



EduTrend Contents

P4C · FREEDOM AND CHOICE · PRIMARY

Should Children Choose Their Own Bedtime?

Freedom, rules and who should decide

Ages 8–11

Level: Developing

45 minutes

Whole class circle · up
to 30

Activity 02

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 02 · AT A GLANCE

Should Children Choose Their Own Bedtime?

Pupils hear about the invented Choice Family, where the children decide everything for a week: bedtime, food and screen time. The story shows what goes well and what goes wrong. Pupils create questions and enquire into when children should choose for themselves and when adults should decide.

Learning outcomes

By the end of the session pupils can:

- weigh freedom against rules;
- give reasons for and against;
- consider different points of view;
- build on others' ideas.

KEY WORDS

freedom · rule · decide ·
responsible · safe · fair

CURRICULUM LINKS

PSHE: rights and responsibilities.
Citizenship: rules. English:
persuasive writing.

1**STIMULUS**

Share something to
think about

2**THINK**

Quiet thinking time

3**QUESTION**

Create and choose
a question

4**ENQUIRE**

Reason together

5**BUILD**

Agree, disagree,
add

6**REFLECT**

Last words

Materials (per class)

- Choice Family story
- Who decides cards
- Question and thinking-move cards
- Worksheets 1, 2 and 3

Before the session

- Read the stimulus and note possible concepts.
- Prepare question and thinking-move cards.
- Set out a circle so everyone can see each other.
- Print the worksheets.

SAFETY

Everyone may pass. Discuss ideas, not people,
and use the story or invented examples rather
than personal situations.

ACTIVITY 02 · SESSION PLAN

Step by step

Stay neutral: ask for reasons, examples and counter-examples rather than giving your own view.

Time	What happens	Say or ask
0–8 min Stimulus	Read the story of the Choice Family week.	<i>"What did you notice?"</i>
8–18 min Questions	Pupils create questions in pairs and vote on one.	<i>"Which question is most interesting to talk about?"</i>
18–40 min Enquiry	Enquire into the chosen question, building on each other's ideas.	<i>"Should children choose their own bedtime?"</i>
40–45 min Last words	Each person says one last thought or passes.	<i>"Has your thinking changed?"</i>

CHALLENGE CARD (print or copy onto the board)

Argue who should decide bedtime, with two reasons.

ACTIVITY 02 · FACILITATOR NOTES

The philosophy in brief

Philosophers ask when others may limit our freedom for our own good, an idea called paternalism.

Children's freedom usually grows as they show they can make responsible choices.

Common ideas to listen for

- "Freedom means doing anything you want." Freedom has limits.
- "Rules always take away freedom." Some rules protect it.
- "Adults always know best." Children's views matter too.

Adapting the activity

Support

Sort decisions into child, adult or both.

Stretch

Design a fair bedtime rule.

WORKSHEET 1

Our questions

Name: _____

Class: _____ Date: _____

Write questions the stimulus makes you wonder about.

Our questions

Question	Who asked	Votes

WORKSHEET 2

Who should decide?

Sort.

Who should decide?

Decision	Child	Adult	Both

WORKSHEET 3

Last words

Before and after.

Who should decide what is good for you? Before the enquiry I thought... Now I think... because...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Asks a philosophical question	Gives reasons and examples	Listens and builds on others

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Should Children Choose Their Own Bedtime? is a sample activity from the EduTrend Contents P4C Freedom and Choice programme (primary, level: developing). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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