

MAIN LESSON ACTIVITY

Hello Class 5,

We have another contemplative activity for today, and I'll just remind you of the story a little before we begin.

Paris arrived back in Troy with Helen, and the Greeks were not far behind in their ships carrying thousands of warriors. When the Greeks arrived, they settled in for a long war, building huts, houses and walls to protect themselves, a way away from the huge Trojan city walls. It was while they were working that the Trojans led their first surprise attack, and the Greeks were caught off guard by Paris's brother Hector and many were killed. They managed to defend their territory though, and fought the Trojans back.

This was the first of many battles – sometimes the Greeks forced the Trojans back right up to their very gates, and other times the Trojans fought the Greeks back to their own earth walls, but neither made any progress towards a victory and many lives were lost in the struggles.

The gods took sides too; Hera and Pallas Athene were fighting with the Greeks and Aphrodite and Apollo were helping the Trojans. Aphrodite particularly helped Paris and hid him from Menelaus's view in battle, (because he had given her the apple and she had promised her friendship), and Apollo helped the Trojans because the Greeks had stolen the temple of Apollo's priest's daughter and taken her for a slave – this had angered Apollo to action.

The hero Achilles had withdrawn from battle for a while as he was sulking that he could not have this woman as his slave – but as he sulked, his most favourite person in the world, Patroclus, was killed by Hector. This angered Achilles to murderous action and he went out to find Hector and kill all in his path. The story ended as Hector went to meet Achilles in battle.

So, from this eventful, fretful part of this story, we are going to engage in an activity about the wrestling of wills. The Trojans and Greeks, right from the first battle, were a very equal match for each other – some wars the Trojans won, other days the Greeks, and you might think both sides were equally unfair or justified in their anger as the other – they both did steal a woman after all!

In a less dramatic way we have had arguments or disagreements like this in our lives, where we wrestle over an issue and feel that sometimes we will get our way and have convinced another, and other times not so. Try to remember one such disagreement; perhaps it was with someone in your family, maybe someone at school, maybe it was an argument within yourself.

Usually, in these kinds of circumstances, we have to change something in ourselves to end the fighting, and usually it doesn't work to make someone else change. We often have to alter ourselves in order to come back to peace with the person or oneself, in order to end the fighting, we have to come to an agreement, make allowances, make apologies and a plan for the future – we have to learn a new way of behaving essentially, otherwise it becomes pretty obvious that we will continue to upset and hurt ourselves or the other person by stubbornly holding onto opinions. The Trojans and the Greeks had not realised this yet, there were no peace talks during these many battles and many people died.

When you have come up with an argument or disagreement you can remember having with someone or yourself, I'd like you to remember how you resolved it. If you can't think of one, then this task becomes an imaginative task for the future. I would like you to write a creative way you can settle arguments with yourself or with other people, and put this on the fridge or somewhere where you can see it clearly. The aim of this being that in the future, when you have an argument or disagreement with either yourself or someone else, you can come back to this idea and it may just help avoid many unnecessary wars!

I've done this activity too and found that I think my way is the best way when I'm in a disagreement, so by way of example, my message on the fridge says "What is right for me, may not be right for others."