

Philosophy for Children is an educational method that engages children in philosophical discussions on topics that stimulate their critical and logical thinking. This method, known as P4C, was developed by Matthew Lipman and has gained popularity in more than 60 countries. Children participating in philosophical conversations can develop their thinking skills, social openness and curiosity about the world.

In recent years, a research project has emerged to study the impact of philosophical discussions on children's understanding of emotions. Researchers want to find out how children's participation in philosophical discussions can affect their ability to understand emotions and develop cognitive skills such as reflection and understanding of emotional concepts.

This research project emphasizes that philosophizing is a cognitive process in which children formulate, consider and analyze various thoughts and beliefs. The researchers want to show how philosophy for children can support children's learning about emotions through educational dialogue. The goal is to develop children's intellectual abilities, including understanding emotions.

Understanding emotions is seen as a key component of emotional competence, which we can define as the ability to understand the nature, causes and consequences of emotions. Its main purpose is to enable the child to recognize, explain and anticipate emotions, control the way they are expressed, and regulate the experience of emotions.

As part of this project, a comprehensive study is being conducted to identify the extent to which children's participation in philosophical discussions about emotions contributes to the development of their emotional knowledge and skills. Philosophy for Children assumes that philosophizing helps children think abstractly, argue and create alternative concepts.

Research into the impact of philosophical discussions on children and their understanding of emotions has the potential to yield many benefits. By participating in such discussions, children develop emotional skills, e.g., they learn to better understand their own emotions and the emotions of others, learn about the nature of mixed emotions, or self-regulation. Moreover, philosophical discussions require logical thinking, analysis and argumentation, which leads to the development of critical thinking skills. In addition, children engage in active communication, which strengthens their communication skills. All this contributes to the comprehensive emotional, intellectual and social development of children.