

# Intro to Navigating the Island of Aggression: Ship's Log Activity

## Purpose:

This session introduces the unit on aggression and the journal, or Ship's Log, that will accompany students throughout the lessons; it includes an activity.

## Materials:

- Ship's Log journals, pens, markers/colored pencils
- Slides available here:  
[peaceliteracy.org/navigation-curricular-materials](https://peaceliteracy.org/navigation-curricular-materials)
- Projector or other way to display a digital slideshow

## Lesson Procedure:

1. **Show slide 1.** Title slide
2. **Show slide 2.** Questions (this slide is animated, press the space bar to list the questions)

“Today we are beginning our study of aggression. We will be taking a journey into the human condition. ‘The human condition’ is another way of saying ‘what it means to be human’. It includes experiences common to all human beings, past, present, and future. On this journey, we will explore our own thoughts and ideas, as we learn some new ways of understanding the mystery of aggression. Human beings have wrestled with trying to understand and deal with aggression for a long, long time. **(Press space bar)**

- What is aggression?
- What causes human aggression?
- Can we learn to solve our problems without using aggression?

We will come back to these questions in later lessons, but today you are going to be introduced to your own Ship's Log, the journal that you will use throughout this journey.”

3. **Show slide 3.** First Ship's Log page (this slide is also animated, press the space bar)
4. “In the days of early navigation and exploration, Ship's Logs were very important. In these logs, sailors kept track of the wind and the weather, and made note of important landmarks they saw along the way. We will be marking down landmarks in our thinking, like new vocabulary, new ideas, important questions, or ‘Aha’ moments.”

# Intro to Navigating the Island of Aggression: Ship's Log Activity, continued

## Lesson Procedure, continued:

6. **Show slide 4.** Symbols (this slide is animated)
7. “Sailors sometimes used symbols instead of words, like in this entry, which uses a symbol to show the crescent moon. You might also want to use symbols to express ideas or to illustrate your words, and you will see symbols that help to describe some of the ideas you are going to explore.”
8. **Show slide 5.** Add ons
9. “Sometimes sailors pasted in strips of paper to add information to a full page. You may also want to go back to earlier ideas after you have thought about them for some time.”
10. **Show slide 6.** Be creative
11. “Feel free to be creative. Creativity helps ideas stick, and will help you to see how your thinking developed as you journeyed into these thoughts and ideas.”

## Activity:

1. **Distribute** journals and pens/markers/colored pencils.
2. “Create a landing page for your journal on the first inner page. The title will be ‘Navigating the Island of Aggression’, and this page shows where you start your journey. Decorate the page in a way that connects to the title. You can surround it with questions. You can draw pictures and symbols. Be neat and take your time. This journal will be a place where you work out your own thoughts as we explore.”