

Stage Two: Term 2 Weekly Overview

Wk	Term 2
1	<i>What do Buddhists Believe?</i> Introduction
2	The Appearance of the Buddha (DB/IB3)
3	
4	The Four Noble Truths (B2/U2)
5	
6	The Sangha (nuns and monks) (B2/U2)
7	
8	Where do Buddhists live today? (DB/IB5)
9	
10	What do Buddhists Believe?

Term Two: Stage 2 Lesson 1: *What Do Buddhist Believe*
Unit Introduction

Lesson Sequence	Time	Lesson Aim: To outline some key Buddhist beliefs. Resources: Students will need the Buddhist Beliefs comprehension activity.
Chanting	10 min	<ol style="list-style-type: none"> 1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni Buddha. Nam Mô Shakyamuni Buddha (3 times), 2. Breathing meditation –connect mind and body to the present. Next breath in, breath out breath meditation (3 times), 3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, followed by Chanting Amitabha student repeat after teacher (3 times)
Questioning and Discussion	5min	<ul style="list-style-type: none"> • Ask children what they already know about Buddhist Beliefs. • Write key words on the board • Explain lesson information.
Lesson Information	5min	<p>The Buddha's teachings are known as <i>Dharma</i>. They include Buddhism's Four Noble Truths and the Eightfold Path (or Middle Way).</p> <p>The Buddha There are many key features of Buddha. Some of these are</p> <ol style="list-style-type: none"> 1. His noble face (Buddha looks serene) 2. His Earlobes (long earlobes) 3. The Mudras (Buddha's hand gestures represent aspects of the Dharma) 4. The Halo around his head (The halo represents Buddha's wisdom and purity) <p>The Dharma: Buddhism's Noble Truths are:</p> <ol style="list-style-type: none"> 1. Life always involves suffering (<i>Dukkha</i>). 2. Suffering happens because people are greedy and not satisfied with what they have. 3. Greed and selfishness can cause suffering. 4. The way to end suffering is to follow the Eightfold Path. <p>The Sangha The Sangha is a group monks and nuns. They give up materialistic possessions to live a simple life; they follow Shakyamuni Buddha's Dharma. They spread the teachings of Shakyamuni Buddha.</p> <p>The Three Jewels of Buddhism are a belief in the <i>Buddha</i>, the <i>Dharma</i> and <i>Sangha</i></p>
Student Activity	5min	Students will respond to a short comprehension activity about Buddhism

Buddhist Beliefs

What are some features of Buddha's appearance?

1. _____
2. _____

What can you remember about the Noble Truths?

1. _____
2. _____
3. _____
4. _____

What two things do you remember about the Sangha?

1. _____
2. _____

Term Two: Stage 2 Lesson 2: *The Appearance of Buddha*

Lesson Sequence	Time	Lesson Aim: To outline some key features of Buddha's appearance. Resources: Students will need The Appearance of Buddha worksheet.
Chanting	10 min	<ol style="list-style-type: none"> 1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni Buddha. Nam Mô Shakyamuni Buddha (3 times), 2. Breathing meditation –connect mind and body to the present. Next breath in, breath out breath meditation (3 times), 3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, followed by Chanting Amitabha student repeat after teacher (3 times)
Questioning and Discussion	5min	<ul style="list-style-type: none"> • Ask children what they already know about Buddha's appearance. • Write key words on the board
Lesson Information	5min	<p>The Appearance of Buddha</p> <p>- Outline 4 features of Buddha's appearance that were introduced in the previous lesson.</p> <p>There are many key features of Buddha. Some of these are</p> <ol style="list-style-type: none"> 1. His noble face (Buddha looks serene) 2. His Earlobes (long earlobes) 3. The Mudras (Buddha's hand gestures represent aspects of the Dharma) 4. The Halo around his head (The halo represents Buddha's wisdom and purity) <p>This lesson will focus on the first two features - 1. His noble face and 2. His earlobes.</p> <p>Buddha's noble face expresses serenity. He looks calm and gentle. His face shows kindness and peacefulness.</p> <p>Buddha's long earlobes represent his ability to listen and spiritually hear the voices of all beings. Buddha's long earlobes remind us to listen to each other with kindness and patience.</p>
Student Activity	5min	Students will label the four key features of Buddha's appearance.

Term Two: Stage 2 Activity 2: *The Appearance of Buddha*



IB3. Activity B. Why Does the Buddha Look Like That?

Name

Date

Instructions

1. Choose from the box below and label the corresponding symbols.
2. Colour in.



Match the Label to its Symbols

calm face

halo

long earlobes

hand mudra


Based on material originally developed by Buddha Dharma Education Association, © Buddhanet <http://www.buddhanet.net/>

Term Two: Stage 2 Lesson 3: *The Appearance of Buddha*

Lesson Sequence	Time	Lesson Aim: To outline some key features of Buddha's appearance. Resources: Students will need the Buddha's Appearance worksheet (hand mudras).
Chanting	10 min	<ol style="list-style-type: none"> 1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni Buddha. Nam Mô Shakyamuni Buddha (3 times), 2. Breathing meditation –connect mind and body to the present. Next breath in, breath out breath meditation (3 times), 3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, followed by Chanting Amitabha student repeat after teacher (3 times)
Questioning and Discussion	5min	<ul style="list-style-type: none"> • Ask children what they already know about Buddha's appearance. • Revise key features that were introduced in the previous lesson. • Write key words on the board
Lesson Information	5min	<p>The Appearance of Buddha</p> <p>- Outline 4 features of Buddha's appearance that were introduced in the previous lesson.</p> <p>There are many key features of Buddha. Some of these are</p> <ol style="list-style-type: none"> 1. His noble face (Buddha looks serene) 2. His Earlobes (long earlobes) 3. The Mudras (Buddha's hand gestures represent aspects of the Dharma) 4. The Halo around his head (The halo represents Buddha's wisdom and purity) <p>This lesson will focus on the last two features - 3. The Halo around his head and 4. The Mudras</p> <p>Buddha has an aura that shows that he is a noble person. The halo around Buddha's head is a symbol of truth, wisdom and purity of the heart. This brightness represents light that shines on darkness.</p> <p>A hand mudra is a sign using the hands to represent some gestures of Dharma. Some of the mudras symbolize Buddha's teaching, respect, protection and meditation.</p>
Student Activity	5min	<ul style="list-style-type: none"> - Students will read the information about The Relaxed Concentration Mudra and the Teaching or Turning of the Wheel of Dharma Mudra. - They will then practise using these gestures with a partner.

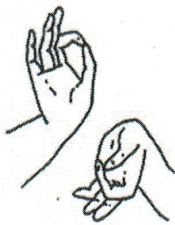
Term Two: Stage 2 Activity 3: The Appearance of Buddha

Read the information about the hand mudra's and practice using these with a partner.



Relaxed Concentration (*Dhyana*) Mudra

Sitting in meditation is a very important part of Buddhism. When you sit down the hands tend to rest in the lap quite naturally in this position. This is the gesture of the concentrated mind in meditation.



Teaching or Turning the Wheel of Dhamma (*Dhammacakkapavartana*) Mudra

Shortly after Siddhartha became enlightened he gave his first teaching – the Dhammacakka Sutta. The thumb touching the forefinger is like a wheel and all the other fingers radiating out representing the 'Four Noble Truths' and the 'Eightfold Path'. This is a gesture of teaching – it especially refers to the first sermon.

Term Two: Stage 2 Lesson 4: *The Four Noble Truths*

Lesson Sequence	Time	Lesson Aim: To Introduce The Four Noble Truths. Resources: Teacher will need The Four Noble Truths Posters.
Chanting	10 min	<ol style="list-style-type: none"> Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni Buddha. Nam Mô Shakyamuni Buddha (3 times), Breathing meditation –connect mind and body to the present. Next breath in, breath out breath meditation (3 times), Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, followed by Chanting Amitabha student repeat after teacher (3 times)
Questioning and Discussion	5min	<ul style="list-style-type: none"> Ask children what they already know about The Four Noble Truths. Write key words on the board Explain lesson information.
Lesson Information	5min	<p>The Buddha's teachings are known as <i>Dharma</i>. They include Buddhism's Four Noble Truths and the Eightfold Path (or Middle Way).</p> <p>The Dharma: Buddhism's Four Noble Truths are:</p> <ol style="list-style-type: none"> Life always involves suffering (<i>Dukkha</i>). Suffering happens because people are greedy and not satisfied with what they have (<i>Samudaya</i>). The end of suffering (<i>Nirvana</i>). The way to end suffering is to follow the Eightfold Path (<i>Magga</i>). <p>This lesson will focus on the first two of The Four Noble Truths</p> <p>The First Noble Truth- Life always involves suffering (<i>Dukkha</i>). There are two types of pain. One sort of pain is the pain, which we can feel on our body. We call this physical pain. We feel this pain on our body when we get sick or if we have an accident and get hurt.</p> <p>The other type of pain is when we feel sad. This sort of pain is caused by our thoughts. We feel this pain when we think about something that has made us feel unhappy.</p> <p>The Second Noble Truth- Suffering happens because people are greedy and not satisfied with what they have (<i>Samudaya</i>).</p> <p>Being selfishness and greedy can cause suffering. -People are never happy or content with that they have. They always want more.</p>
Student Activity Teacher Directed	5min	<p>Teacher to show The Four Noble Truths Posters. As a whole class brainstorm examples of the causes of suffering- Some examples are:</p> <ol style="list-style-type: none"> Physical pain- feeling sick, sore stomach, headache, falling off your bike. Pain from our thoughts- feeling sad because you lost a game, having no friends, being teased. Wanting more toys than you need, wanting more food than you need.

Term Two: Stage 2 Lesson 5: *The Four Noble Truths*

Lesson Sequence	Time	Lesson Aim: To Introduce The Four Noble Truths. Resources: Teacher will need The Four Noble Truths Posters.
Chanting	10 min	<ol style="list-style-type: none"> 1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni Buddha. 2. Nam Mô Shakyamuni Buddha (3 times), Breathing meditation –connect mind and body to the present. 3. Next breath in, breath out breath meditation (3 times), Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, 4. followed by Chanting Amitabha student repeat after teacher (3 times)
Questioning and Discussion	5min	<ul style="list-style-type: none"> • Ask children what they already know about The Four Noble Truths. • Revise the previous lesson • Explain lesson information.
Lesson Information	5min	<p>The Buddha's teachings are known as <i>Dharma</i>. They include Buddhism's Four Noble Truths and the Eightfold Path (or Middle Way).</p> <p>The Dharma: Buddhism's Four Noble Truths are:</p> <ol style="list-style-type: none"> 1. Life always involves suffering (<i>Dukkha</i>). 2. Suffering happens because people are greedy and not satisfied with what they have (<i>Samudaya</i>). 3. The end of suffering (<i>Nirvana</i>). 4. The way to end suffering is to follow the Eightfold Path (<i>Magga</i>). <p>This lesson will focus on the last two of The Four Noble Truths</p> <p>The Third Noble Truth- The True of END of suffering can be achieved by removing greediness, hatred, jealousy and anger. If we take these negative emotions away, we can be free from suffering (Nirvodha).</p>

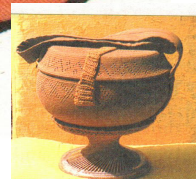
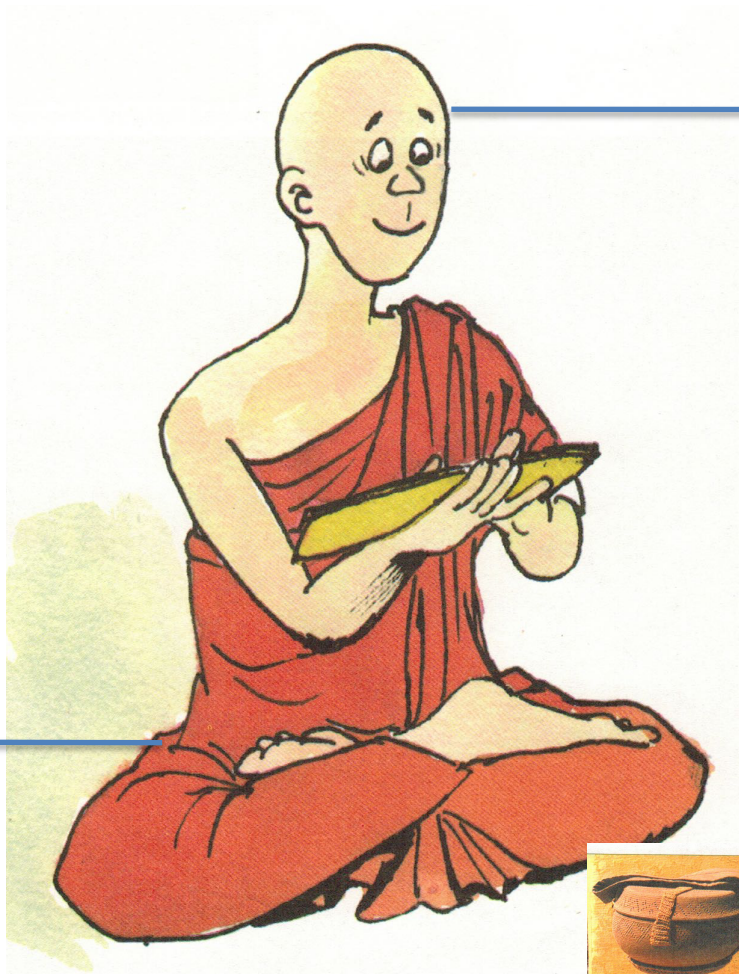
Lesson Information Continued		<p>The Fourth Noble Truth- The pathway to end suffering. Shakyamuni Buddha developed a way of life called the Eightfold Path, which meant his basic needs were catered for (food, clothing and shelter) but he did not look for any extra comforts. Buddhists still try to live according to the Eightfold Path</p> <p>The Eight- Fold Path</p> <ol style="list-style-type: none"> 1. Right viewpoint (looking at life the right way and accepting the Buddha's teachings) 2. Right values / thought (using the power of the mind in the right way and thinking about other people without being selfish) 3. Right speech (making sure that your words are kind and helpful and be truthful) 4. Right actions (treating yourself and other people with respect) 5. Right livelihood (having a job that does not harm any living beings) 6. Right effort (doing good things and avoiding bad things) 7. Right mindfulness (training the mind to see things in the right way) 8. Right meditation (learning to concentrate and calm the mind by using breathing meditation)
Students activity Teacher directed	5min	Teacher will ask students to name the four Noble Truths in the correct order. Use the posters as a guide.

Term Two: Stage 2 Lesson 6: *The Sangha (Nuns and Monks)*

Lesson Sequence	Time	Lesson Aim: To outline some key features of The Sangha
Chanting	10 min	<ol style="list-style-type: none"> 1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni Buddha. Nam Mô Shakyamuni Buddha (3 times), 2. Breathing meditation –connect mind and body to the present. Next breath in, breath out breath meditation (3 times), 3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, followed by Chanting Amitabha student repeat after teacher (3 times)
Lesson Information	5min	<p>The Sangha Buddhists aim to give up the need for material possessions. They concentrate on their inner development and gain much understanding into the nature of things by leading a pure and simple life. 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>Clothing In the beginning, monks and nuns had only three robes. When Buddhism spread to colder countries, like China and Japan, they needed to wear more layers of clothes to keep warm. Their robes are simple and made from cotton or linen.</p> <p>Shaven head Buddhist monks and nuns shave their heads. They are not concerned with outward beauty, but with developing their inner beauty. Monks and nuns 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, or chanting.</p> <p>Alms bowl Offering food to monks and nuns is a part of Buddhist practice. Since monks and nuns do not choose their food, they learn to be grateful for whatever they are given. <i>This practice helps them to be humble.</i> It also gives the disciples an opportunity to practice giving. The disciples go to the monastery to make offerings of food.</p> <p>Robes and alms bowls are very important for monks and nuns. The Buddha said, <i>"Just as a bird takes its wings with it wherever it flies, so the monks and nuns take their robes and bowls with them wherever they go. They are content with robes to cover their body and an alms bowl to hold their food."</i></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 label the key features of the Sangha

Term Two: Stage 2 Activity 7: *The Sangha (Nuns and Monks)*

Label the key representations of the Sangha



Term Two: Stage 2 Lesson 7: *The Sangha (Nuns and Monks)*

Lesson Sequence	Time	Lesson Aim: To outline some key roles and responsibilities of The Sangha
Chanting	10 min	<ol style="list-style-type: none"> 1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni Buddha. Nam Mô Shakyamuni Buddha (3 times), 2. Breathing meditation –connect mind and body to the present. Next breath in, breath out breath meditation (3 times), 3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, followed by Chanting Amitabha student repeat after teacher (3 times)
Questioning and Discussion	5min	Review concept taught about the Sangha in previous lesson.
Lesson Information	5min	<p>The Sangha</p> <p>In the daily life of work and religious practice, the monks and nuns are mindful of what they do; they conduct themselves properly and with discipline. Each day begins early for monks and nuns. As early as 5am, they begin their day by reciting the Shurangama Mantra. They then attend morning ceremonies and recite parts of Buddha's teachings. Later on, there may be a period of meditation and study.</p> <p>Members of the Sangha have many responsibilities to fulfill, despite leading simple lives. They work very hard and are happy with the work they do. During the day, they go about teaching the Dharma. They take care of the temple and gardens. They give advice to the Buddhist members. They help with community services such as preparing for and conducting wedding ceremonies, funeral ceremonies and they preach Dharma to help the elderly and the sick overcome their suffering.</p> <p>There are more chanting and meditation sessions in the evenings. Monks and nuns may give talks on the teachings of Buddha. In the evening they use their time for study or meditation.</p>
Student Activity	5min	Students will complete a close passage about the Sangha.

Term Two: Stage 2 Activity 7: *The Sangha (Nuns and Monks)*

Fill in the missing words.

The Sangha

Each day begins early for monks and nuns. As early as _____, they begin their day by reciting the Shurangama _____. They then attend morning ceremonies and recite parts of Buddha's teachings. Later on, there may be a period of _____ and study.

Members of the Sangha have many responsibilities to fulfill, despite leading simple lives. They work very hard and are happy with the work they do. During the day, they go about teaching the _____. They take care of the temple and gardens. They give advice to the Buddhist members. They help with community services such as preparing for and conducting wedding ceremonies, funeral ceremonies and they preach Dharma to help the elderly and the sick overcome their _____.

Mantra

suffering

meditation

5am

Dharma

Term Two: Stage 2 Lesson 8: *Where do Buddhists live today?*

Lesson Sequence	Time	Lesson Aim: To show where Buddhists live around the world
Chanting	10 min	<ol style="list-style-type: none"> 1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni Buddha. Nam Mô Shakyamuni Buddha (3 times), 2. Breathing meditation –connect mind and body to the present. Next breath in, breath out breath meditation (3 times), 3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, followed by Chanting Amitabha student repeat after teacher (3 times)
Questioning and Discussion	5min	Ask students about the origins of where their family came from.
Lesson Information	5min	<ul style="list-style-type: none"> • Show students a map of the world. • Ask students to identify where Australia is on the map. • Ask students to identify where their families come from. • Explain that there are different countries around the world where Buddhism is practiced.
Student Activity	5min	Students will highlight on the world map where their family comes from.

IB5. Where are Buddhists Found? Page 1 of 2



Term Two: Stage 2 Lesson 9: *Where do Buddhists live today?*

Lesson Sequence	Time	Lesson Aim: To show Buddhists live around the world and that people from different cultures practice Buddhism.
Chanting	10 min	<ol style="list-style-type: none"> 1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni Buddha. Nam Mô Shakyamuni Buddha (3 times), 2. Breathing meditation –connect mind and body to the present. Next breath in, breath out breath meditation (3 times), 3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, followed by Chanting Amitabha student repeat after teacher (3 times)
Questioning and Discussion	5min	Ask students to tell the class what language they speak.
Lesson Information	5min	<ul style="list-style-type: none"> • Show students a map of the world. • Explain that in Buddhism there are different pronunciations according to the country of origin. <p><u>The Name of Buddha</u> Amitabha Buddha name in different languages:</p> <ul style="list-style-type: none"> • Sanskrit (Indian ancient language) is “Amitabha Buddhaya” • Chinese language-“Amitufo” • Thai language-“Amitabh” • Vietnamese language-“A Di Đà Phật” • Japanese language-“Amid Butsu”. <p>In English speaking countries such as Australia the term Amitabha is widely used.</p>
Student Activity	5min	Students will practise saying Amitabha in the different languages.

Term Two: Stage 2 Lesson 10: *What do Buddhists Believe?*

Lesson Sequence	Time	Lesson Aim: To outline some Buddhists beliefs. Resources: A copy of the Buddhist Flag, Flag worksheet and coloured pencils.
Chanting	10 min	<ol style="list-style-type: none"> 1. Recite name of Master Buddha-express respect and gratefulness to the Shakyamuni Buddha. Nam Mô Shakyamuni Buddha (3 times), 2. Breathing meditation –connect mind and body to the present. Next breath in, breath out breath meditation (3 times), 3. Chanting Amitabha- peaceful Buddha- lead to complete mindfulness, followed by Chanting Amitabha student repeat after teacher (3 times)
Lesson Information	5min	<p><i>Buddhist Flag</i></p> <p>When visiting a monastery, there are several symbols that can be found. The images and statues of the Buddha are the most popular significant in a monastery. There are Bodhi Tree, Lotus Flowers, Dharma Wheels and Buddhist Flags. Each of these has a special meaning in Buddhism.</p> <p>As the Buddha sat under the Bodhi Tree, six rays of light emitted from his body after his Enlightenment. The Buddhism flag represents the colours of the aura around Buddha</p> <p>The vertical colours - Blue represents compassion, yellow the Middle Path, red signifies blessings of practice, white means purity and orange represents wisdom.</p> <p>The horizontal colours on the Buddhist flag indicate that all the different races in the world can live happily under the shield of the Buddha's wisdom.</p>
Questioning and Discussion	5min	Show the class a picture of a Buddhist flag or an actual flag.
Student Activity	5min	Students will colour in the Buddhist Flag using the correct colours.

Term Two: Stage 2 Activity 10: *What do Buddhists Believe?*

Colour the Buddhist flag in the correct colours

