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Lesson 1: Metaphysics

1st Grade: Ages 6-7

Lesson Goals:

- Introduce students to the concept of philosophy as a whole
- Begin to teach students how to ask philosophical questions
- Introduce the idea of metaphysics as what attributes make something or someone itself or themselves
- Provide space for children to begin thinking about identity, who they are, and what are the elements of themselves that make them who they are

Introduction (12 minutes):

- Getting to know you game which will get them talking about themselves/ their identity
  - String game?
    - <https://www.icebreakers.ws/get-to-know-you/string-game.html>
  - Great wind blows?
    - <https://www.icebreakers.ws/medium-group/great-wind-blows.html>
- What is Philosophy
  - Big questions
  - What is the difference between a philosophical question and other questions?
    - Examples:
      - Who are your friends vs what does it mean to be friends?
      - How do you feel vs what is a feeling?
      - What color is that vs what are colors?
      - What do you like vs what makes you you?
  - How to talk to each in a philosophical way
    - Practice active listening
    - Different perspectives
      - Both/and mentality
      - People can think different things and neither have to be wrong
    - “Why” “Because” and “I understand” language
      - I agree because....
      - I disagree because....
      - Ask ourselves why we think something
      - Ask other people why they think something
      - Ask clarifying questions to understand before you disagree
    - Ground rules

Stellaluna (6-8 minutes):

- Reading book
- Save discussion until after book

Discussion (10 minutes):

- Prompt them to come up with their own questions
  - “We talked about big questions before we read, does anyone have any big questions?”
- Directing conversation about the book
  - What about Stellanuna makes her different from her bird family?
  - What about Stellanuna makes her different from her bat family?
  - When she lived with the birds did she become a bird?
  - Is Stellanuna a bird, a bat or something else? Why?
    - Can she be both?
- Directing conversation to their own identities
  - Can we change what we are?
  - What determines who we are?
  - Would you be different if you had different parents?

Debrief (remaining time):

- What did you think of this conversation?
- Did you learn anything?
- How does it feel to ask big questions?