, Mojo.”

“That's not a story; it’s the truth!”

“Look at the photo from my Katie-drone. You definitely fell, that's a fact. It's in the picture. I don't see anyone who hates you. It's just something you imagine like a story book that you drew.”

“And my failed test, my permanent record, my future as a biker?”

“All stories, Mojo, stories that make you feel bad even though you made them up.”

“So, you're saying it's not what actually happened that's making me sad, but my story about what happened?

But just then Katie was called away to race her Katie-drone in the

hundred drone dash and Mojo was left wondering if all his fears were just a

story.

What made stories different from facts, and could a made-up story make you sad?

Interesting questions indeed.

[Music]

**Optimism (Part 2/3) |” The Story Snake” | Big Ideas - Mojo Show**

[Music]

Mojo had slipped and spilled all the ice cream sandwiches at Field Day. He was

sure that everyone would hate him forever until Katie told him it was only a story

he was telling himself, but he didn't quite understand.

“Just a story? I mean, I guess it could be. I wish I could talk to Katie more. Where

did she go this time? I guess she's busy or maybe Katie secretly hates me too.

She's probably just too nice to say it and she left on her own. Katie did leave,

that's a fact, just like how I spilled the ice cream, and they happened right after

each other!”

“She doesn't like me and she won't ever like me again!”

Katie had been nearby giving her drone a pep talk before the big race,

until she spotted something by Mojo.

“Mojo, look out!”

“Huh? Aagh!”

“Katie, you're back! Where did the snake come from?”

“Mojo, your story's created a story snake!”

“A… a story snake? What's that?”

“When you tell yourself a bad story, it doesn't just stay in one place. It spreads,

and if you tell it more and more, it stretches more and more.”

“It's coming after me! Ugh!”

“You can't run from a story snake, Mojo. It follows you as long as you keep telling it!”

“Oh, great, just like the ice cream, it never forgets. First, I spilled the ice cream,

now I ruined Field Day with a giant snake. To forget Field Day, I ruined the entire

field! If everyone didn't hate me before, they definitely will now.”

“Mojo! Don't give in to your crazy stories. You have to fight it, or the snake will

take over.”

“Really, I haven't noticed. Uh, help me, Katie. This story's so big that it's eating me up, literally!”

“I can't help you, Mojo, but I know who can.”

“Katie!”

“You can't run from a bad story. You need something that bites it; something

good. Something like this.”

“But what do you think? Can the stories you tell yourself really be as powerful

as Katie says? Have you ever told yourself a bad story, and what can you do to

fight a bad story?”

**Optimism (Part 3/3) | "Choosing A Better Story" | Big Ideas - Mojo Show**

[Music]

Mojo's stories had gotten out of control at Field Day. They were about to eat him

for breakfast, but then …

“Who are you?”

“I'm Mongoose man.”

“Does that mean you're half Mongoose and half man?”

“No time for chitchat, kid. We got a story snake to deal with.”

“You can fight the snake? How?”

 “Remember your story, Mojo?”

“Yeah. I said spilling the ice creams would make everyone hate me.”

“How did you feel when you told that story?”

“Pretty bad. I don't want to have no friends and be a jobless biker rebel!”

“Then change it, Mojo. Change it into a better story! When I was young, I lost my

parents in a mall … didn't know where they were. First, I imagined I'd have to live

alone in the mall forever. It felt pretty bad to think about that, but then I

imagined that losing my parents made me harder; determined to

fight injustice - and fighting even snakes. And I became, the Mongoose man.”

“That's great, but uh… what do I do against my snake?”

“Just think of a story that'll make you feel good when you hear it.”

“Uhm … uhm.”

“Just start by saying: what if… “

“What if … if the melted ice cream seeps into the grass, and then it grows into

ice cream plants?”

“You've gotta believe it could really happen and still make you feel good.”

“What if no one saw because they were too busy with other things? Maybe

someone in class doesn't like ice cream and they don't even care?!”

“If I've learnt one thing about story snakes, it's that when you get down to it,

they're just full of hot air.”

“And maybe my friends don't care no matter what I did because my friends

always stand by me.”

[Music]

“Okay, my little Mongoose, dinner time!”

“Not now, Mom, I'm Mongoose man.”

“He's the hero we deserve, but what I really need right now is some food and, as

if on cue, Mojo and Katie heard the familiar voice of the teacher, “Hey

everyone! Guess what I found?”

She found a box of ice pops and there were plenty to go round! Soon no one

even remembered that Mojo had spilled the ice creams.

What kinds of positive stories have you told yourself lately?

Do you think they can really overcome your negative stories?

And what positive story could you tell yourself about the rest of your day right now?

[Music]