

# Philosophical Enquiry



## Philosophical Enquiry and The Resilience Wheel: Turning Cognitive Theory into Classroom Practice

Stephen Bovey

Haringey Resilience Wheel (derived from the Circle of Courage model of Brendtro, Brokenleg and Van Brockern) offers a set of guiding principles to support the emotional and mental well-being of children and their families. It is a powerful tool for use in the classroom, as the principles underpin many of the basics of teaching practice. The following is not an exhaustive list either of the implications of the resilience wheel or the basics of good lesson planning, but the points illustrate how the cognitive philosophy can be turned into classroom practice:

### Principles of lesson planning with the Resilience Wheel as a guiding philosophy:

1. Every child has the right to feel safe in the classroom
2. Alienation is a barrier to learning
3. Emotional attachment to adults is a pre-requisite for meaningful learning
4. Our actions and words have a constant impact on whether pupils feel they belong in the classroom
5. Every child should have at least one person in their lives who is crazy about them, we should act as if we might be that person
6. The classroom is a place where every voice is valued
7. Belonging is reinforced with responsibility
8. Pupils are more able to be adventurous and creative if this is built on foundations of security
9. Academic difficulty is best met when pupils feel emotionally secure
10. Academic struggle is different from emotional powerlessness

If schools hold these values uppermost when planning lessons and schemes of work then pupils' mental and emotional wellbeing becomes the foundation stone for all other learning which then, in turn, increases the chances of positive long term educational outcomes.



**THE ANCHOR APPROACH**

*Supporting children and their families to live resilient and stable lives.*

[www.haringey.gov.uk/anchor](http://www.haringey.gov.uk/anchor)

# Philosophical Enquiry



The enquiry model of lesson planning is by no means the only application of these values, but is demonstrative of how effective the Resilience Wheel can be across different year groups, backgrounds and ability ranges. Enquiry driven lessons are effective in all year groups and in all types of schools. Philosophical enquiry lesson plans follow their own sets of guidelines which maximise the pupils' independence, critical thinking skills, positive attitudes and intellectual curiosity. Pupils are empowered to take more responsibility for their own learning and are able to become more effective independent learners. The following is not exhaustive, but provides a basis for lesson planning.

## Principles of enquiry driven lessons

1. The teacher is the facilitator of learning rather than the font of all wisdom and truth
2. Learning takes place when the classroom is a place where every voice is valued
3. 'All voices are valued' is not the same as saying 'every opinion is right'
4. Learning is driven by curiosity and inquisitiveness
5. Encourage good question forming
6. Teachers should control the behaviour and logistics of the lesson, but resist the temptation to control the content of the outcomes
7. Encourage reflection on how learning took place
8. Teachers are also learners
9. Meaningful questions are inspired by genuine curiosity
10. Look for a sense of wonder

Anchor Project supports schools to understand and promote wellbeing in a variety of ways. Philosophical Enquiry helps children to consider emotional experiences in a cognitive way.



## THE ANCHOR APPROACH

*Supporting children and their families to live resilient and stable lives.*

[www.haringey.gov.uk/anchor](http://www.haringey.gov.uk/anchor)