

**TERM THREE: STAGE THREE WEEKLY OVERVIEW**

Wk	Term 3
1	<p align="center"><b><i>Life of the Buddha (2)</i></b> The Decision to Renounce (DB/LB11)</p>
2	<p align="center">The Easy Path, The Hard Path &amp; the Middle Path (DB/LB13)</p>
3	<p align="center">Sujata's Offering: Breaking from the Peer Group (DB/LB15)</p>
4	
5	<p align="center">The Great Battle (DB/LB16)</p>
6	<p align="center">Awakened! (DB/LB17)</p>
7	<p align="center">Enlightenment (DB/LB18)</p>
8	
9	<p align="center">The Buddha Returns to His Family (DB/LB23)</p>
10	<p align="center">The Final Days: Be a Lamp unto Yourself (DB/LB25)</p>

## Term Three: Stage 3 Lesson 1: Life of Buddha: The Decision to Renounce

Lesson Sequence	Time	Lesson Aim: To understand what Prince Siddhartha had to give up in order to begin his search for truth.  Resources: Activity 1. Worksheet- Listing things the Prince had to give up.
Chanting	10min	<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>
Story	5min	<p><b>The Decision to Renounce</b></p> <p>After Prince Siddhartha witnessed the four sights he began to think about <i>the suffering of old age, sickness, death, and the serene sight of a noble person. He thought about the impact that all four sights had on all beings.</i></p> <p>The king feared from the day of his son’s birth that he may one day leave the palace and as the prince grew older the king took many precautions to avoid this from happening.</p> <p>Siddhartha asked his father permission to leave the place to find the way to end all suffering. The king wished for his son to rule the place after him, however he could not <i>fulfill the prince’s three wishes that he would not get old, not get sick and would never die.</i></p> <p>The king knew that he could not make these promises. But he still could not bear to part with his son. The king ordered the guards to <i>guard the gates day and night so the prince wouldn’t escape.</i> But this did not make the prince change his mind about seeking the truth.</p> <p>One night, Siddhartha quietly entered the chamber where Yasodhara and Rahula were sleeping. He wanted to have one last look at them. He did not wake them up for fear that Yasodhara would try to persuade him to stay. With great sadness, he left the room. His decision to leave the palace did not mean that he did not love his wife and son; it meant that his love for the beings in the world was greater.</p> <p>In the still of night, Siddhartha and Channa quietly left the palace, riding the prince’s horse. The palace guards had fallen asleep. The horse jumped over the city wall, carrying Siddhartha and Channa on his back. Once out of the city, Siddhartha stopped for a last look at the palace, where he had spent so many happy years. His decision to leave everything he had loved and was privileged to behind had been made. His quest to find the truth to end suffering had begun.</p>
Question & Discussion	10min	<p>What was troubling Prince Siddhartha and what did he think he had to do? Why was it such a difficult decision? What do you think would be the most difficult to let go of? Why? Why did he still choose to go on his search?</p>
Student Activity	5min	Students will make a list of the things the Prince gave up in order to go on his search.

List what the Prince had to give up in order to follow his search?



1.
2.
3.
4.
5.
6.
7.
8.

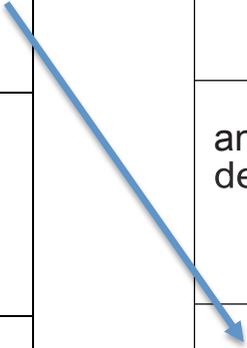
**Term Three: Stage 3 Lesson 2: The Easy Path, The Hard Path & the Middle Path**

Lesson Sequence	Time	Lesson Aim: To understand why Prince Siddhartha took the Middle Path.
Chanting	10min	<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> Chanting Amitabha- peaceful Buddha- lead to complete mindfulness,</li> <li>3. <b>followed by Chanting Amitabha student repeat after teacher (3 times)</b></li> </ol>
Story	5min	<p><b>The Easy Path, The Hard Path &amp; the Middle Path</b></p> <p>Prince Siddhartha cut off his hair and gave up all of the privileges he once enjoyed as a prince. This renunciation was a significant act of renouncing his luxurious palace life.</p> <p>After renunciation of his previous life, he travelled to a village called Magadha and learnt many things from a noble leader, Arada. The Prince knew that Arada was the most respected of all nobles of that time and the prince learned much from him. However, the prince was still not satisfied that he had found the path to end suffering.</p> <p>Next Prince Siddhartha went to Nairangana River where he met the five nobles who practiced an extreme form of mastering pain. Prince Siddhartha did not agree with their way of self-harm.</p> <p>Alone, the prince practiced hard for 6 long years and almost starved himself to death. Prince Siddhartha accepted an offering of milk from Sujata and that gave him strength.</p> <p>He then realised that both the path of luxury and path of deprivation did not work and he had to look for a middle path. Siddhartha also remembered that as a young child he meditated under the rose apple tree and that gave him a sense of calmness and he could see things clearly.</p>
Question and Discussion	10min	Teacher will reflect on the story and recall the events in order with the students.
Student Activity	5min	Students will match the events in order.

**Term Three: Stage 3 Lesson 2: The Easy Path, The Hard Path & the Middle Path**

**Draw a line to match the events. The first one has been done for you.**

1. Prince Siddhartha cut of his hair	who practised an extreme form of mastering pain.
2. He then travelled to Magadha	and almost starved himself to death.
3. Next Prince Siddhartha went to Nairangana River where he met the five ascetics	as a significant act of renouncing his luxurious palace life.
4. For 6 long years, he practised hard	and learnt many things from Arada.
5. Prince Siddhartha accepted the offering of milk	that he would not rise from this position until he reached his goal.
6. He then realized that both the path of luxury and path of deprivation did not work	from Sujata and that gave him strength.
7. Siddhartha also remembered that as a young child	and he had to look for a middle path.
8. He made a vow under the Bodhi Tree	he meditated under the rose apple tree and that gave him a sense of calmness and he could see things clearly.



**Activity 2: The Easy Path, The Hard Path & the Middle Path –**

**ANSWER SHEET**

1. Prince Siddhartha cut off his hair	who practised an extreme form of mastering pain.
2. He then travelled to Magadha	and almost starved himself to death.
3. Next Prince Siddhartha went to Nairangana River where he met the five ascetics	as a significant act of renouncing his luxurious palace life.
4. For 6 long years, he practised hard	and learnt many things from Arada.
5. Prince Siddhartha accepted the offering of milk	that he would not rise from this position until he reached his goal.
6. He then realized that both the path of luxury and path of deprivation did not work	from Sujata and that gave him strength.
7. Siddhartha also remembered that as a young child	and he had to look for a middle path.
8. He made a vow under the Bodhi Tree	he meditated under the rose apple tree and that gave him a sense of calmness and he could see things clearly.

**Term Three: Stage 3 Lesson 3: Sujata's Offering: Breaking from the Peer Group**

Lesson Sequence	Time	Lesson Aim: To understand that it is important to do what you think is right.  Resources: Activity 3 worksheet: Fill in the missing words.
Chanting	10min	<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> Chanting Amitabha- peaceful Buddha- lead to complete mindfulness,</li> <li>3. <b>followed by Chanting Amitabha student repeat after teacher (3 times)</b></li> </ol>
Story	5min	<p><b>Sujata's Offering</b></p> <p>In a nearby village called Senani, there lived a young, beautiful and rich girl called Sujata, who wanted a husband and a son of her own. She had waited for many years and she was not successful. She began going to the banyan tree near the Neranjara river and prayed to the tree-god to give her a husband and son. She eventually got what she prayed for. She was extremely happy and decided to fulfil her vow to the tree-god for giving her all that she had asked for. She did this by making an offering of the sweetest and most nourishing milk- rice to the tree-god.</p> <p>One day, taking the delicious milk-rice with her to the banyan tree, Sujata saw what she thought to be a holy man. He sat peacefully in meditation. She bowed with respect and said, "Lord, accept my donation of milk-rice. May you be successful in obtaining your wishes as I have been".</p> <p>The Prince drank the milk-rice and then bathed in the river. When he finished, he took the golden bowl, placed it the river whilst saying, <b>"If I am to succeed in in my journey to find the path to end suffering, let this bowl go upstream, but if not, let it go downstream."</b> The golden bowl went against the natural downstream flow of the river. It went upstream instead, while keeping in the middle of the river. Because of this, he vowed to sit and meditate under the Bodhi Tree until he reached enlightenment. That was the last food and bath he had for seven weeks.</p> <p>By accepting the milk- rice from Sujata who was a woman, the prince was looked down on and criticised by the extreme group of five noble men who considered him not to be worthy enough. Therefore, they did not respect him because they thought that he was giving up self-sacrificing in order to gain the holiness.</p>
Question and Discussion	10min	<p>Ask students to share an incident where they wanted to do something and their friends wanted to do something else.</p> <p>Ask how they felt about making their own decision?</p>
Student activity		Students will complete the worksheet the fill the missing words.

Fill in the missing words.

One day, taking the delicious \_\_\_\_\_ with her to the banyan tree, \_\_\_\_\_ saw what she thought to be a holy man. He sat peacefully in \_\_\_\_\_. She bowed with respect and said, "Lord, accept my \_\_\_\_\_ of milk-rice. May you be successful in obtaining your wishes as I have been".

The Prince drank the milk-rice and then in the \_\_\_\_\_ river. When he finished, he took the golden bowl, placed it the river whilst saying, **"If I am to succeed in in my journey to find the path to end suffering, let this bowl go upstream, but if not, let it go downstream."** The golden bowl went against the natural downstream flow of the river. It went \_\_\_\_\_ instead, while keeping in the middle of the river. Because of this, he \_\_\_\_\_ to sit and meditate under the Bodhi Tree until he reached enlightenment. That was the last food and bath he had for seven weeks.

WORD BANK

meditation      upstream      milk-rice      donation

bathed      vowed      Sujata

## Term Three: Stage 3 Lesson 4: Sujata's Offering: Breaking from the Peer Group

Lesson Sequence	Time	Lesson Aim: To understand that it is important to do what you think is right. Resources: Activity 4: Scenario worksheet.
Chanting	10min	<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>
Story	5min	<p><b>Sujata's Offering</b> (re- tell story from previous lesson)</p> <p>In a nearby village called Senani, there lived a young, beautiful and rich girl called Sujata, who wanted a husband and a son of her own. She had waited for many years and she was not successful. She began going to the banyan tree near the Neranjara river and prayed to the tree-god to give her a husband and son. She eventually got what she prayed for. She was extremely happy and decided to fulfil her vow to the tree-god for giving her all that she had asked for. She did this by making an offering of the sweetest and most nourishing milk- rice to the tree-god.</p> <p>One day, taking the delicious milk-rice with her to the banyan tree, Sujata saw what she thought to be a holy man. He sat peacefully in meditation. She bowed with respect and said, "Lord, accept my donation of milk-rice. May you be successful in obtaining your wishes as I have been".</p> <p>The Prince drank the milk-rice and then bathed in the river. When he finished, he took the golden bowl, placed it the river whilst saying, <b>"If I am to succeed in in my journey to find the path to end suffering, let this bowl go upstream, but if not, let it go downstream."</b> The golden bowl went against the natural downstream flow of the river. It went upstream instead, while keeping in the middle of the river. Because of this, he vowed to sit and meditate under the Bodhi Tree until he reached enlightenment</p> <p>By accepting the milk- rice from Sujata who was a woman, the prince was looked down on and criticised by the extreme group of five noble men who considered him not to be worthy enough. Therefore they did not respect him because they thought that he was giving up self-sacrificing in order to gain the holiness.</p>
Question and discussion	5min	<p>Discuss what peer pressure is. Why it is important to keep the peace with friends?</p> <p>When will you say, "No" to your friends?</p>
Student Activity	5min	<ul style="list-style-type: none"> <li>• Divide students into about six groups,</li> <li>• Give each group a copy of the scenario.</li> <li>• Ask students to discuss the answers and write an answer in each box.</li> <li>• Each group will discuss their answers with the class.</li> </ul>

## Term Three: Stage 3 Activity 4: Sujata's Offering: Breaking from the Peer Group

### Scenario:

Meg is preparing for a spelling test in school. Kate, who is the most popular girl in class, stops her outside the classroom to tell Meg to let her copy her spelling words.

*In your group, help Meg think through the series of questions and help her decide what to do, write an answer in each box.*

1. What will happen to me if I listen to Kate? Would it help me make more friends? Will I be more popular if she lets me hang out with her? Do I want to be like her?
2. What risks will I take if I help Kate? Will I be happy with my action?
3. What is that the right thing to do?
4. How will my decision affect me?
5. What am I going to say to Kate?

<p>Meg, you have to let me copy your spelling words!</p>	

ree: Stage 3 Lesson 5: The Great Battle (DB/LB16)

Lesson Sequence	Time	Lesson Aim: Students will understand that not all goals meet with immediate success, but it is worthwhile to persevere.  Resources: Goals worksheet
Chanting	10min	<ol style="list-style-type: none"> <li>1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni Buddha. <b>Nam Mō 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 Great Battle</b></p> <p>When the prince sat down under the Bodhi tree. He silently vowed, "Even if my flesh and blood were to dry up, leaving only skin and bones, I will not leave this place until I find a way to end all suffering." He sat there for forty-nine days. He was determined to discover the source of all pain and suffering in the world.</p> <p>Mara, the evil demon, tried to scare him into giving up his mission. For example, Mara hoped to lure Siddhartha into having selfish thoughts by sending visions of his beautiful daughters. But the prince's nature and holiness protected him from evil influence.</p> <p>During this time, Siddhartha was able to see things as they truly were. Now he had finally found the answer to suffering: "The cause of suffering is greed, selfishness and stupidity. If people get rid of these negative emotions, they will be happy."</p> <p>During a full-moon night in May, Siddhartha went into deep meditation. As the morning star appeared in the eastern sky,(on the forty nights days) he became an enlightened one, a Buddha(an awoken one). He was thirty-five years old.</p> <p>When the Buddha stood up at last, he looked at the tree in gratitude, to thank it for having given him shelter. From then on, the tree was known as the Bodhi tree, the tree of Enlightenment</p>
Question and discussion	5min	<p>Prince Siddhartha had to be very strong to resist all the attacks from Mara. We all get criticised or attacked for doing what we think is right at some point.</p> <p>The story tells us that it took the Buddha many, many lifetimes to achieve his goal of Enlightenment. He tried many different ways, many times.</p> <p>Discuss the following two sentence starters</p> <ol style="list-style-type: none"> <li>1. <i>When I am criticised or put down for doing what is right I will say to myself.....</i></li> <li>2. <i>If I do not reach my goal this time I will say to myself.....</i></li> </ol> <p>Ask some students to share answers with the class.</p>
Student Activity	5min	Students will make a goal and list 3 steps they will take to achieve it.

*Write a goal you wish to achieve.  
List 3 steps you can take to achieve your goal.*

*My goal*

*My goal is:*

---

---

*Steps I need to take to reach my goal are:*

1. \_\_\_\_\_

2. \_\_\_\_\_

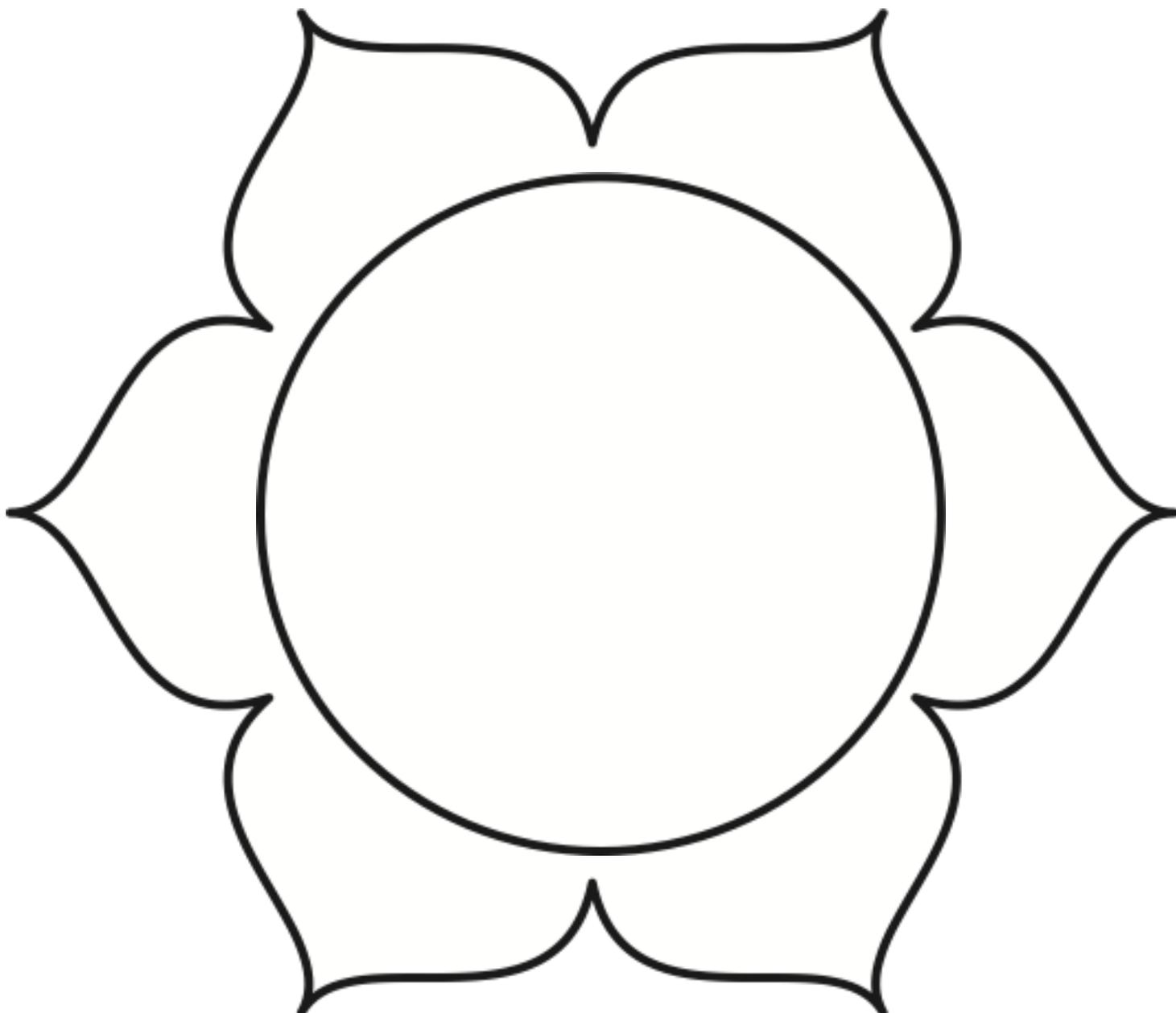
3. \_\_\_\_\_

## Term Three: Stage 3 Lesson 6: Awakened

Lesson Sequence	Time	Lesson Aim: For students to appreciate the highest human potential Resources: Mandala worksheet
Chanting	10min	<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>
Story	5min	<p><b>Awakened</b></p> <p>Buddha spent 49 days meditating under the Bodhi tree. Through this he was awakened by being able to become deeply absorbed in meditation, and reflect on his experience of life, he became determined to find its truth.</p> <p>We meditate to help manage our thoughts. There are several types of meditation. That(<u>replace the first one</u>) is the physical meditation, which is breathing. The other types of meditation are concerned with the mind. Through meditation we can block negative thoughts and increase the positive. This will help us reach a peaceful, relaxed and healthy state of mind and this in turn will strengthen our ability to concentrate and focus.</p> <p><b><i>In physical mediation</i></b> we sit quietly, relax, either close our eyes or look down on the tip of our nose. Place palms upwards on our lap, put the right palm on top of the left, fingers close together, the tips of our thumbs touching and whole body relaxed.</p> <p>Focus on breathing. Place thoughts on the air going in as we inhale and think of the air going out as we exhale. This is continued until we reach complete relaxation in a set time. Be aware of all the sounds around you as you continue to focus on breathing.</p> <p><b><i>Mindful meditation</i></b> can be done during movements of walking, sitting and sleeping. This will help us to be aware of the physical movements we are doing. We can focus on the effort to be aware and awake during each movement. This is known as mindfulness mediation.</p>
Question and discussion	5min	Explain to the students that - A mandala is a drawing made inside the shape of a circle. The shape is unifying. Mandalas create a unified context for symbols, ideas and imaginings to be explored.
Student Activity	5min	<p>Ask students to ask students to draw their experiences in meditation.</p> <p>Students will draw a mandala that depicts for them a clear, open, fully awakened mind.</p>

**Term Three: Stage 3 Lesson 6: Awakened**

Draw a mandala of your experiences in meditation that depicts for your clear, open, fully awakened mind.



## Term Three: Stage 3 Lesson 7: Enlightenment

Lesson Sequence	Time	Lesson Aim: To follow the process of Prince Siddhartha's enlightenment.  Resources: The pyramid worksheet- Processes the Prince took to reach enlightenment.
Chanting	10min	<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>
Story	5min	<p><b>Enlightenment</b> At the age of 29, Siddhartha began the homeless life of a monk. Siddhartha then studied with a sage named Uddaka Ramaputta. He learned how to make his mind very still and empty of all thoughts and emotions. But he still did not understand the mystery of life and death, and did not find the complete freedom from suffering that he sought. Siddhartha thanked his teacher and left. But, this time, he decided to find the ultimate truth by his own wisdom and effort.</p> <p>Siddhartha practiced various forms of asceticism for six years. He reduced his eating more and more until he ate nothing at all. He became extremely thin, but still he did not want to give up such practice. One day, while meditating alone he fainted, exhausted by the ascetic practices.</p> <p>From then on, Siddhartha began eating normally. Soon his health was completely restored. It was clear to him now that asceticism was not the way to enlightenment. However, his five friends continued with their ascetic practices. One morning, a girl named Sujata offered Siddhartha some delicious milk-rice porridge and wished him to be successful in obtaining his goal.</p> <p>On the same day, Siddhartha accepted an offering of straw from a straw-peddler, made a seat from it and sat down to meditate under a large Bodhi tree, facing east. He made a commitment to achieve his goal, to find a way of freedom from suffering, for all sentient beings.</p> <p>As he meditated, Siddhartha let go of all outside disturbances, and memories of pleasures from the past. He let go of all worldly thoughts and turned his mind to finding the ultimate truth about life. He asked himself: "How does suffering start? How can one be free from suffering?" At first many distracting images appeared in his mind. But finally his mind became very calm. In the calm of deep meditation, Siddhartha concentrated on how his own life had started</p> <p>First, Siddhartha remembered his previous lives. Next, he saw how beings are reborn according to the law of cause and effect, or karma. He saw that good deeds lead the way, from suffering to peace. Then he saw that the origin of suffering is being greedy, which arises from thinking that we are more important than everybody else. Finally, he became completely free from thinking in a way that caused him any suffering. This freedom is called nirvana. So, at the age of 35, Siddhartha became the Buddha, the Supreme Enlightened One.</p>
Question and discussion	5min	Discuss the process of Prince Siddhartha's enlightenment and his becoming a Buddha.
Student Activity	5min	<p>Ask students to draw their own diagrammatic representation of the process. Encourage them to draw slowly and thoughtfully.</p> <p>The drawings should represent –</p> <p>In the first level, draw the luxurious life in the palaces (easy path), in the second level draw the yoga life, in the third level draw the 5 ascetics (hard path), in the fourth level the milk offering (middle path), in the fifth level the battle with Mara, in the sixth level draw the Buddha with the Bumispāra mudra (fingers touching the earth) and end with Enlightenment at the pinnacle.</p>

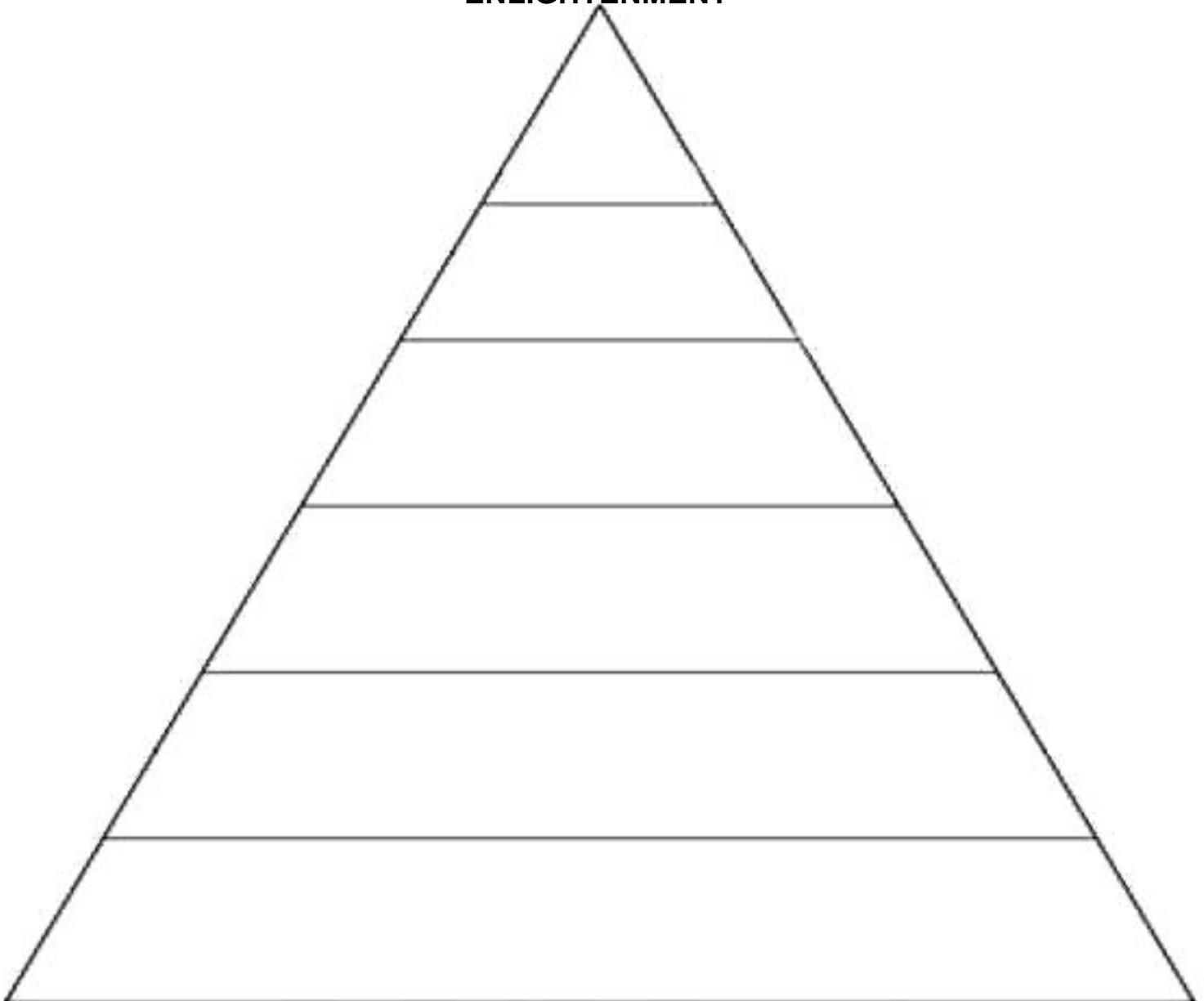
### Term Three: Stage Activity 7: Enlightenment

Draw your own diagrammatic representation of the process Prince Siddhartha's enlightenment and his becoming a Buddha.

**Start from the bottom level and Include-**

1. The luxurious life in the palaces (easy path)
2. The yoga life
3. The 5 ascetics (hard path)
4. The milk offering (middle path)
5. The battle with Mara,
6. The Buddha with the Bumispara mudra (fingers touching the earth)
7. Enlightenment at the pinnacle.

### ENLIGHTENMENT



## Term Three: Stage 3 Lesson 8: Enlightenment

Lesson Sequence	Time	Lesson Aim: To understand that the mind is a powerful tool and that concentration clarifies the mind.
Chanting	10min	<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>
Story	5min	<p>Enlightenment (Re-visit story from previous lesson). At the age of 29, Siddhartha began the homeless life of a monk. Siddhartha then studied with a sage named Uddaka Ramaputta. He learned how to make his mind very still and empty of all thoughts and emotions. But he still did not understand the mystery of life and death, and did not find the complete freedom from suffering that he sought. Siddhartha thanked his teacher and left. But, this time, he decided to find the ultimate truth by his own wisdom and effort.</p> <p>Siddhartha practiced various forms of asceticism for six years. He reduced his eating more and more until he ate nothing at all. He became extremely thin, but still he did not want to give up such practice. One day, while meditating alone he fainted, exhausted by the ascetic practices.</p> <p>From then on, Siddhartha began eating normally. Soon his health was completely restored. It was clear to him now that asceticism was not the way to enlightenment. However, his five friends continued with their ascetic practices. One morning, a girl named Sujata offered Siddhartha some delicious milk-rice porridge and wished him to be successful in obtaining his goal.</p> <p>On the same day, Siddhartha accepted an offering of straw from a straw-peddler, made a seat from it and sat down to meditate under a large Bodhi tree, facing east. He made a commitment to achieve his goal, to find a way of freedom from suffering, for all sentient beings.</p> <p>As he meditated, Siddhartha let go of all outside disturbances, and memories of pleasures from the past. He let go of all worldly thoughts and turned his mind to finding the ultimate truth about life. He asked himself: "How does suffering start? How can one be free from suffering?" At first many distracting images appeared in his mind. But finally his mind became very calm. In the calm of deep meditation, Siddhartha concentrated on how his own life had started</p> <p>First, Siddhartha remembered his previous lives. Next, he saw how beings are reborn according to the law of cause and effect, or karma. He saw that good deeds lead the way, from suffering to peace. Then he saw that the origin of suffering is being greedy, which arises from thinking that we are more important than everybody else. Finally, he became completely free from thinking in a way that caused him any suffering. This freedom is called nirvana. So, at the age of 35, Siddhartha became the Buddha, the Supreme Enlightened One.</p>
Question and discussion	5min	<p>Ask the class about their meditation experiences. Do they think meditation has affected their minds? How does a clear and concentrated mind change one's behaviour?</p>
Student Activity	5min	Have students take part in mediation with the aim of having a clear and concentrated mind.

## Term Three: Stage 3 Lesson 9: The Buddha Returns to His Family

Lesson Sequence	Time	Lesson Aim: To better understand the relationship between motivations, actions and their results. <ul style="list-style-type: none"> <li>• To appreciate the importance of family and repaying their kindness.</li> <li>• To show how the Buddha's father was able to forgive his son.</li> </ul>
Chanting	10min	<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>
Story	10min	<p><b>The Buddha Returns to His Family</b></p> <p>Buddha took his disciples to Kapilavatthu City. They arrived at night and stayed just outside the city of his birthplace. When it was morning, the Buddha and his disciples went into the city and began begging for alms-food.</p> <p>The king became aware of the prince begging for food, he felt very sad. He asked his chauffeur to take him straight to the Buddha. When he saw the Buddha, he spoke to him in an angry way asking him why he is begging for food, as this was a disgrace to the royal family and their ancestors.</p> <p>The Buddha spoke in a calm manner to his angry father and explained to him that he is following the tradition of all previous Buddha's. They begged for food, to inspire people to follow the teachings and encourage people to be generous. Then the Buddha taught his father some basics of the Dharma. After that, King Suddhodana realised the purpose of Buddha's teachings and happily asked the Buddha and his disciples to accept food at the palace.</p> <p>After finishing the meal offered to him, the Buddha taught the Dharma to the king, his relatives, and other people in the city. He then took two of his senior disciples to see his Yasodhara his wife, and his son, Rahula. The Buddha could see that his wife was very sad. He reminded her of her past good deeds and explained the Dharma to her.</p> <p>Later, at the age of seven, Rahula became the first novice in the Buddhist tradition as he was ordained by the Buddha. Being a novice meant that he was in training but has not yet taken the full vows of a monk or nun. Besides Rahula, the Buddha also converted his half-brother Ananda and his cousin Devadatta.</p>
Question and discussion	5min	Discuss how the king felt about his son before he met with him and how his feelings changed after meeting with him.
Student Activity	5min	Students will write a quote from the king speaking to his son before and after forgiveness.

**Term Three: Stage 3 Lesson 9: The Buddha Returns to His Family**

Write in the speech bubbles what the king might have said to his son before and after he forgave him.

Before



Write what the King might have said to his son after he forgave him.

After



**Term Three: Stage 3 Lesson 10: The Final Days: Be a Lamp unto Yourself**

Lesson Sequence	Time	<p><b>Lesson Aim:</b> To understand that everything is impermanent and to understand the relevance of the teachings in today's world.</p> <p><b>Resources:</b> Lantern template.</p>
Chanting	10min	<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>
Story	5min	<p><b>The Final Days: Be a Lamp unto Yourself</b></p> <p>As the Buddha and his disciples reached the city of Kusinara, he felt tired and knew that he did not have long to live. Ananda, who was Buddha's cousin was his closest and most devoted disciple, began to prepare a bed between two sala trees by using the Buddha's robe. The Buddha lay down on his right side placing one foot over the other. Although he was tired and fragile, his mind remained serene and peaceful.</p> <p>The Buddha praised Ananda in front of other disciples for his attentiveness and pleasantness toward all of Buddha's visitors. He also praised him for all times he has been an excellent and most loyal attendant of the Buddha.</p> <p>When People of Kusinard city heard that the Buddha was about to enter nirvana, they all wept sadly and rushed to Salavana, in the hope of seeing the Buddha once more and to pay reverence to the Buddha for the last time.</p> <p>That very night an ascetic man (a person lives by extreme self-discipline rule) named Subhadda heard the news about the Buddha passing away soon and he too was rushed to travel where Buddha was, because he knew that only the Buddha would be able to awaken him about certain doubts he had about his practices.</p> <p>The Buddha overheard Subhadda pleading with Ananda to allow him to see the Buddha, but Ananda kept refusing. The Buddha told Ananda to permit Subhadda to meet the Buddha. Buddha taught him the ultimate Eightfold Path that by one's own power, one could find perfect wisdom. When Subhadda learned about the Eightfold Path, he was immediately cleared of his doubts and gained confidence. He asked the Buddha to accept him as his disciple and he became the last person that was ordained by The Buddha.</p> <p>The Buddha then asked all of his present disciples if they had any final questions and it turned out that no body had any doubts about Buddha's Dharma. Buddha then told them that all things change and one of his last word were "be a lamp unto yourself". It meant that by following Buddha's teaching we could possible become our own</p>
Question and discussion	5min	<p>Write the quotation, "<i>Be A Lamp Unto Yourself</i>" on the board.</p> <p>What did the Buddha mean when he said that before his death?</p> <p>How can it be applied to our lives today?</p>
Student Activity	5min	<p>Students will make a lantern. If time does not permit students can take the template to make at home.</p>

**Term Three: Stage 3 Activity 10: The Final Days: Be a Lamp unto Yourself**

1. Cut along the outside lines.
2. Fold along the inside lines
3. Fold the tabs down and glue down to create a 3D rectangular prism.

