

## Stage One: Term 2 Weekly Overview

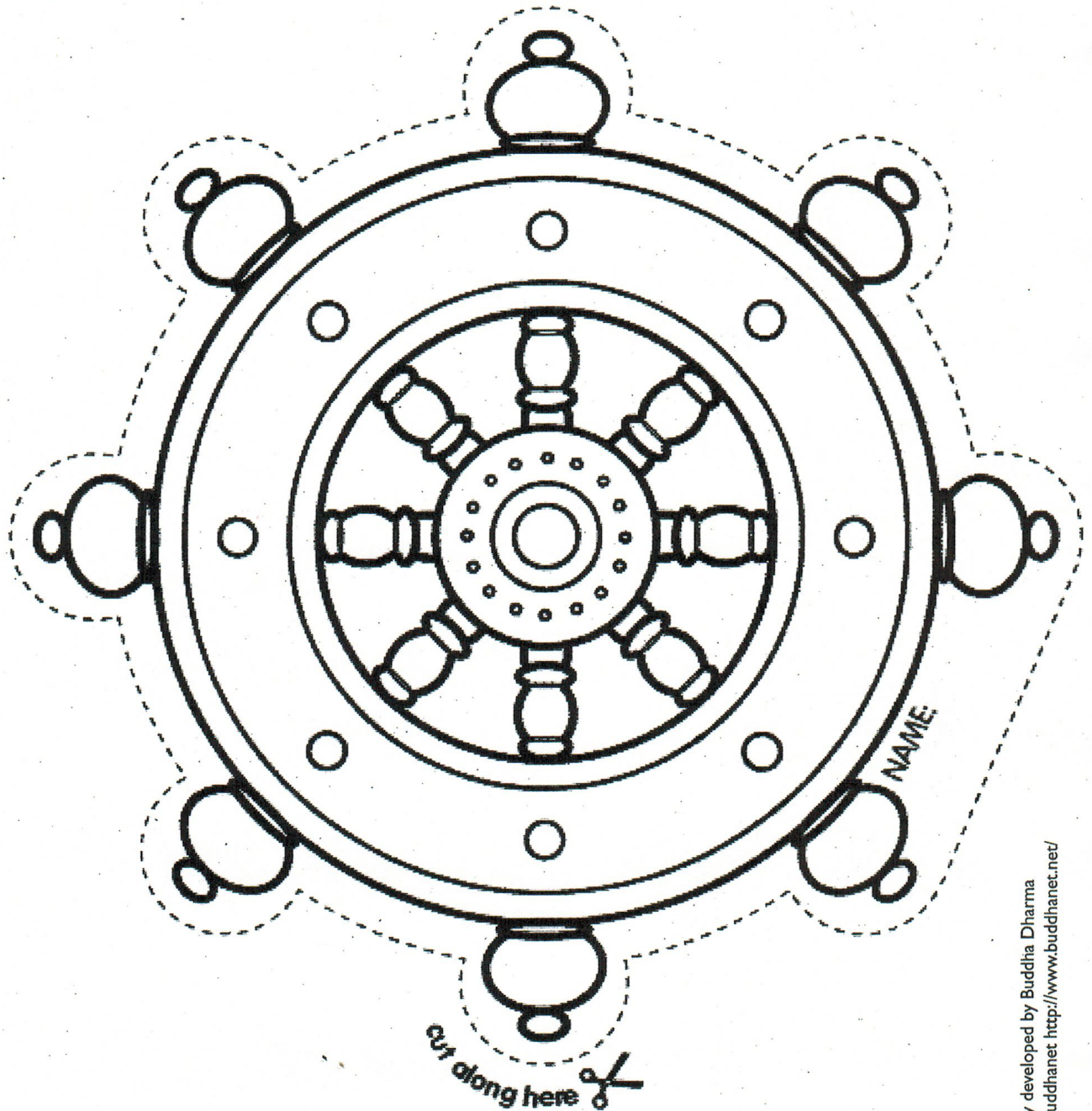
Wk	Term 2
1	<b><i>The Dharma</i></b> (BI/U2) Introduction to the Dharma (the teachings of the Buddha)
2	Do not do bad
3	
4	
5	Do Good
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7	
8	Keep your mind healthy
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10	

## Term Two: Stage 1      Lesson 1: The Dharma (The Teaching of the Buddha)

Lesson Sequence	Time	Lesson Aim: Students will be introduced to The Dharma (The Teaching of the Buddha)  Resources: The Dharma Wheel worksheet, scissors and coloured pencils.
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>The Dharma</b></p> <p>The main teachings of the Buddha are:</p> <p><b>Do Not Do Bad</b></p> <p><b>Do Good</b></p> <p><b>Keep Your Mind Clean</b></p> <p><b>Dharma</b> is the teachings of the Buddha. It teaches us how to live wisely and happily. It tells us how to face and solve problems.</p> <p>When we follow the Dharma, it brings much happiness and peace.</p> <p>If we do good and keep our mind clean, we can live happy and wise.</p>
Questioning and Discussion	5min	Teacher will drive a discussion with students through brainstorming good things they can do which will lead to their and other's happiness.
Student Activity	5min	Students colour and cut out the Dharma wheel.

**Term Two: Stage 1    Activity 1: The Dharma (The Teaching of the Buddha)**

Coulour and cut out the Dharma Wheel



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## Term Two: Stage 1 Lesson 2: The Dharma – Do Not Do Bad

Lesson Sequence	Time	Lesson Aim: Students will be introduced to The Dharma (The Teaching of the Buddha) Do Not Do Bad
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness 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>The Dharma - Revise the introduction to The Dharma</b></p> <p>The main teachings of the Buddha are:</p> <p><b>Do Not Do Bad , Do Good, Keep Your Mind Clean</b></p> <p><b>Dharma</b> is the teachings of the Buddha. It teaches us how to live wisely and happily. It tells us how to face and solve problems. When we follow the Dharma, it brings much happiness and peace. If we do good and keep our mind clean, we can live happy and wise.</p> <p><b>Do Not Do Bad</b>  <b>Be kind to all living Beings</b>  Killing animals and being cruel to them is bad. Like us, animals do not want to get hurt. We should not harm them; not even just for fun.</p> <p><b>Respect other peoples property</b>  Stealing is bad. People who have their money or things stolen will be very sad.</p> <p><b>Be honest</b>  Telling lies is bad. Telling lies even for fun may get people into trouble. We should always tell the truth.</p>
Questioning and Discussion	5min	Teacher will drive a discussion about being kind to all living beings.
Student Activity	5min	<p>Students to work in groups to role-play a scenario about being kind to animals.</p> <p>For example- stopping someone from being cruel to an animals</p>

## Term Two: Stage 1 Lesson 3: The Dharma – Do Not Do Bad

Lesson Sequence	Time	Lesson Aim: Students will be introduced to The Dharma (The Teaching of the Buddha) Do Not Do Bad
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness the Buddha. <b>Nam Mô Shakyamuni Buddha (3 times),</b></li> <li>1. Breathing meditation –connect mind and body to the present. <b>Next breath in, breath out breath meditation (3 times),</b></li> <li>2. 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>The Dharma - Revise the introduction to The Dharma</b></p> <p>The main teachings of the Buddha are:</p> <p><b>Do Not Do Bad , Do Good, Keep Your Mind Clean</b></p> <p><b>Dharma</b> is the teachings of the Buddha. It teaches us how to live wisely and happily. It tells us how to face and solve problems. When we follow the Dharma, it brings much happiness and peace. If we do good and keep out mind clean, we can live happy and wise.</p> <p><b>Do Not Do Bad</b>  <b>Be kind to all living Beings</b>  Killing animals and being cruel to them is bad. Like us, animals do not want to get hurt. We should not harm them; not even just for fun.</p> <p><b>Respect other peoples property</b>  Stealing is bad. People who have their money or things stolen will be very sad.</p> <p><b>Be honest</b>  Telling lies is bad. Telling lies even for fun may get people into trouble. We should always tell the truth.</p>
Questioning and Discussion	5min	Teacher will drive a discussion about being respectful towards other people's property.
Student Activity	5min	<p>Students to work in groups to role-play a scenario about avoidance of theft.</p> <p>For example- helping someone to make the decision not to steal</p>

## Term Two: Stage 1 Lesson 4: The Dharma – Do Not Do Bad

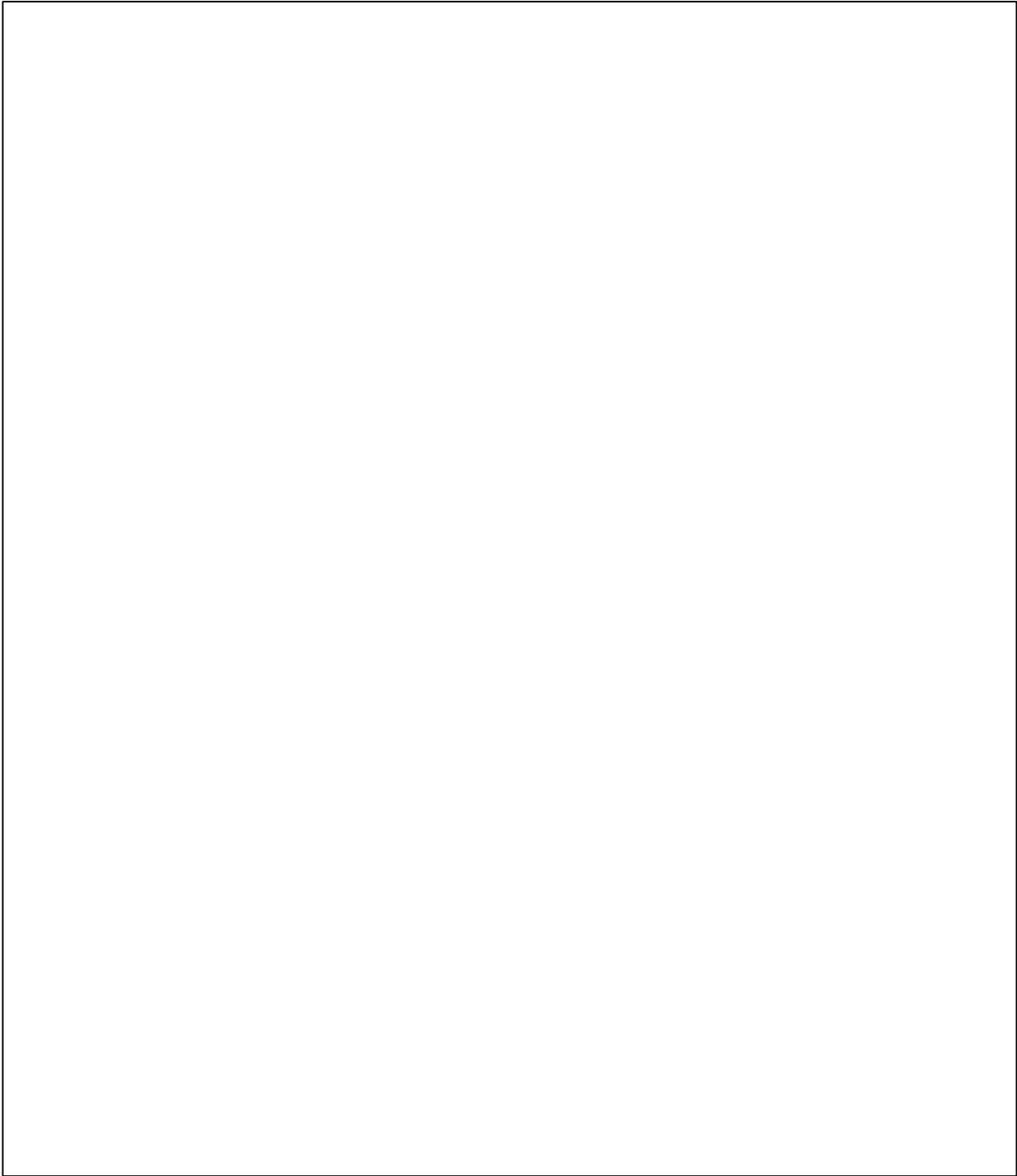
Lesson Sequence	Time	Lesson Aim: Students will be introduced to The Dharma (The Teaching of the Buddha) Do Not Do Bad
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness the Buddha. <b>Nam Mô Shakyamuni Buddha (3 times),</b></li> <li>2. Breathing 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>The Dharma - Revise the introduction to The Dharma</b></p> <p>The main teachings of the Buddha are:</p> <p><b>Do Not Do Bad , Do Good, Keep Your Mind Clean</b></p> <p><b>Dharma</b> is the teachings of the Buddha. It teaches us how to live wisely and happily. It tells us how to face and solve problems. When we follow the Dharma, it brings much happiness and peace. If we do good and keep out mind clean, we can live happy and wise.</p> <p><b>Do Not Do Bad</b>  <b>Be kind to all living Beings</b>  Killing animals and being cruel to them is bad. Like us, animals do not want to get hurt. We should not harm them; not even just for fun.</p> <p><b>Respect other peoples property</b>  Stealing is bad. People who have their money or things stolen will be very sad.</p> <p><b>Be honest</b>  Telling lies is bad. Telling lies even for fun may get people into trouble. We should always tell the truth.</p>
Questioning and Discussion	5min	Teacher will drive a discussion about being honest.
Student Activity	5min	<p>Students to work in groups to role-play a scenario about being honest.</p> <p>For example- reminding someone to tell the truth.</p>

## Term Two: Stage 1 Lesson 5: The Dharma – Do Good

Lesson Sequence	Time	Lesson Aim: Students will be introduced to The Dharma (The Teaching of the Buddha) Do Good  Resources: Activity 3- Do Good worksheet
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness 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>The Dharma - Revise the introduction to The Dharma</b></p> <p>The main teachings of the Buddha are:</p> <p><b>Do Not Do Bad , Do Good, Keep Your Mind Clean</b></p> <p><b>Dharma</b> is the teachings of the Buddha. It teaches us how to live wisely and happily. It tells us how to face and solve problems. When we follow the Dharma, it brings much happiness and peace. If we do good and keep out mind clean, we can live happy and wise.</p> <p><b>Do Good</b></p> <p>We should respect our parents and teachers. They are ready to help us and give us good advice. They deserve our respect.</p> <p>We should help one another. Everyone needs help at times. Helping each other will make everybody happy.</p> <p>We should make friends with good people. They will help us to become better people. It is best to keep away from people who do bad.</p>
Questioning and Discussion	5min	Teacher will drive a discussion with students through brainstorming good things they can do which will lead to their and other's happiness.
Student Activity	5min	Students draw a picture of themselves doing something good.

**Term Two: Stage 1    Activity 5: The Dharma – Do Good**

*Draw something good that you do at home.*

A large, empty rectangular box with a thin black border, intended for a student to draw something good they do at home.

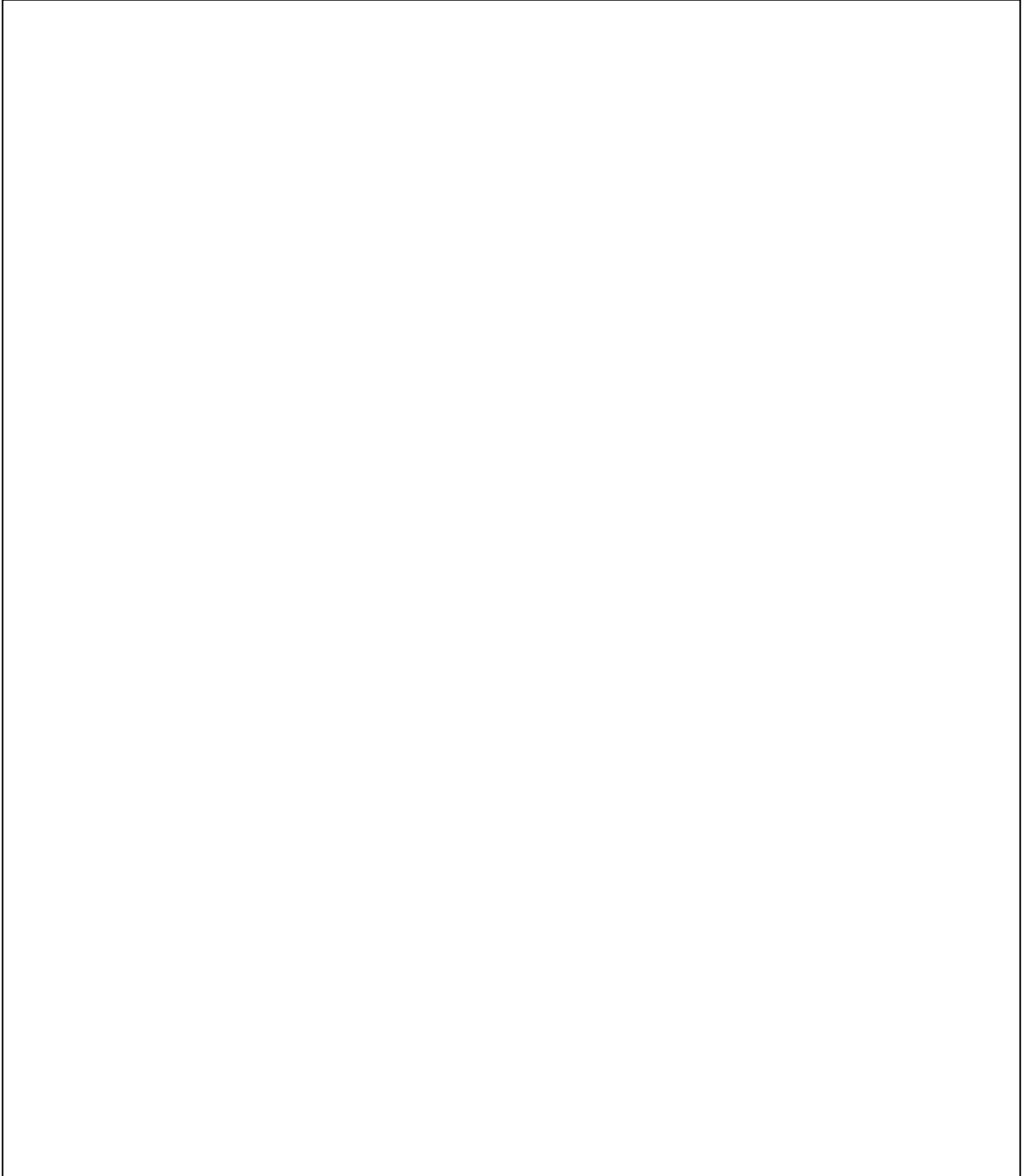


## Term Two: Stage 1 Lesson 6: The Dharma – Do Good

Lesson Sequence	Time	<p>Lesson Aim: Students will be introduced to The Dharma (The Teaching of the Buddha) Do Good</p> <p>Resources: Activity 3- Do Good worksheet</p>
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness 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>The Dharma - Revise the introduction to The Dharma</b></p> <p>The main teachings of the Buddha are:</p> <p><b>Do Not Do Bad , Do Good, Keep Your Mind Clean</b></p> <p><b>Dharma</b> is the teachings of the Buddha. It teaches us how to live wisely and happily. It tells us how to face and solve problems. When we follow the Dharma, it brings much happiness and peace. If we do good and keep our mind clean, we can live happy and wise.</p> <p><b>Do Good</b></p> <p>We should respect our parents and teachers. They are ready to help us and give us good advice. They deserve our respect.</p> <p>We should help one another. Everyone needs help at times. Helping each other will make everybody happy.</p> <p>We should make friends with good people. They will help us to become better people. It is best to keep away from people who do bad.</p>
Questioning and Discussion	5min	Teacher will drive a discussion with students through brainstorming good things they can do which will lead to their and other's happiness.
Student Activity	5min	Students draw a picture of themselves doing something good at school.

**Term Two: Stage 1    Activity 6: The Dharma – Do Good**

*Draw something good that you do at school.*

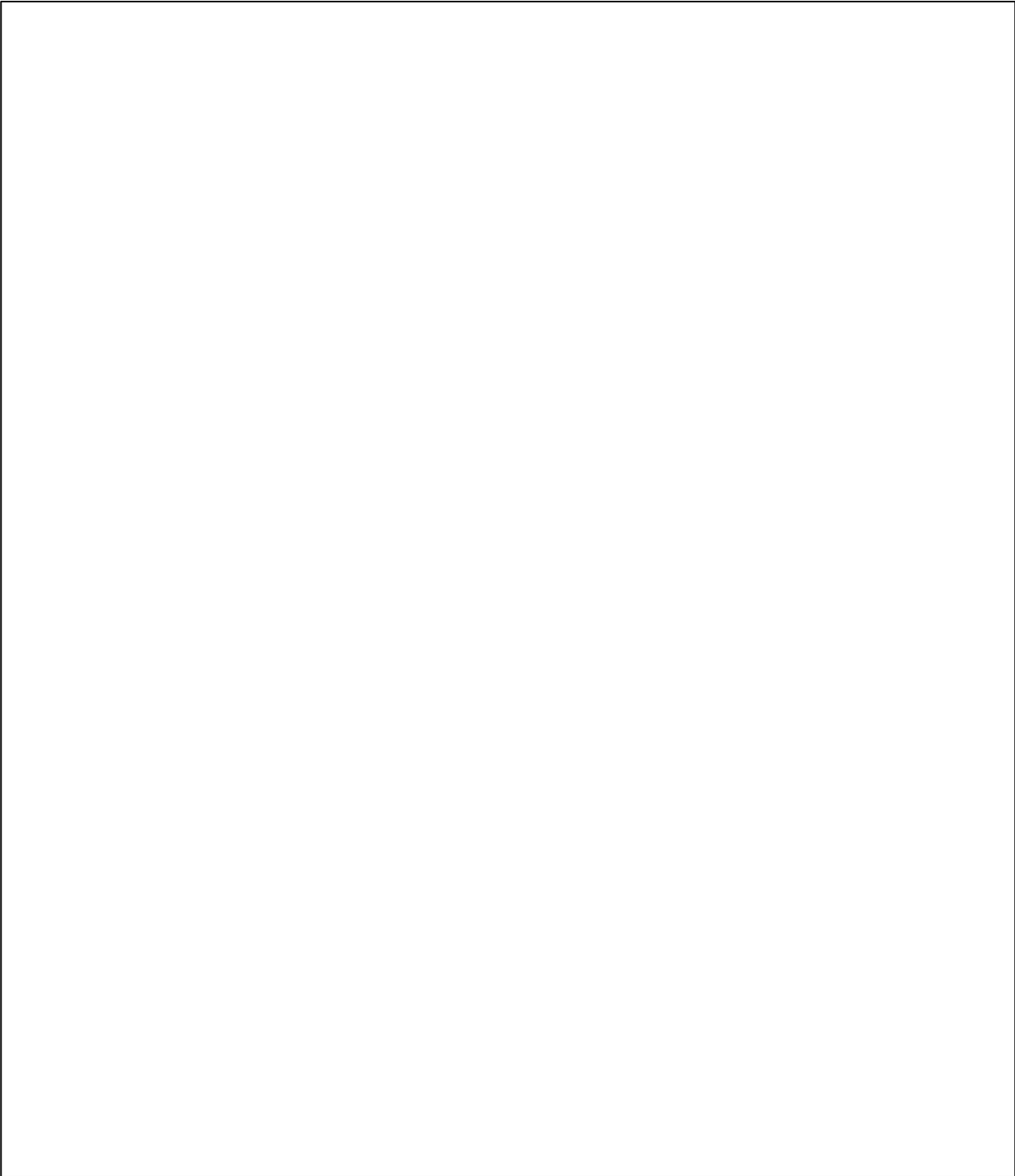
A large, empty rectangular box with a thin black border, intended for a student to draw something good they do at school.

## Term Two: Stage 1 Lesson 7: The Dharma – Do Good

Lesson Sequence	Time	<p>Lesson Aim: Students will be introduced to The Dharma (The Teaching of the Buddha) Do Good</p> <p>Resources: Activity 3- Do Good worksheet</p>
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness 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>The Dharma - Revise the introduction to The Dharma</b></p> <p>The main teachings of the Buddha are:</p> <p><b>Do Not Do Bad , Do Good, Keep Your Mind Clean</b></p> <p><b>Dharma</b> is the teachings of the Buddha. It teaches us how to live wisely and happily. It tells us how to face and solve problems. When we follow the Dharma, it brings much happiness and peace. If we do good and keep our mind clean, we can live happy and wise.</p> <p><b>Do Good</b></p> <p>We should respect our parents and teachers. They are ready to help us and give us good advice. They deserve our respect.</p> <p>We should help one another. Everyone needs help at times. Helping each other will make everybody happy.</p> <p>We should make friends with good people. They will help us to become better people. It is best to keep away from people who do bad.</p>
Questioning and Discussion	5min	Teacher will drive a discussion with students about playing nicely with their friends.
Student Activity	5min	Students draw a picture of themselves playing nicely with their friends.

**Term Two: Stage 1    Lesson 7: The Dharma – Do Good**

*Draw yourself playing nicely with your friends.*



## Term Two: Stage 2      Lesson 8: The Dharma – Keep Your Mind Healthy

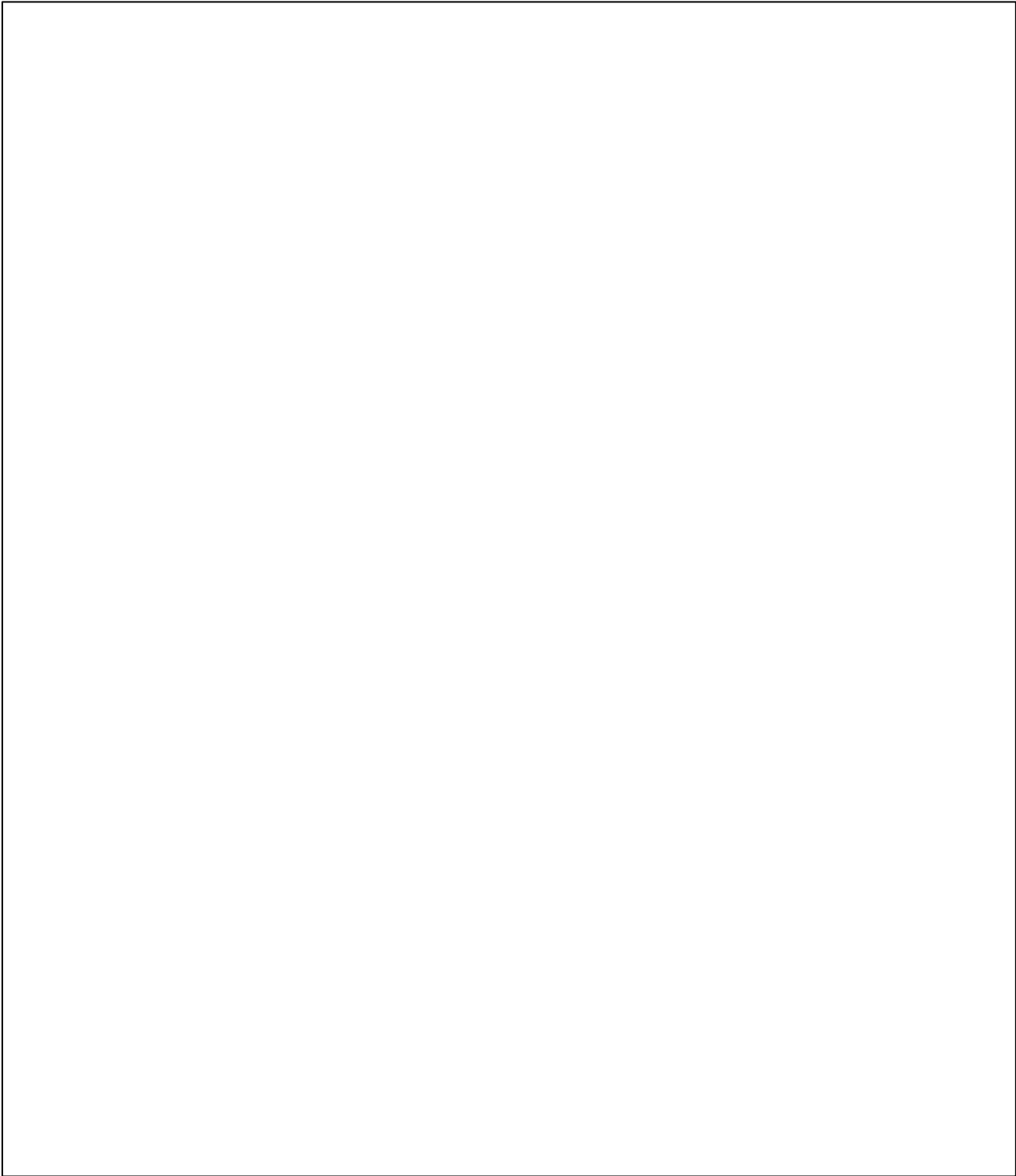
Lesson Sequence	Time	Lesson Aim: Students will be introduced to The Dharma (The Teaching of the Buddha) Do Good  Resources: Activity 3- Do Good worksheet
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness the Buddha. <b>Nam Mô Shakyamuni Buddha (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>The Dharma - Revise the introduction to The Dharma</b></p> <p>The main teachings of the Buddha are:</p> <p><b>Do Not Do Bad , Do Good, Keep Your Mind Clean</b></p> <p><b>Dharma</b> is the teachings of the Buddha. It teaches us how to live wisely and happily. It tells us how to face and solve problems. When we follow the Dharma, it brings much happiness and peace. If we do good and keep our mind clean, we can live happy and wise.</p> <p><b>Keep Your Mind Clean</b>  <b>Selfish Thoughts</b>  Selfish thoughts make our minds unclean. When people are selfish, they only think about themselves. We should have clean thoughts.</p> <p><b>Greedy Thoughts</b>  Being greedy as it makes our minds unclean. When we are greedy and eat too much, we can get ill and feel terrible. In the same way, wanting too much of anything, such as toys and games, is not good for us. We should not have greedy thoughts.</p> <p><b>Keep Your Mind Clean</b>  Angry thoughts make your mind unclean. When we lose our temper easily, we upset other people. Then no one wants to be our friend and we will be sad. So we should not have angry thoughts.</p>
Questioning and Discussion	5min	Teacher will drive a discussion with students through brainstorming good things they can do which will lead to their and other's happiness.
Student Activity	5min	Students discuss in groups about sharing toys with their friends. Teacher to choose group leaders to present ideas to the class.

## Term Two: Stage 2      Lesson 9: The Dharma – Keep Your Mind Healthy

Lesson Sequence	Time	Lesson Aim: Students will be introduced to The Dharma (The Teaching of the Buddha) Do Good  Resources: Activity 3- Do Good worksheet
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness 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>The Dharma - Revise the introduction to The Dharma</b></p> <p>The main teachings of the Buddha are:</p> <p><b>Do Not Do Bad , Do Good, Keep Your Mind Clean</b></p> <p><b>Dharma</b> is the teachings of the Buddha. It teaches us how to live wisely and happily. It tells us how to face and solve problems. When we follow the Dharma, it brings much happiness and peace. If we do good and keep our mind clean, we can live happy and wise.</p> <p><b>Keep Your Mind Clean</b>  <b>Selfish Thoughts</b>  Selfish thoughts make our minds unclean. When people are selfish, they only think about themselves. We should have clean thoughts.</p> <p><b>Greedy Thoughts</b>  Being greedy as it makes our minds unclean. When we are greedy and eat too much, we can get ill and feel terrible. In the same way, wanting too much of anything, such as toys and games, is not good for us. We should not have greedy thoughts.</p> <p><b>Keep Your Mind Clean</b>  Angry thoughts make your mind unclean. When we lose our temper easily, we upset other people. Then no one wants to be our friend and we will be sad. So we should not have angry thoughts.</p>
Questioning and Discussion	5min	Teacher will drive a discussion with students about not being greedy and to eat only what they need.
Student Activity	5min	Students draw a picture of themselves sharing their food with family or friends.

**Term Two: Stage 1    Lesson 9: The Dharma – Keep Your Min Healthy**

*Draw yourself sharing food with your family and friends.*



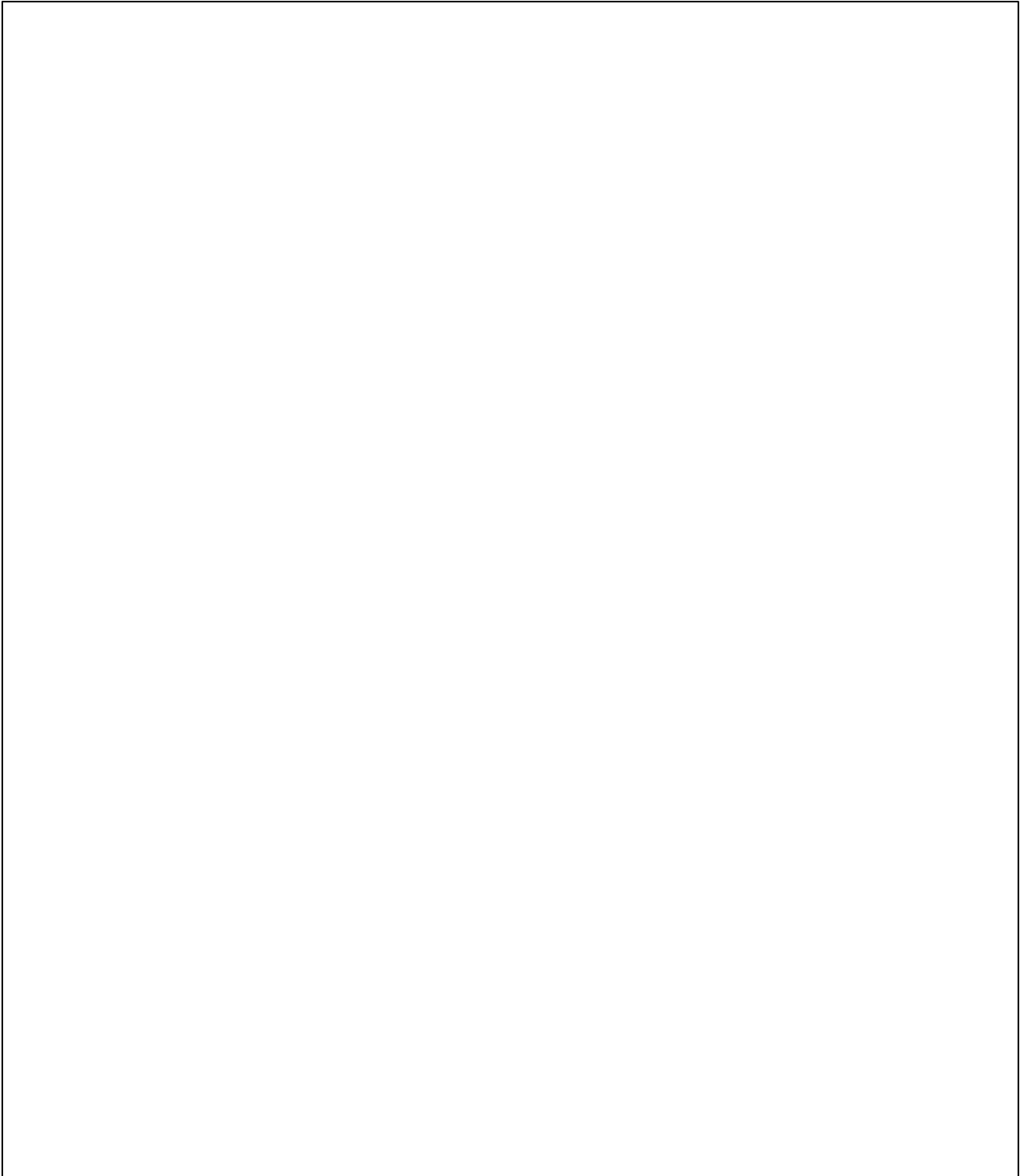
## Term Two: Stage 2      Lesson 10: The Dharma – Keep Your Mind Healthy

Lesson Sequence	Time	<p>Lesson Aim: Students will be introduced to The Dharma (The Teaching of the Buddha) Do Good</p> <p>Resources: Activity 3- Do Good worksheet</p>
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express gratefulness 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>The Dharma - Revise the introduction to The Dharma</b></p> <p>The main teachings of the Buddha are:</p> <p><b>Do Not Do Bad , Do Good, Keep Your Mind Clean</b></p> <p><b>Dharma</b> is the teachings of the Buddha. It teaches us how to live wisely and happily. It tells us how to face and solve problems. When we follow the Dharma, it brings much happiness and peace. If we do good and keep out mind clean, we can live happy and wise.</p> <p><b>Keep Your Mind Clean</b>  <b>Selfish Thoughts</b>  Selfish thoughts make our minds unclean. When people are selfish, they only think about themselves. We should have clean thoughts.</p> <p><b>Greedy Thoughts</b>  Being greedy as it makes our minds unclean. When we are greedy and eat too much, we can get ill and feel terrible. In the same way, wanting too much of anything, such as toys and games, is not good for us. We should not have greedy thoughts.</p> <p><b>Keep Your Mind Clean</b>  Angry thoughts make your mind unclean. When we lose our temper easily, we upset other people. Then no one wants to be our friend and we will be sad. So we should not have angry thoughts.</p>
Questioning and Discussion	5min	<p>Teacher will drive a discussion with students about not being angry. Teacher will give some suggestions on how to stay calm and think about other people's feelings.</p>
Student Activity	5min	<p>Students draw a picture of themselves doing something that makes them happy.</p>



**Term Two: Stage 2    Activity 10: The Dharma – Keep Your Mind Healthy**

*Draw yourself doing something that makes you happy.*

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