

Blackbelt 'Warrior' programme.

Sheep, Wolf, Sheepdog- (Deciding which to be).

Student name:

Training venue:



There is a very well know idea that all people are either like a sheep, a wolf or a sheepdog.

A sheep is supposed to be kind, happy, gentle and not cause any harm to anyone. Sheep are supposed to think that everyone else is also kind and gentle and that nobody will ever try to harm them.

A wolf is supposed to be someone who is aggressive, likes to fight and who preys on sheep. Takes advantage of the sheep and does whatever they like to get what they want.

A sheepdog can also be aggressive and will also fight but, sheepdogs can control their aggression, will protect themselves and will also look after sheep and protect them against wolves.

If you 'Google' 'sheep, wolf, sheepdog' you will see many more explanations that may help you to understand more but, my goal here, is to help you to understand how this idea applies to your life.

Before we go any further though, I believe that there should be another creature to go with the sheep, wolf & sheepdog. In my opinion, there also needs to be 'a shepherd.'

The shepherd also cares for the sheep (other people) and wants the best for them but the shepherd is not a good fighter. The shepherd's job is to organise things, to train the sheepdogs, to take the sheep to places that he thinks are safe and to do his best to make sure that the sheep dogs will be able to do their jobs. The shepherd may have enough money to pay other people to do these things OR he may like to do them himself. So, even though the shepherd isn't tough, aggressive and willing to fight to protect himself and others, he is prepared to look after sheep (people) in other ways.

I am sure that you now have some idea about your tasks for this assignment, so lets get

to it.

Month 1 task

For the first month I would like you to think about which of the 4 groups you fit into.

Are you:

A sheep – be careful here because often people think that sheep are weak. Sheep are not weak, they just not able to be aggressive. They are not stupid, they just don't think about hurting other people to get what they want. If you are kind, gentle, you think that other people are good and that they won't hurt you, then maybe you are a sheep.

A wolf – I hope you are not a wolf. Wolves think only of themselves, they may hurt or use people to get what they want. They are naturally aggressive and they love to fight.

A sheepdog- a person who can be aggressive, who can fight, who likes to fight but only fights to protect the sheep (people who cannot look after themselves).

A shepherd – someone who is not a fighter, is not aggressive but who uses their skills or money to protect other people who cannot fight. Shepherds are organisers, people who like fairness.

Have a little think about your life. When you are at home, at school, at play, which of the characters above are you most like? Maybe answering these questions will help you to decide.

do some people frighten you or boss you around to make you do what they want?

Do you wish you were brave enough to stand up for yourself?

Do you worry that people won't like you if you say or do the things that you would like to do?

Do force other people to do what you want?

Have you threatened someone if they wouldn't agree with you (a threat may be of physical pain but it may also be of unkindness).

Are you aggressive, do you get upset easily, does it make you feel good to hurt other people.

Do you get angry if you see someone hurting someone else?

Does it feel to you, as though you can't just stand by and let it happen?

Are you prepared to fight to help that person even if you may get hurt?

Which one of the four do you believe you are?

Write (or type) some of the things that have happened in your life that helped you to make

your decision. Try to think of at least 3 things to tell me about.

Month 2 task

This month you need to pay attention to people around you because I would like you to decide which of the 4 groups they fit into, and I'd like you to tell me why you think that.

Remember the only group that isn't very nice to be put into is the 'wolf' group. All of the others can be very nice, helpful, kind people.

I would like you to tell me about at least 5 people. You may see these people now or they may be from some time ago, either is fine. Don't worry too much about whether you are correct, this is about which group you think they should be in and why you think that.

You can tell me about more than 5 people if you would like to. If you like you can change their names.

1.

2.

3.

4.

Month 3 task.

Most of our 'Super Heroes' are definitely Wolves. People like; Batman, Superman, Spiderman, Cat Woman, Storm and many others.

But often, these super heroes (wolves) have another side to them that is a sheep. Spider man has 'Peter Parker,' Superman has Clark Kent etc etc.

Why do you think that the people who write these stories, write them in a way that shows the hero being both a sheep and a sheep dog?

Are there some super heroes that don't have a 'sheep' as their other half? Can you tell me about some?

Do you think that its possible for us to be one thing at one time and another at another time, for us to change like a super hero?

Some people believe that we cannot change which group we are in but I believe we can. Which group would you like to be in? Is the group that you would like to be in, different to the group that you said you were in for the first task?

Why would you like to be in a different group?