

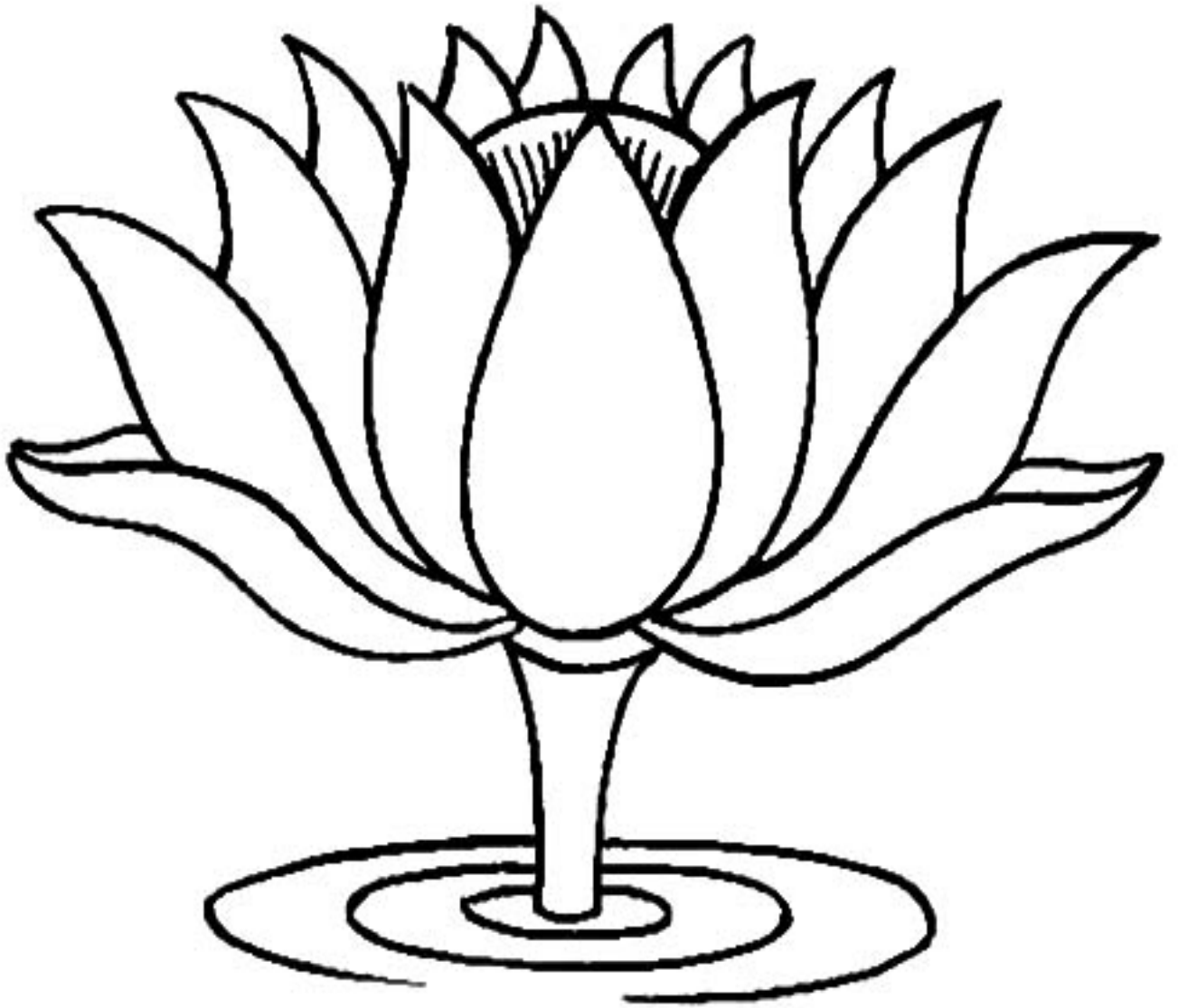
## Stage One: Term 1 Weekly Overview

Wk	Term 1
1	<b>The story of Shakyamuni Buddha (B1/U1)</b> Queen Maya's Dream
2	The Birth of Prince Siddhartha
3	The Swan
4	The Prince Grows Up
5	The Four Sights
6	The Prince Looks for Another Path
7	The Prince becomes the Buddha
8	How to be Happy and Wise
9	The Teachings of Buddha
10	The Death of Buddha

**Term One: Stage 1**
**Lesson 1: The Story of Buddha- Queen Maya's Dream**

Lesson Sequence	Time	<p>Lesson Aim: Students will be introduced to Queen Maya's Dream.</p> <p>Resources: Students will need colouring pencils and the Lotus colouring in sheet.</p>
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness to the Buddha. <b>Nam Mô Shakyamuni Buddha (3 times),</b></li> <li>2. Breathing meditation –connect mind and body to the present. <b>Next breath in, breath out breath meditation (3 times),</b></li> <li>3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, <b>followed by Chanting Amitabha student repeat after teacher (3 times)</b></li> </ol>
Story	5min	<p><b>Read the following passage to the students about Queen Maya's Dream</b></p> <p><i>About 2,600 years ago, there lived a great king named <b>Suddhodana Gotama</b>. He had a pretty wife called <b>Maya</b>. They lived at the bottom of the Himalayan Mountains in northern India.</i></p> <p><i>One night, Queen Maya had a wonderful dream. She saw a huge white elephant come into her room. It was holding a lotus flower. The elephant blew its trunk as it was walking around her bed three times.</i></p> <p><i>In the morning, the king asked his wise men about the queen's dream. They said, "Oh King! A great son will be born to Queen Maya." The king and queen were very happy with this news.</i></p>
Questioning and Discussion	5min	<p>What was the Queen's name?</p> <p>What animal did she see in her dream?</p> <p>What was the elephant holding?</p> <p>What did the wise men say about the dream?</p>
Student Activity	5min	Students will colour in the picture of the lotus flower.

## The Lotus Flower



**Term One: Stage 1****Lesson 2: The Birth of Prince Siddhartha**

Lesson Sequence	Time	Lesson Aim: Students will become familiar with the birth place of Prince Siddhartha.  Resources: Students will need colouring pencils
Chanting	10 min	<ol style="list-style-type: none"><li>1. Recite name of Master Buddha-express gratefulness t the Buddha. <b>Nam Mô Shakyamuni Buddha (3 times),</b></li><li>2. Breathing meditation –connect mind and body to the present. <b>Next breath in, breath out breath meditation (3 times),</b></li><li>3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, <b>Followed by Chanting Amitabha student repeat after teacher (3 times)</b></li></ol>
Story	5min	<p><b>-Recap previous lesson about Queen Maya’s dream</b></p> <p><b>-Read the following passage to the students about the birth of Prince Siddhartha</b></p> <p><i>On the day of the full moon in May, Queen Maya gave birth to Prince Siddhartha in a pretty royal park. All the trees were in flower. The bees were humming around the fresh flowers. The birds were singing sweetly. Everyone was happy because a prince had been born.</i></p>
Questioning and Discussion	5min	<p>When was the prince born?</p> <p>What was the prince named?</p> <p>What was special about the trees?</p> <p>Why was everyone happy?</p>
Student Activity	5min	Students will colour in the picture of the birth of Prince Siddhartha



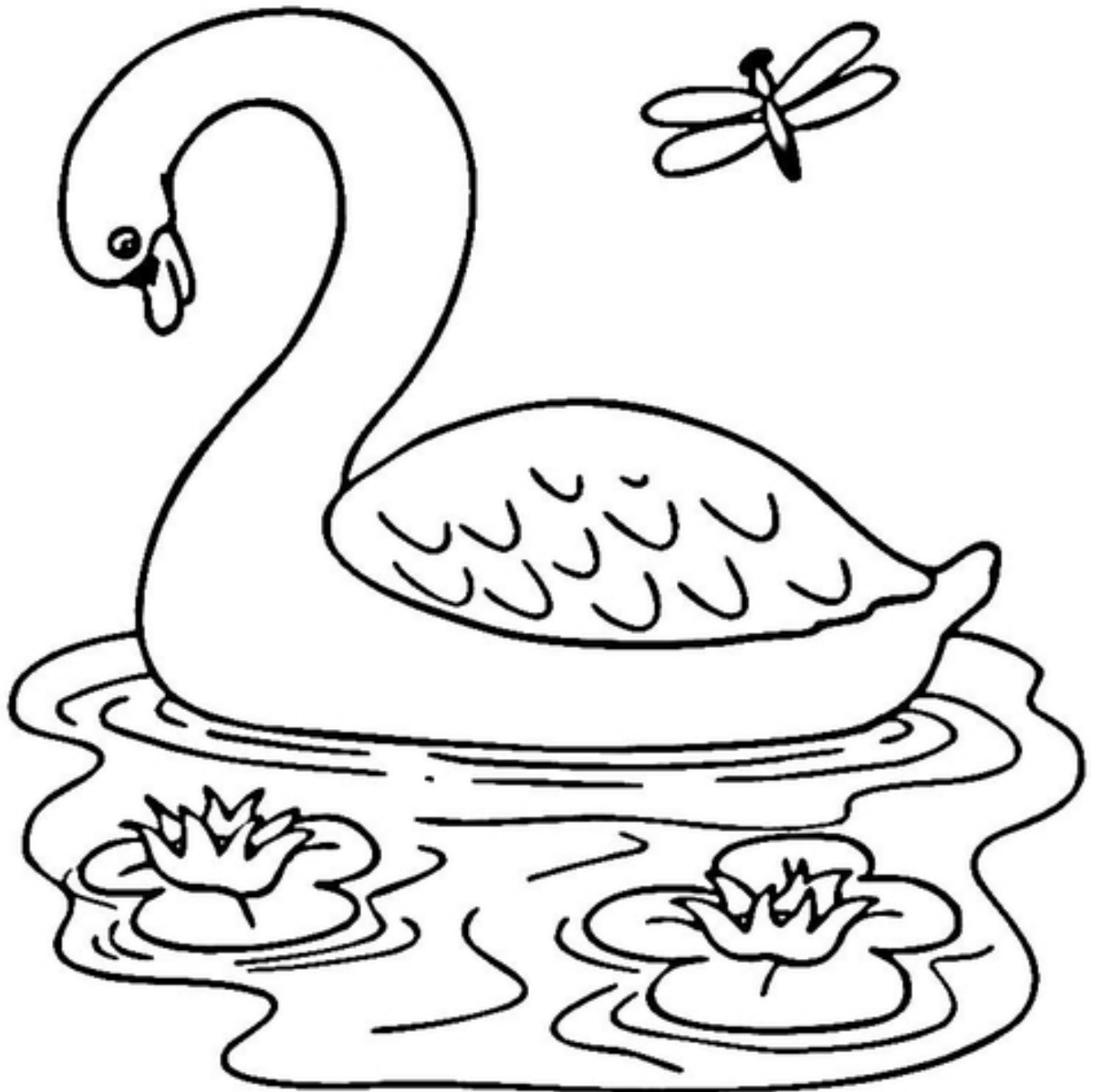
## The Birth of Prince Siddhartha



**Term One: Stage 1****Lesson 3: The Swan**

Lesson Sequence	Time	Lesson Aim: For students to learn that Prince Siddhartha knew that all living creatures wanted to live and not die. We must respect all living creatures.  Resources: Students will need colouring pencils and Swan colouring in sheet.
Chanting	10 min	<ol style="list-style-type: none"><li>1. Recite name of Master Buddha-express gratefulness t the Buddha. <b>Nam Mô Shakyamuni Buddha (3 times),</b></li><li>2. Breathing meditation –connect mind and body to the present. <b>Next breath in, breath out breath meditation (3 times),</b></li><li>3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, <b>Followed by Chanting Amitabha student repeat after teacher (3 times)</b></li></ol>
Story	5min	<p><b>-Read the following passage to the students about The Swan.</b></p> <p><i>The prince was very kind. He never hurt anything, not even the smallest animals.</i></p> <p><i>One day, his cousin shot a swan. It fell to the ground and was badly hurt. The prince felt sorry for it. He picked it up and looked after it. He knew that all animals wanted to live and that they did not want to die.</i></p>
Questioning and discussion	5min	<p>What animal did the prince's cousin shoot? (A swan).</p> <p>What did the prince do? (He looked after it).</p> <p>Why did the prince save the swan? (He knew animals wanted to live, not die).</p>
Student Activity	5min	Students will colour the picture of the in the swan.

Colour in the swan.



## Term One: Stage 1

## Lesson 4: The Prince Grows Up

Lesson Sequence	Time	<p>Lesson Aim: Students will learn the kind and companionate characteristics of Prince Siddhartha.</p> <p>Resources: Students will need led pencils and the name tracing worksheet.</p>
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness t the Buddha. <b>Nam Mô Sakyamuni Buddha (3 times),</b></li> <li>2. Breathing meditation –connect mind and body to the present. <b>Next breath in, breath out breath meditation (3 times),</b></li> <li>3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, <b>Followed by Chanting Amitabha student repeat after teacher (3 times)</b></li> </ol>
Story	5min	<p><b>-Read the following passage to the students about The prince growing up.</b></p> <p><i>In the palace, the prince had many teachers. He was a very good student. His father wished that one day he would become a great king.</i></p> <p><i>The prince grew up to be a strong, handsome, young man. He married a beautiful girl. They lived happily together.</i></p>
Questioning and discussion	5min	<p>Where did the prince learn? (In the palace)</p> <p>What sort of student was the prince? (He was a good student).</p> <p>What did the prince's father wish he would become? (King).</p>
Student Activity	10min	<p>Students will trace and then write the princes name. Fast finishing students will write a sentence about the prince.</p>

Trace the prince's name

*Prince Siddhartha*

Write the prince's name

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(Extension activity)- Write a sentence about the prince.

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## Term One: Stage 1

## Lesson 5: The Four Sights

Lesson Sequence	Time	<p>Lesson Aim: Students will learn about the four sights witnessed by the Prince, which led him to go and find a new path.</p> <p>Resources: Students will need led pencils and the Four Sights worksheets.</p>
Chanting	10 min	<p>1. Recite name of Master Buddha-express gratefulness t the Buddha.  <b>Nam Mô Shakyamuni Buddha (3 times),</b>  2-Breathing meditation –connect mind and body to the present.  <b>Next breath in, breath out breath meditation (3 times),</b>  3-Chanting Amitabha- peaceful Buddha- lead to complete mindfulness,  <b>Followed by Chanting Amitabha student repeat after teacher (3 times)</b></p>
Story	5 min	<p><b>-Read the following passage to the students about The Four Sights</b></p> <p><i>One day, when the prince visited a village, he saw four people: one sick, one old, one dead and a holy man. The first three made him very sad. The holy man made him think about what it meant to be happy.</i></p> <p><i>At the age of twenty-nine, the prince gave up his palace life. He left his family to find a path that will make everyone happy.</i></p>
Questioning and discussion	5 min	<p>What were the four sights the prince saw?</p> <p>What did the holy man make him think about?</p> <p>Why did the prince leave his family?</p>
Student Activity	10 min	<p>Students will label the four sights correctly.</p>



Label the Four Sights correctly

Sick  
Old  
Dead  
Holy man



**Term One: Stage 1**
**Lesson 6: The Prince Looks for Another Path**

Lesson Sequence	Time	<p>Lesson Aim: Students will learn what Prince Siddhartha endured to find a new path.</p> <p>Resources: Students will need led pencils</p>
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness to the Buddha. <b>Nam Mô Shakyamuni Buddha (3 times),</b></li> <li>2. Breathing meditation –connect mind and body to the present. <b>Next breath in, breath out breath meditation (3 times),</b></li> <li>3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, <b>Followed by Chanting Amitabha student repeat after teacher (3 times)</b></li> </ol>
Story	5 min	<p><b>- Recap the story from the last lesson about the prince leaving his family.</b></p> <p><b>-Read the following passage to the students about prince looking for a new path.</b></p> <p>For the next six years, the prince went from place to place. He learnt from many wise teachers. He had a lot of hardship, but he did not give up. He kept looking for a way to get rid of sadness in the world. He became wiser day by day.</p> <p>At last, he sat under a huge Bodhi Tree. He meditated over and over on these questions, “Why do people suffer? How can I help them to be happy?”</p>
Questioning and discussion	5min	<p>How many years did the prince travel looking for another path? (6 years).</p> <p>What was the name of the tree the prince sat under? (Bodhi Tree).</p> <p>What did he do while he was sitting under the Bodhi Tree? (He mediated).</p>
Student Activity	10 min	Students will find the key words.



Find the key words

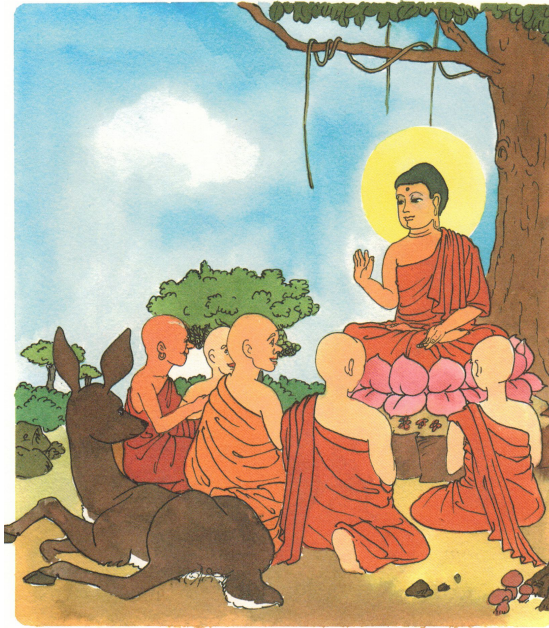
*bodhi tree wise prince path happy six*

<i>p</i>	<i>r</i>	<i>i</i>	<i>n</i>	<i>c</i>	<i>e</i>	<i>t</i>	<i>l</i>	<i>k</i>	<i>m</i>
<i>n</i>	<i>o</i>	<i>s</i>	<i>p</i>	<i>v</i>	<i>q</i>	<i>f</i>	<i>m</i>	<i>o</i>	<i>a</i>
<i>b</i>	<i>c</i>	<i>g</i>	<i>j</i>	<i>u</i>	<i>n</i>	<i>t</i>	<i>r</i>	<i>e</i>	<i>e</i>
<i>o</i>	<i>d</i>	<i>b</i>	<i>s</i>	<i>w</i>	<i>z</i>	<i>w</i>	<i>x</i>	<i>c</i>	<i>a</i>
<i>d</i>	<i>s</i>	<i>w</i>	<i>t</i>	<i>i</i>	<i>m</i>	<i>d</i>	<i>s</i>	<i>n</i>	<i>t</i>
<i>h</i>	<i>k</i>	<i>l</i>	<i>z</i>	<i>s</i>	<i>x</i>	<i>j</i>	<i>e</i>	<i>a</i>	<i>f</i>
<i>i</i>	<i>m</i>	<i>y</i>	<i>l</i>	<i>e</i>	<i>f</i>	<i>e</i>	<i>k</i>	<i>z</i>	<i>m</i>
<i>t</i>	<i>f</i>	<i>x</i>	<i>n</i>	<i>j</i>	<i>s</i>	<i>p</i>	<i>a</i>	<i>t</i>	<i>h</i>
<i>j</i>	<i>h</i>	<i>a</i>	<i>p</i>	<i>p</i>	<i>y</i>	<i>w</i>	<i>l</i>	<i>n</i>	<i>y</i>

**Term One: Stage 1****Lesson 7: The Prince Becomes Buddha**

Lesson Sequence	Time	Lesson Aim: students will learn how Prince Siddhartha became Sakyamuni Buddha.  Resources: Students will need led pencils and close passage worksheet.
Chanting	10 min	<ol style="list-style-type: none"><li>1. Recite name of Master Buddha-express gratefulness to the Buddha. <b>Nam Mô Shakyamuni Buddha (3 times),</b></li><li>2. Breathing meditation –connect mind and body to the present. <b>Next breath in, breath out breath meditation (3 times),</b></li><li>3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, <b>Followed by Chanting Amitabha student repeat after teacher (3 times)</b></li></ol>
Story	5 min	<p><b>- Recap the story from the last lesson about the prince looking for another path</b></p> <p><b>-Read the following passage to the students.</b></p> <p><i>At the age of thirty- five, he found a way for people to end their pain and sadness. From then on, he was called Buddha.</i></p> <p><i>The Buddha first told his ideas to five monks. “ There are problems in all our lives. These problems come from being selfish. If we get rid of being selfish, we could be wise and happy.”</i></p>
Questioning and discussion	5 min	<p>How old was the prince when he became Buddha? (35 years old).</p> <p>Who did Buddha first tell first ideas to? (5 Monks).</p> <p>What do we need to get rid of in order to be happy? (Selfishness).</p>
Student Activity	10 min	<p>Students will find the key words for the close passage.</p> <p>Two worksheets provided to cater for different ability groups.</p>

Close passage Activity: Fill in the missing words. (Year 2)



*Word Bank*

end

Buddha

thirty- five

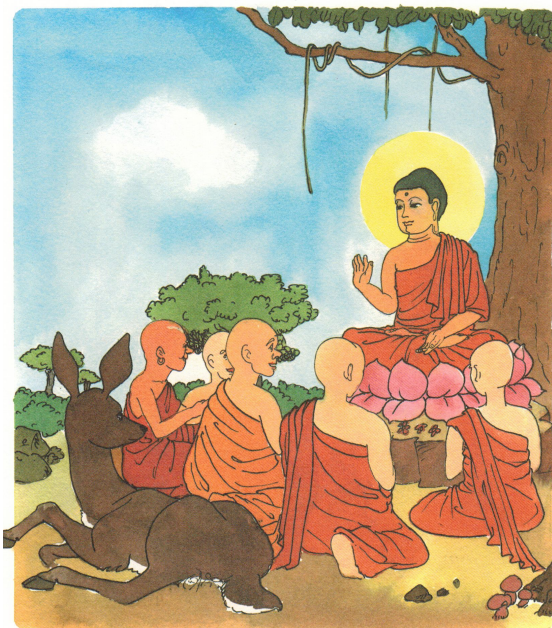
selfish

five

At the age of \_\_\_\_\_, he found a way for people to \_\_\_\_\_ their pain and sadness. From then on, he was called \_\_\_\_\_.

The Buddha first told his ideas to \_\_\_\_\_ monks. “ There are problems in all our lives. These problems come from being selfish. If we get rid of being \_\_\_\_\_, we could be wise and happy.”

Fill in the missing words. (Kindergarten and Year 1)



*Word Bank*

35

selfish

5

*Fill in the missing words.*

The prince became Buddha at the age of \_\_\_\_\_.

He first told his ideas to five \_\_\_\_\_.

Problems came from being \_\_\_\_\_.

**Term One: Stage 1****Lesson 8: How To Be Happy and Wise**

Lesson Sequence	Time	Lesson Aim: Students will learn mindfulness through Thoughts, Words and Action in order to be happy and wise.  Resources: Students will need led pencils, colour pencils and the Buddha picture.
Chanting	10 min	4. Recite name of Master Buddha-express gratefulness t the Buddha. <b>Nam Mô Shakyamuni Buddha (3 times),</b> 5. Breathing meditation –connect mind and body to the present. <b>Next breath in, breath out breath meditation (3 times),</b> 6. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, <b>Followed by Chanting Amitabha student repeat after teacher (3 times)</b>
Story	5min	- <b>Recap the story from the last lesson about the prince becoming Buddha and reinforce that ending selfishness can lead us to be happy and wise.</b>  - <b>Explain to the students the following points.</b>  We can be wise and happy if we- <ul style="list-style-type: none"><li>- Be kind to all living beings and creatures.</li><li>- Be honest.</li><li>- Have thoughts that are pure.</li></ul>
Questioning and Discussion	5 min	<b>What do we need to end in order for us to become wise and happy? (Selfishness).</b>  <b>What are three things we can do to help us be wise and happy? (be kind, be honest and have pure thoughts).</b>
Student Activity	10min	Students explain 3 ways to be happy and wise. Colour in the Buddha picture and fill in the missing words.

What are three ways that can help us to be happy and wise?

Have thoughts that are \_\_\_\_\_

Be \_\_\_\_\_

Be \_\_\_\_\_



Kind  
Honest  
Pure

**Term One: Stage 1**
**Lesson 9: The Teachings of Buddha**

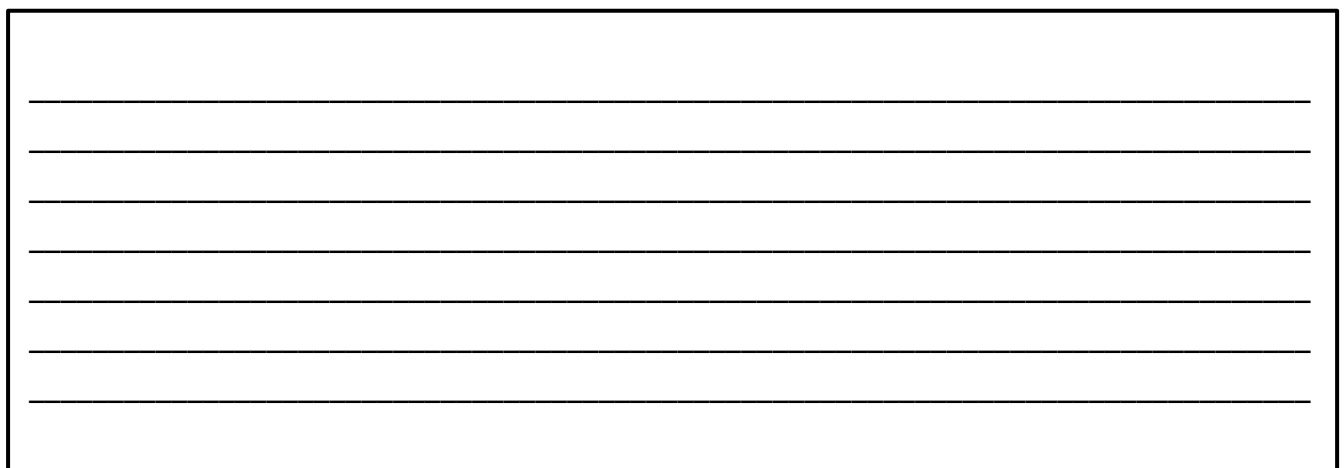
Lesson Sequence	Time	Lesson Aim: Students will learn the basic teachings of Buddha. Resources: Students will need led pencils
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness t the Buddha. <b>Nam Mô Shakyamuni Buddha (3 times),</b></li> <li>2. Breathing meditation –connect mind and body to the present. <b>Next breath in, breath out breath meditation (3 times),</b></li> <li>3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, <b>Followed by Chanting Amitabha student repeat after teacher (3 times)</b></li> </ol>
Story	5min	<p><b>- Recap the story from the last lesson about the how to be wise and happy</b> <b>- Read the following passage</b></p> <p><i>For the next forty-five years, many people, rich and poor, young and old, came to listen to the Buddha’s teachings.</i></p> <p><i>Buddha taught, “We should always think about what we do. If we do good deeds, good things will happen to us. If we do unfavourable deeds, unfavourable things will come back to us.”</i></p>
Questioning and discussion	5min	<p><b>For how many years did Buddha teach the people? (45 years).</b></p> <p><b>What should we always think about? (What we do).</b></p> <p><b>How can good things happen to us? (When we do good things, good things will happen).</b></p>
Student Activity	10 min	<p>Differentiated Activity-</p> <p>Kindergarten and Year 1 students will draw themselves doing something good.</p> <p>Year 2 can draw and write a description of their drawing.</p>

***Buddha taught, "We should always think about what we do. If we do good deeds, good things will happen to us. If we do unfavourable, unfavourable things will come back to us."***

Draw a picture of yourself doing something good.



Year 2- Describe your picture.





**Term One: Stage 1****Lesson 10: The Death of Buddha**

Lesson Sequence	Time	Lesson Aim: Students will reflect on the timeline of Buddha's life.  Activity: Students will need led pencils and a copy Buddha's timeline worksheet.
Chanting	10 min	<ol style="list-style-type: none"><li>1. Recite name of Master Buddha-express gratefulness t the Buddha. <b>Nam Mô Shakyamuni Buddha (3 times),</b></li><li>2. Breathing meditation –connect mind and body to the present. <b>Next breath in, breath out breath meditation (3 times),</b></li><li>3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, <b>Followed by Chanting Amitabha student repeat after teacher (3 times)</b></li></ol>
Story	5 min	<p><b>- Recap the story from the last lesson about Buddha's teachings</b></p> <p><i>Buddha advised his followers to rely on his Teaching and Discipline, to work hard and to end suffering.</i></p> <p><i>Buddha passed away at the age of eighty.</i></p>
Questioning and discussion	5 min	<b>Discuss the timeline of Buddha's life.</b>
Student Activity	10min	Students take turns to choose one thing they learned about Buddha's life to discuss with a partner first and then the rest of the class.

## The Timeline of Buddha's life

