



EduTrend Contents

P4C · GROWING UP AND CHANGE · MIDDLE SCHOOL

Firsts and Milestones

Do milestones really change who we are?

Ages 11–13

Level: Intermediate

50 minutes

Circle and small groups
· up to 30

Activity 03

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

ACTIVITY 03 · AT A GLANCE

Firsts and Milestones

Students look at invented milestone cards: first day at school, first phone, a birthday, moving schools, a first job and a coming-of-age celebration. They rank which change a person most. They create questions and enquire into whether growing up happens in big moments or slowly over time.

Learning outcomes

By the end of the session students can:

- analyse milestones and change;
- compare sudden and gradual change;
- reason about culture and custom;
- respect different traditions.

KEY WORDS

milestone · change · ceremony ·
gradual · culture · custom

CURRICULUM LINKS

RE: rites of passage. History:
coming of age in different times.
PSHE: transitions.

1	2	3	4	5	6
STIMULUS	THINK	QUESTION	ENQUIRE	BUILD	REFLECT
Share something to think about	Quiet thinking time	Create and choose a question	Reason together	Agree, disagree, add	Last words

Materials (per class)

- Milestone 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

Treat all traditions with respect. Students do not have to share family customs.

ACTIVITY 03 · 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	Share and rank the milestone cards.	<i>“What did you notice?”</i>
8–20 min Questions	Students create questions in pairs and vote on one.	<i>“Which question is most interesting to talk about?”</i>
20–44 min Enquiry	Enquire into the chosen question, building on each other’s ideas.	<i>“Does growing up happen in moments or slowly?”</i>
44–50 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)

Explain whether growing up happens in moments or slowly.

ACTIVITY 03 · FACILITATOR NOTES

The philosophy in brief

Many cultures mark growing up with ceremonies and celebrations.

Philosophers note that some changes are gradual even when we mark them on one day.

Common ideas to listen for

- “On your birthday you suddenly change.” Change is usually gradual.
- “Milestones are the same everywhere.” They vary across cultures.
- “Only big events change us.” Small experiences matter too.

Adapting the activity

Support

Rank four cards.

Stretch

Design a milestone celebration for a new stage of life.

WORKSHEET 1

Milestone ranking

Name: _____

Class: _____ Date: _____

Rank.

Milestone ranking

Rank	Milestone	How it changes someone

WORKSHEET 2

Thinking moves

Use these in the enquiry.

Thinking moves

Thinking move	My example
I agree with... because...	
I disagree with... because...	
An example is...	
A counter-example is...	
Building on what... said...	

WORKSHEET 3

Last words

Before and after.

Why do people mark milestones? Before the enquiry I thought... Now I think... because...

FOR THE TEACHER

Assessment checklist

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

Student	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

Firsts and Milestones is a sample activity from the EduTrend Contents P4C Growing Up and Change programme (middle school, level: intermediate). 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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