

The Peripatetics

**SESKAT Training
Toolbox**



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Description

The Peripatetics is an activity that can be used to stimulate critical thinking, self-awareness, and promote unique dialogue between participants. The activity requires time and space. The idea originates from the Peripatetic school, a philosophical school founded in 335 BC by Aristoteles in the Lyceum in Ancient Athens. It was an informal institution where members conducted philosophical and scientific inquiries.

Objectives

- To promote critical thinking, self-awareness, and creating unique dialogue within participants
- slowing down the time for self-reflection and expanding the vision of participants
- To provide the opportunity for participants to have an intimate and profound dialogue experience

Connection with Soft Skills and Emotional Intelligence

The tool deeply enhances critical thinking skills and provides the possibility for out-of-the-box self-reflection.



Resources and Materials

- No particular materials are needed.

Steps

What is important for the activity is the availability of space and time.

Space: It is crucial to have a spacious area, preferably in a natural landscape that can inspire participants' reflection. While the activity can also work in a room or online, the level of suggestion and engagement may be somewhat diminished. Allocating at least 3 hours for implementing the activity is essential.

Group Size: The group involved should consist of at least 15 people.

01

Begin by narrating the story of the Peripatetic school to the participants and explaining the instructions which are: Over the next 2-3 hours, they will contemplate profound questions (e.g., What is life? Does God exist? What is happiness? Am I doing well in my life?) while walking around the natural landscape. Upon encountering another participant, they will have the opportunity to pose their question and engage in a dialogue. When satisfied, they can move on to talk to someone else.

02

Once the allocated time is over, provide participants with the chance to spend some time in personal reflection on the experience they just lived.

Learning Outcomes

If the activity is conducted appropriately for the group, it can trigger truly intense and profound experiences of human dialogue, promoting critical thinking, self-awareness, and sometimes leading to unexpected revelations.

