

Intro to Navigating the Island of Aggression: The Manual Activity

Purpose:

This session introduces the manual and asks some essential questions for the unit.

Materials:

- The *Muscles of Our Humanity* manuals for students and educator
- PPT slides available here: [.peaceliteracy.org/navigation-curricular-materials](https://www.peaceliteracy.org/navigation-curricular-materials)
- Projector or other way to display a digital slideshow

Lesson Procedure:

1. **Show slide 1.** Title slide
2. Last time we met, we talked about the human condition and about the mystery of aggression. Our journey to the Island of Aggression will take us deep into the mystery of aggression. We will look to find reasons why people act aggressively. We will explore some of our attitudes, beliefs, and misunderstandings about aggression. We will investigate different kinds of aggression. And finally, we will consider strategies for solving conflicts that are more effective and less harmful than aggression.”
3. **Show slide 2.** The Manual

Activity:

1. **Distribute** the manuals
“Each of you has been given a manual. The manual is a guide to this journey. It explains some of the key ideas, and gives a symbol for each one. Each symbol is like an anchor for your memory that helps the ideas stick. You are looking at the symbols now on the cover of the manual.”
2. **Show slide 3.** Manual pg. 1
3. “Let’s read page 1 from the manual together.”
4. **Read** or have a student read page 1.

*Aggression is a mighty adversary much older than humanity.
The most powerful warriors and greatest peacemakers in history have
struggled with aggression – in a way that might surprise you.
By understanding this mighty adversary, we can learn secrets that can improve
our lives, communities, and the world today.*

Intro to Navigating the Island of Aggression: The Manual Activity, continued

Activity, continued:

5. **Show slide 4.** Deimos and Phobos with questions

(This slide is animated. The questions will appear as you press the spacebar.)

“Take the next five minutes to read pages 2, 3, 4, and answer the following questions.”

Ask for student responses once they have finished reading.

Questions for students:

- a. Who were Deimos and Phobos?
- b. What is the greatest problem of every army in history?

6. **Show Slide 5.** Manual pg. 8

7. Read to students:

Deimos and Phobos symbolize the terror, fear, or anxiety we can experience when human aggression is directed at us. Deimos and Phobos can assume many forms that affect our daily lives, such as fear of aggression during Interpersonal conflict, fear of social aggression (such as being humiliated or the target of gossip), and the anxiety we can feel even when someone is passive aggressive toward us.

8. **Now blank the** slideshow. Question for students:

- a. What are some ways people might respond to fear of aggression other than running away? (Allow for 4 or 5 responses.)

9. “Fear of aggression can make us respond in many different ways, some of which could be harmful to ourselves or others. In journeying to the Island of Aggression, we will learn about aggression, and we will also uncover some treasures. These are gifts and abilities inside of each us called the nine muscles of our humanity. Just like we need to develop our physical muscles, we need to develop the muscles of our humanity. Many of us, however, are not taught how to develop the muscles of our humanity, and many things we learn from our society can prevent these muscles from growing. Developing the muscles of our humanity can teach us ways to respond to our own aggression, or to other people’s aggression, with courage and understanding. **Take the next few minutes to look through the manual and explore some of those muscles. See what stands out to you. We will regroup in a few minutes to share some of the things you noticed, or wondered about.**”

10. Regroup students after 3 minutes to discuss one or two student’s discoveries.

11. **Show** them how the manuals fit in the front pocket of their Ship’s Logs.