dancing in your mind
FOLLOWING PHILOSOPHY
ON ITS CREATIVE PATH

a workshop plan

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welcome, wonderers!

This workshop plan offers a series of Philocreation® activities to accompany the “Dancing in your Mind” music video featuring young philosophers from Brila! It is designed as a fun, imaginative workshop for participants who regularly engage in philosophical dialogues as a Community of Philosophical Inquiry (CPI) and who want to reflect on the concept of Philosophy with the help of their facilitator! Before diving in, watch the music video together then choose how to reflect on it through a combination of the activities that interest you most.

watch the video!
Click on the television icon or on the link below to view the video on Brila’s Vimeo!

vimeo.com/brilaphilocreation/philovideo

new to philosophy?
That’s okay! Watch the video with fellow curious spirits and treat this workshop plan as a buffet of options to start getting quizzical about the role Philosophy does and could play in your life!

workshop overview

OBJECTIVE: To explore the concept of Philosophy, drawing inspiration from the video’s story
AUDIENCE: Participants aged 9 and up with previous experience with Philosophy for/with Children (P4wC) in a school, extracurricular or home setting
DURATION: 15 minutes to two hours, depending on how many activities you combine
MATERIALS:
› Enough space for participants to sit together comfortably in a circle and work in small groups
› Multimedia equipment to watch the video
› Basic art supplies and writing materials
Our unusual project started off as a very visceral dream when Brila’s director was fast asleep then turned into a music video homage to the concept of Philosophy by Brila’s youth board! It is inspired by P4wC co-founder Lipman’s notion of “following the inquiry where it leads” and by the spirit of Plato’s Allegory of the Cave… with a twist or two!

Indeed, at Brila, we imagine concepts as if they were living creatures with lessons to share with us—that’s a defining feature of our Philocreation® approach, which strives to inspire humans young and old to playfully and rigorously engage with the concepts that matter to them through philosophical dialogues and creative projects.

After a beautiful autumn day spent grooving and reflecting in the streets of Montreal—with nothing more than our big imaginations, our bold dance moves and a uHaul truck—Brila’s philo-family is proud to share our kooky conceptual creation as well as this workshop plan (designed by our kid philosophers!). We hope it gets you thinking too!

Happy wondering!

—

the Brila family

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Imagine a world where concepts are alive and living in community, as creatures with their own thoughts and feelings. Now imagine we could visit this Land of Wonder... with a very special guide: Philosophy! What might happen? What could we learn? What might leave us feeling confused, even unsettled?

This is a story about a girl who discovers this Land of Wonder. She decides she is done with being brainwashed and wants to follow her guide Philosophy—wherever it may lead. The sun in this new world is so bright it blinds her. She opens her eyes to find herself dancing with conceptual creatures like Joy and Friendship. She feels out of her element as they show her the steps to a new way of thinking.

Next Philosophy leads her to a VIP room with some of the land’s most powerful concepts: Justice. Truth. Freedom. As she starts to find her groove, she feels confident. Too confident. Philosophy shakes its head. Suddenly, she is pushed into a darker part of the land where the scary concepts lurk. Ego. Violence. Discrimination. She clings to Philosophy and it slowly pulls her away, back into the light... to meet its closest concept-companions: Peace. Humility. Collaboration. Gratitude.

With every step, she’s learning: to be thoughtful, open, responsive. Together they groove towards wisdom. Except we don’t have to imagine this story... because it already happened!

**Chorus Lyrics**

Keep on trying, doubting, asking questions. These concepts are so grand, it’s feeling out of hand. Don’t worry, you’re no longer in the dark. Ideas are what you’ll find...

When you’re dancing in your mind. Oooh-oooh, when you’re dancing in your mind.

Other people can broaden our horizons. Knowing how to wonder makes everything brighter. We don’t always get it right on the first time. Ideas can be refined...

When you’re dancing in your mind. Oooh-oooh, when you’re dancing in your mind.

Keep on trying, doubting, asking questions. These concepts are my friends, they give me a new lens, To see all that the world and life could be... Wisdom is feeling fine, when you’re dancing in your mind. Oooh-oooh, when you’re dancing in your mind.
First, get a sense of what resonated with the group by asking a few warm-up questions all together. Encourage them to draw on their imagination to envision what they think happened in the story!

- What might have caused the girl’s brainwashing before she met Philosophy in the Land of Wonder?
- What kind of character is Philosophy, the girl’s special guide? What might its personality be like and why?
- What did the girl learn in the Land of Wonder thanks to her adventure with Philosophy?
- What happens at the end of the girl’s journey in the Land of Wonder?
- Based on the video, what is Philosophy’s role as a special guide? What kind of advice might it give?

Next, explore the group’s own perspectives on the story as if they were living it themselves. Get them to work in pairs or small teams then share their ideas about the questions that intrigued them most.

- What might “Dancing in your Mind” mean, based on the story and the lyrics? How do you dance in your mind?
- How would you feel if you were in the girl’s shoes? Would your own journey in the Land of Wonder be similar or different? Why?
- What might the girl tell her friends and family after returning from the Land of Wonder? What might be the highlights of her adventure and why? What might be the challenges and why?
- If you got to visit the Land of Wonder, which concepts would you want to meet and why? Which would you want to avoid and why?

Imagine you were interviewed about how Philosophy has affected your life, like the kids at the end of the video. What would you say and why?
In your workshop space, create a line between two labels: “Agree” and “Disagree.” Explain to participants that you will be reading out different statements one at a time about the concept of Philosophy and, in response, they can place themselves along the line according to what they think about each statement, using the middle space if they think “it depends” or are unsure. Proceed through the statements, getting participants to provide reasons for their positions and change their minds as necessary by moving along the line. Spend as much or as little time on each statement as the enthusiasm dictates!

- **Philosophy should**... always be done with others.
- **Philosophy should**... be fun.
- **Philosophy should**... be hard work.
- **Philosophy should**... make us confused.
- **Philosophy should**... challenge ideas that matter to us.
- **Philosophy should**... change our life.
- **Philosophy should**... be part of everyone’s life.

**part three**

**dialogue**

After the dialogue, take a moment to reflect: Does the group better appreciate the concept of Philosophy now? Draw or diagram your insights!
Part Four

Creation

After the dialogue about Philosophy, invite participants to choose among the creative experimentations below to playfully engage with the story and its concepts. Afterwards, ask them to share their creations and how their understanding of Philosophy has evolved!

Photography

Conceptual Images

Explore the space around you to find proof of the story’s concepts hiding in plain sight, then take a creative photo of each with a caption explaining your choice. How does that image symbolize the concept?

- Something that represents Friendship.
- Something that sparks Joy.
- Something you associate with Freedom.
- Something that could prevent Violence.
- Something that makes you feel Peace.
- Something that could foster Collaboration.
- Something that could stop Discrimination.
- Something that fills you with Gratitude.

Drawing

Conceptual Comic

Imagine a meeting in the Land of Wonder between the girl and an intriguing concept of your choice. Write a comic in three to five panels that tells the story of their time together! What is the concept like and why? What do they do and talk about?

Music

Conceptual Lyrics

Write your own lyrics inspired by the concept and character of Philosophy to add to the song about the Land of Wonder. What do you want to express? What style best suits your ideas—a rock opera, rap or ballad?

Dance

Conceptual Choreography

Imagine what it might mean to dance in your mind, then think up the routine that best reflects what you pictured! What movements could represent the concept of Philosophy and why? Try out your dance to music!

Theatre

Conceptual Skit

Create a new scene to add to the story that shows other concepts in the Land of Wonder. What do they look and act like, and why? What does the girl learn from them? Design your costumes and sets then perform your skit or film it!

Get Inspired

If you need ideas to get into the creative flow, check out some of Brita’s philozines—the publications that showcase the powerful thoughts and creations of our youth participants!
come think with us

Enjoyed this workshop? Learn more about Philocreation® by enrolling in one of Brila’s trainings in philosophical facilitation or by inviting Brila to do a workshop in your context—whether a school, an extracurricular activity or a community initiative! Better still: Come check out our real Land of Wonder: a 96-acre space in the wilderness just one hour north of Montréal, Canada! As a proud member of the international P4wC movement and an educational charity specializing in creative philosophy practices, we have hundreds of hours of tried-and-tested bilingual materials to encourage thinkers of all ages (from preschool through adulthood) to wonder aloud about life’s big questions. If you’ve got quirky, caring brains, Brila projects are for you!

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Special thanks to our collaborators... plus all the fabulous purple people who contributed their time and magic!

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