

Navigating the Island of Aggression

Lesson 6b: Calm as a Consequence

Key Concepts:

- Training increases confidence, and confidence increases calm.
- Calm is a consequence of training, such as the development of the muscles of our humanity.

Learning Outcomes:

- Students identify how training can increase confidence.
- Students identify how increasing confidence can increase calm.

Profile of Graduate Standards:

- Upper Elementary, Global Citizenship: 3) I express a personal perspective on a situation, event or issue.
- Upper Elementary, Social and Cross Cultural Empathy: (4.1) I identify how perspectives affect the way different people react to a situation, event or issue.
- Middle School, Critical Problem Solving: (4) I consider advantages and disadvantages to my chosen method for solving a problem (4.1) I understand that there may be alternative answers, approaches and strategies.

Materials:

- Ship's Log
- Laptop, Chromebook, or iPad
- Some way to display a digital slideshow
- Slides and digital exit ticket available at peaceliteracy.org/navigation-curricular-materials

Vocabulary:

- Consequence
- Confidence
- Courage
- Leveling up

Lesson Procedure:

1. **Questions** for students:
 - a. Have you ever tried to be calm, to calm down, or to stay calm in a conflict with someone and found it difficult, or sometimes almost impossible?
2. **Show** slide 1. Title Slide
3. **Show** slide 2. Treasure chest
4. “We talked about two of the nine powers, or muscles, of our humanity, such as empathy and language. We can think of these powers as treasures that we have to discover in ourselves. When these and the other powers are developed like muscles, confidence is a natural consequence. Out of this confidence comes calm.
In other words, calm is not what you are aiming for; calm is a consequence of the confidence that is built from training and understanding.”

Navigating the Island of Aggression

Lesson 6b: Calm as a Consequence

Lesson Procedure, continued:

5. **Questions** for students:

- a. Imagine going into a sports competition, a performance, or taking an important test that you haven't prepared for at all. How might you feel? How confident will you feel about the outcome?
- b. Now imagine that you have prepared well. How might you feel?
- c. Would you feel more confident?

6. "Your sense of confidence would be much different if you had prepared than if you had not. Learning about the root causes of aggression, learning strategies for dealing with your own and other people's aggression, and being able to practice these strategies can help increase your confidence and courage when you are facing difficult situations. Calm is a consequence of confidence, and confidence is a consequence of training."

7. **Show** slide 3. Training, confidence, and calm

8. **Show** slide 4. Training description

9. "Training = (learning + practice + experience) x time. Learning, practice and experience all require time."

10. "You may not find confidence and courage right away, and you may not feel calm right away. It takes time to strengthen the muscles of your humanity. "

12. **Show** slide 5. Play the video of the Mario Brothers game

Note to teachers: Before you play the video, explain to students who might not know the game that players cannot touch the rotating fire sticks or the spiked blocks.

13. "Here is an example of a person who has achieved a high level of skill in Super Mario Brothers. Video games reflect an important lesson in life: the need to level up. Leveling up is where your skills and abilities improve. Training allows you to level up."

14. **Question** for students:

- a. How much time do you think it took for the player in the clip we watched to reach such a high level of skill?
- b. Can you think of a video game or any kind of game where you got better because of learning, practice, and experience?

Navigating the Island of Aggression

Lesson 6b: Calm as a Consequence

Lesson Procedure, continued:

15. “It can feel discouraging not to see immediate results for our efforts, and sometimes we want to give up, but little efforts over time create big changes.”

16. **Show** slide 6. Hades gif from Hercules

17. “You may not be able to fully calm yourself in the midst of a conflict, but because calm is so powerful, being just 10% calmer could change your life dramatically. Being just 10% calmer could stop you from saying or doing something that you later regret, or you may be able to help someone else not say or do something that they later regret. In this way, every little bit of calm matters.”

17. **Activity** for students:

Answer the following questions in your **Ship’s Log**:

- a. What are some sports people do that require leveling up?
- b. Pick 2 out of 4 of the following categories: a sport, a musical instrument or other form of artistic expression, an academic subject, and/or a game.
- c. Write a list of at least 5 things you have to do to level up in these 2 activities.
- d. Is levelling up required to do well in life? If so, explain why.

Digital Exit ticket:

1. Why can calm be considered a consequence?
2. What are the three parts of training?
3. What do these three parts all require?