



Philosophy in KS2



Marcus Aurelius: born 26 April 121 – died 17 March 180 AD

Roman emperor, Marcus Aurelius Antonius was named the last of the 'good emperors' by Nicolo Machiavelli (another famous philosopher of the 13th Century). He wrote about a sort of philosophy called **Stoicism**. Stoicism gets its name from the town square **Stoa Poikile** in Athens where **Zeno of Citium** first discussed this important type of philosophy.

Stoicism teaches us that we can all find calm, take control over our own minds and look for the beautiful things in life.

Famous Stoics include:

Diogenes

Seneca the Younger

Epictetus

He famously wrote 10 rules in order to live a good life:

1. Be grateful. (keeping a gratitude journal)
2. Show empathy (understand why someone has done wrong things to you.)
3. Be mindful (be systematic in your thinking and stop caring about what other people do and say.)
4. Practice Virtuousness (be a good person even if no one notices – be honest, brave and kind.)
5. Willingly contribute (do good deeds and work)
6. Revenge is not necessary (“The best revenge is not to be like your enemy”)
7. Have patience (control your reactions to stressful things)
8. Maintain Social Relationships (have friends and family, form friendships and maintain contact with them).
9. Be genuine, modest, serene and truthful (be true to yourself and others)
10. Accept and appreciate yourself (love who you are and stop worrying about what others think of you – you can't control that)

Discussion Points:

- What can we learn about how to live from Stoicism?
- Is stoicism easy for a rich Roman emperor to practice and harder for the rest of us?