

### Stage One: Term 3 Weekly Overview

Wk	Term 3
1	<b><i>The Sangha</i></b> (BI/U3) Introduction to the Sangha (people who spread the Dharma)
2	Monks
3	Nuns
4	Lay people
5	Review: Why is the Sangha important?
6	<b>The Tripple Gem (B1/U4)</b> Introduction to the triple Gem
7	The Buddha
8	The Dharma
9	The Sangha
10	Review: Why is the Triple Gem important?

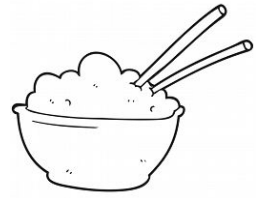
### Term Three: Stage One, Lesson 1: *The Sangha*

Introduction to the Sangha (people who spread the Dharma)

Lesson Sequence	Time	Lesson Aim: To outline some key features of The Sangha and for students to gain appreciation for Nuns and Monks. Resources: Food offering drawing page
Chanting	10 min	<ol style="list-style-type: none"><li>1. Recite name of Master Buddha-express respect and gratefulness to the <b>Shakyamuni Buddha</b>. <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>
Lesson Information	5min	<p><b>The Sangha</b> The Sangha is a group of monks or nuns. They practice the Dharma. They spread Buddha's teachings to help people become happier and wiser.</p> <p><b>Clothing</b> Their robes and clothing are simple and made from cotton or linen.</p> <p><b>Shaven head</b> Buddhist monks and nuns shave their heads. They are easy to recognise with their shaven heads. The time they would have spent on caring for their hair is spent on more important activities like meditating, studying Buddisim scriptures or chanting.</p> <p><b>Alms bowl</b> Offering food to monks and nuns is a part of Buddhist appreciation. They accept what is given to them; It's part of being humble.</p>
Questioning and Discussion	5min	Ask students to explain 1 point they remember about The Sangha, their clothing, shaven head or Alms bowl. Teacher to write answers on the board.
Student Activity	5min	Students will draw a picture of themselves making a food offering.

**Term Three: Stage One, Activity 1: *The Sangha* – Food Offering**

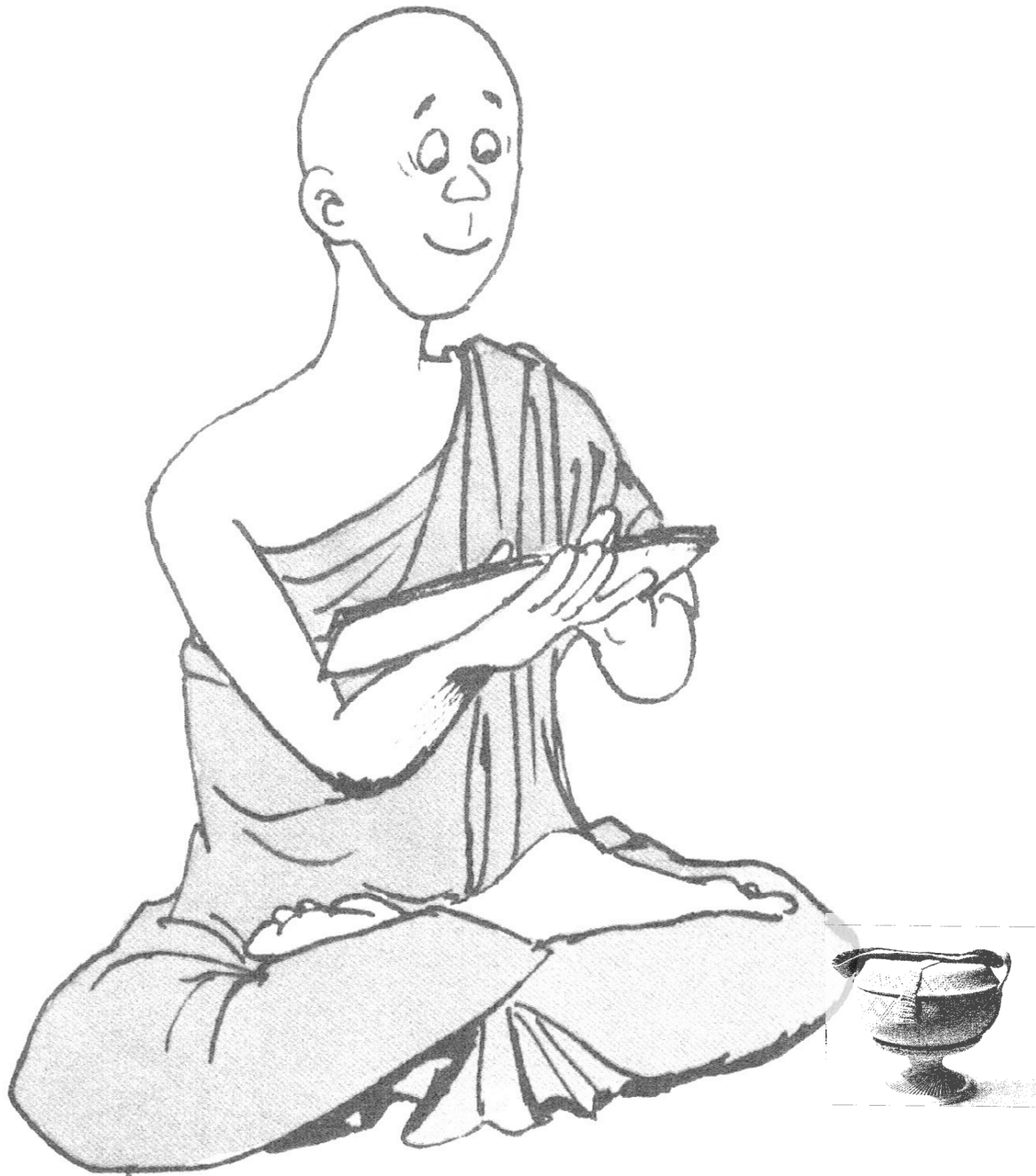
Students will draw a picture of themselves making a food offering.



## Term Three: Stage One, Lesson 2: *Monks*

Lesson Sequence	Time	Lesson Aim: To outline some key characteristics of Monks  Resources: The Monk colouring page.
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express respect and gratefulness to the <b>Shakyamuni Buddha</b>. <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>
Lesson Information	5min	<p><b>Monks</b></p> <p><b>Shaven head</b> Buddhist monks are men shave their heads because it is more important to serve others rather than looking after their appearance. They sacrifice their outer appearances so that they spend more time on important activities like studying Buddhism scripture, meditating, or chanting rather than grooming their hair.</p> <p><b>Clothing</b> Their robes are simple and made from cotton or linen. The colour of the robe is yellow. Yellow represents The Middle Path. <b>(Teacher can explain that the Middle Path means to be happy with what you have).</b></p> <p><b>Alms bowl</b> Monks give up their lives to help others. They can not earn a living to help them survive. People Offer food to monks and this is a part of Buddhist practice. Monks do not choose their food and they learn to be grateful for whatever they are given. <i>This practice helps them to be humble.</i></p>
Questioning and Discussion	5min	Ask students to explain 1 point they remember about The Monks, their clothing, shaven head or Alms bowl. Teacher to write answers on the board.
Student Activity	5min	Students will colour in the picture of the Monk.

**Term Three: Stage One, Activity 2: *Monks***  
Colour in the picture of the Monk



### Term Three: Stage One, Lesson 3: *Nuns*

Lesson Sequence	Time	Lesson Aim: To outline some key characteristics of Nuns  Resources: The Nun colouring page.
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express respect and gratefulness to the <b>Shakyamuni Buddha</b>. <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>
Lesson Information	5min	<p><b>Nuns</b></p> <p>First the Sangha only had Monks then Shakyamuni Buddha allowed women to serve Buddhism and they are called Nuns.</p> <p><b>Shaven head</b> Like the Monks, the Nuns shave their heads because it is more important to serve others rather than looking after their appearance. They sacrifice their outer appearances so that they spend more time on important activities like studying Buddhism scripture, meditating, or chanting rather than grooming their hair.</p> <p><b>Clothing</b> Their robes and clothes are the same as the Monks, they are simple and made from cotton or linen. The colour of the robe is yellow. Yellow represents The Middle Path. <b>(Teacher can explain that the Middle Path means to be happy with what you have).</b></p> <p><b>Alms bowl</b> Nuns give up their lives to help others. They can not earn a living to help them survive. People Offer food to monks and this is a part of Buddhist practice. Monks do not choose their food and they learn to be grateful for whatever they are given. <i>This practice helps them to be humble.</i></p>
Questioning and Discussion	5min	Ask students to explain 1 point they remember about The Nuns, their clothing, shaven head or Alms bowl. Teacher to write answers on the board.
Student Activity	5min	Students will colour in the picture of the Nun.

**Term Three: Stage One, Activity 3: *Nuns***

Colour in the picture of the Nun



## Term Three: Stage One, Lesson 4: *Lay People*

Lesson Sequence	Time	Lesson Aim: To outline some key characteristics of Lay People  Resources: Lay People activity page
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express respect and gratefulness to the <b>Shakyamuni Buddha</b>. <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>
Lesson Information	5min	<p><b>Lay People</b></p> <p>People who are not monks or nuns can also study Buddha’s teachings. They are called <b>Lay People</b>. They respect Shakyamuni Buddha, the Dharma and the Sangha. Lay people are friendly and peaceful to everybody.</p> <p>When lay people have problems, they go to monks and nuns for advice. To thank them for their good advice, lay people offer monks and nuns food and clothing as a sign of gratefulness. They highly respect monks and nuns as special people in the community.</p>
Questioning and Discussion	5min	Ask students to explain 1 point they remember about Lay people. Teacher to write answers on the board.
Student Activity	5min	Students will colour in the picture of the Lay people.



Term Three: Stage One, Activity 4 : *Lay People*



Daddy is doing meditation,  
it helps him to relax after  
a hard day's work.

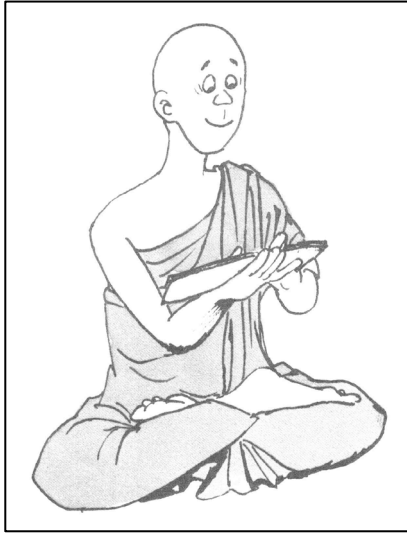


## Term Three: Stage One, Lesson 5 : *Review of The Sangha, Monks, Nuns and Lay People*

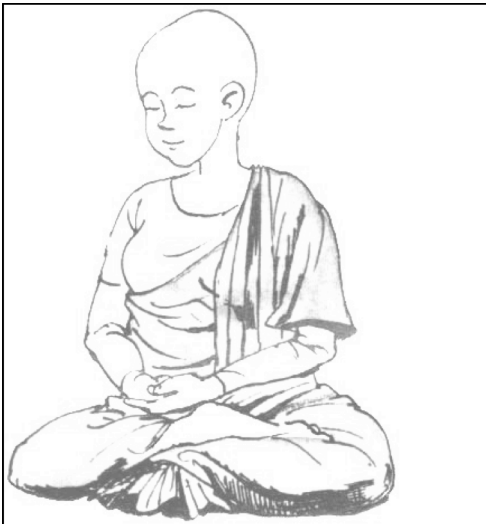
Lesson Sequence	Time	Lesson Aim: To outline some key characteristics of Lay People  Resources: Review 5 worksheet
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express respect and gratefulness to the <b>Shakyamuni Buddha</b>. <b>Nam Mô Shakyamuni Buddha (3 times),</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>
Lesson Information	5min	<p><b>Review lessons taught so far. Remind students that –</b></p> <ul style="list-style-type: none"> <li>• The Sangha is a group of monks or nuns. They practice the Dharma. They spread Buddha's teachings to help people become happier and wiser.</li> <li>• Buddhist monks are men shave their heads because it is more important to serve others rather than looking after their appearance.</li> <li>• First the Sangha only had Monks then Shakyamuni Buddha allowed women to serve Buddhism and they are called Nuns.</li> <li>• Their robes are yellow</li> <li>• Lay People are not monks or nuns; they can also study Buddha's teachings.</li> </ul>
Questioning and Discussion	5min	<p>Ask students to explain 1 point they remember about The Sangha, Monks, Nuns or Lay People. Teacher to write answers on the board.</p>
Student Activity	5min	<p>Students will match the correct label to the correct picture.</p>

Term Three: Stage One, Activity 5: *Review of The Sangha, Monks, Nuns and Lay People*

Draw a line to match the correct label



Nun



Lay people



Monk

### Term Three: Stage One, Lesson 6: *The Triple Gem*

Lesson Sequence	Time	Lesson Aim: To outline some key characteristics of The triple Gem  Resources: Tripple Gem word colour page
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express respect and gratefulness to the <b>Shakyamuni Buddha</b>. <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>
Lesson Information	5min	<p><b>The Triple Gem</b></p> <p>The Buddha, the Dharma and the Sangha are called the <b>Triple Gem</b>. The Triple Gem is very special to Buddhists. They pay respect to the Buddha, learn the Dharma, and follow the advice of the Sangha. Buddhists believe they can become wise and happy by paying respect to The Triple Gem.</p>
Questioning and Discussion	5min	Ask students to recall the 3 key aspects of the Triple Gem Teacher to write answers on the board.
Student Activity	5min	Students will colour the words that represent the Triple Gem.

**Term Three: Stage One, Activity 6: *The Triple Gem***

**Colour in the words that represent The Triple Gem**

BUDDHA

DHARMA

SANGHA

## Term Three: Stage One, Lesson 7: *Buddha*

Lesson Sequence	Time	Lesson Aim: To introduce Buddha as the first Gem Resources: Students will need the Buddha worksheet, scissors and coloured pencils.
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni 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>
Lesson Information	5min	<p><b>The First Gem- Buddha</b></p> <p>The Buddha is the first gem for Buddhists.</p> <ul style="list-style-type: none"> <li>– <i>He is the founder of Buddhism</i></li> <li>– <i>He found the Truth.</i></li> <li>– <i>He is the most honoured person in Buddhism.</i></li> <li>– <i>He represents wisdom.</i></li> <li>– <i>He taught us how to find happiness through wisdom and love.</i></li> </ul>
Questioning and Discussion	5min	Ask children to recall the above points about Buddha, teacher will write the points on the board.
Student Activity	10min	- Students will cut out and colour in the image of Buddha

### Term Three: Stage One, Activity 7: *Buddha*

#### Instructions

1. Cut out the drawing of the Buddha along the dotted lines.
2. Colour in.

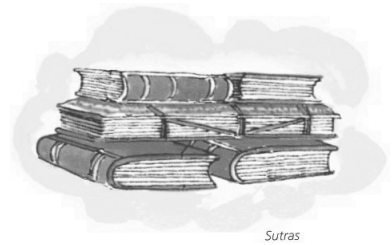


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### Term Three: Stage One, Lesson 8: *The Dharma*

Lesson Sequence	Time	Lesson Aim: To introduce The Dharma as the second Gem Resources: The Dharma worksheet
Chanting	10 min	<ol style="list-style-type: none"> <li>Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni Buddha. <b>Nam Mô Shakyamuni Buddha (3 times),</b></li> <li>Breathing meditation –connect mind and body to the present. <b>Next breath in, breath out breath meditation (3 times),</b></li> <li>Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, <b>followed by Chanting Amitabha student repeat after teacher (3 times)</b></li> </ol>
Lesson Information	5min	<p><b>The Second Gem- The Dharma</b></p> <p>The Dharma is the second gem for Buddhists.</p> <ul style="list-style-type: none"> <li><i>It is the teachings of the Buddha.</i></li> <li><i>It shows the Truth.</i></li> <li><i>It helps us to gain happiness.</i></li> </ul>
Questioning and Discussion	5min	Ask children to recall the above points about The Dharma, teacher will write the points on the board.
Student Activity	10min	<ul style="list-style-type: none"> <li>Students will write the missing words about the Dharma.</li> <li>Teacher to guide students to the correct answer.</li> </ul>





**Write the missing word**

## The Second Gem- The Dharma

The  is the second gem for Buddhists.

It is the teachings of the .

It shows the .

It helps us to gain .

Dharma

Buddha

truth

happiness

### Term Three: Stage One, Lesson 9: *The Sangha*

Lesson Sequence	Time	Lesson Aim: To introduce The Sangha as the Third Gem Resources: The Sangha worksheet
Chanting	10 min	<ol style="list-style-type: none"><li>1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni 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>
Lesson Information	5min	<b>The Third Gem- The Sangha</b>  The Sangha is the third gem for Buddhists. <ul style="list-style-type: none"><li>– <i>It is a group of monks or nuns.</i></li><li>– <i>It represents purity.</i></li><li>– <i>It sets a good example for Buddhists to follow.</i></li></ul>
Questioning and Discussion	5min	Ask children to recall the above points about The Sangha, teacher will write the points on the board.
Student Activity	10min	Students will draw a group of nuns and monks to represent the Sangha.

**Term Three: Stage One, Activity 9: *The Sangha***

Draw a group of Nuns and Monks to represent the Sangha

***The Sangha***

### Term Three: Stage One, Lesson 10: *Why is The triple Gem Important?*

Lesson Sequence	Time	Lesson Aim: To help students understand the importance of the Dharma. Resources: The Triple Gem activity page.
Chanting	10 min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni 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>
Lesson Information	5min	<p><b><i>Why Is The triple Gem Important?</i></b></p> <p>The Triple Gem is important because it represents the master <i>Shakyamuni Buddha</i>, The Dharma (his teachings) and the Sangha (his disciples who deliver Buddha’s teachings).</p> <p>Buddha is the person who found the way to help people live a happy and healthy life.</p> <p>The Dharma is the teaching of Buddha.</p> <p>The Sangha pass on the teachings of Buddha.</p>
Questioning and Discussion	5min	<p>Ask children to recall the above points about The Triple Gem.</p> <p>Teacher will write the points on the board.</p>
Student Activity	10min	Students will put the Triple Gem in the correct order.

**Term Three: Stage One, Activity 10: *The Triple Gem***

Write the Triple Gem in the correct order.

1.

2.

3.

The Dharma

The Sangha

The Buddha