

## PHILOSOPHY WORKSHOPS

### PHILOSOPHISE



**Philosophise...** What does it mean? Thinking together, debating, questioning, listening to each other...

We build an environment of **trust and confidence**, where everyone's opinion is considered.

Because **together, we think better!**

Benefits: improve our **discernment**, our **humanity**, by building our own thinking and better understanding concepts. Everyone learns that we can convince others through **reason** rather than violence!

Each workshop starts with a short **Mindfulness exercise**: we will train our "**attention muscle**", to calm all thoughts in our head, to feel, accept and understand feelings. We will have a 5 minute break, to learn how to **concentrate** better before starting the debate.

### MINDFULNESS


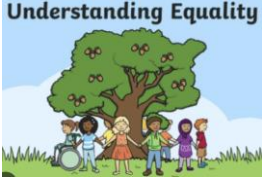





## PHILOSOPHICAL TOPICS: 4 to 12

	<p><b>Happiness:</b> what makes you happy?</p> <p>What does happiness mean to us? Which things make us happy or not? Do we need friends to be happy? Can we be happy alone?</p>
	<p><b>Our planet, the animals, and what about us?</b></p> <p>What can we learn from animals? Are they useful or not? What are the differences between animals and us? What about our planet?</p>
	<p><b>Strengths:</b> what does it mean to be the strongest?</p> <p>What are our strengths? Can a weakness become a strength? What about emotional strengths? What is the link between strength and justice?</p>

	<p><b>Emotions and feelings:</b> what does it mean?</p> <p>We feel lots of emotions, sometimes they are pleasant, sometimes unpleasant... What are the differences between emotions and feelings? How to recognise them?</p>
	<p><b>Friendship:</b> what is a friend?</p> <p>How do we consider friendship? What is the difference between a friend and a mate? Can we live without friend? And what about family?</p>
	<p><b>Olympics games!</b></p> <p>Let's debate this big event and all the concepts behind it: multiculturalism, living together, sports, nationalities, diversity...</p>
	<p><b>The difference:</b> are you "normal"?</p> <p>What are our differences, our similarities? What does it mean "being normal"? What about judgement...</p>
	<p><b>Growing up:</b> when do you grow up?</p> <p>"When I will be 18, I will do what I want, when I want!" "I don't want to grow up, it scares me..." Growing up: what a big topic for children! And it happens to everyone, no choice...</p>

**PHILOSOPHICAL TOPICS: 7 to 12**

	<p><b>Citizenship:</b> being a citizen, what does it mean?</p> <p>We try to understand what “citizenship” means: rights, duties... And what about children? Are they (little) citizens too?</p>
	<p><b>Equality:</b> is it really possible?</p> <p>How do we understand the concept of equality? If we are equal, why are we facing so many inequalities? Can we be equal despite our differences?</p>
	<p><b>Freedom!</b></p> <p>"Free! I am free! Like a bird! I can... I can..."</p> <p>OK, Fine and then what? What to do with your freedom? Anything you want? Really?</p>
	<p><b>Art:</b> what is it?</p> <p>A manga, a video game, a painting... Could all these things be art? How do we know? Who decides? How do children perceive art?</p>
	<p><b>Money:</b> does it matter?</p> <p>What is money? What is it used for? Who decides its value? What drives us to spend it? Are we different if we have lots of money or not? Should we share it?</p>

## WORKSHOPS DETAILS

**Duration:** one workshop takes 45 min to 90 min, depending on learners age.

**Languages:** English, French, or bilingual FR/EN.

**Approach:** 1 topic is covered during 5 workshops; frequency: 1 weekly workshop.  
At the end, the learners present a collaborative work created together. Each learner receives a “Little philosopher diploma”. The animator provides a feedback to the pedagogical team / parents.

**Practical:** no specific equipment is required; learners are seating in a circle around the animator.

**Workshop structure:**

10 min	<b>Introduction</b> <ul style="list-style-type: none"><li>-Objectives</li><li>-Philosophy: introduction and definition</li><li>-Philosophise: what does it mean?</li></ul>
10 min	<b>Environment</b> <ul style="list-style-type: none"><li>-Create a secure, kind and self-confident environment, where everyone can freely express themselves.</li><li>-Rules: respect, listening to each other, ask for the floor...</li><li>-Roles distribution: speech distributor, rules keeper, note taker...</li></ul>
20 to 50 min	<b>Philosophy debate</b> <ul style="list-style-type: none"><li>-According to the pedagogical objectives defined upfront.</li><li>-Various supports are used to introduce the topics: music, text, poster, media...</li></ul>
5 to 20 min	<b>Wrap up</b> <ul style="list-style-type: none"><li>-Common feedback and notes summary</li><li>-Individual feedback, sharing feelings</li><li>-Last workshop: collaborative presentation done by the learners.</li></ul>

**Pedagogical approach:**

Active pedagogy, CNV (“non-violent communication”), collective intelligence.  
The animator’s role is to guide and help the group, like a facilitator.

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