

<p>I take Refuge in the Sangha Taking Refuge in the Sangha is like having good travelling companions. They care for each other when they are sick and encourage one another when they are tired. The Sangha, like ideal travelling companions, help the laity to cleanse their bad ideas and correct their behaviour through good advice and proper guidance. They also encourage the laity to continue their journey to happiness or Enlightenment. <i>Note: Sanhga can mean either the community of monks and nuns, or all Buddhists, depending on context.</i></p>	<p>Year Group: KS2</p>	<p>No. of lessons: 4+</p>
<p>Learning objectives: To understand how being a Buddhist affects one's lifestyle and choices. To explore the life of a Buddhist monk. To explore the idea of peace.</p>		
<p>Themes to discuss: how can my world / our world be a better place? Which rules are important? How can a person have peace / be peaceful? How is my life changing, or how will it change?</p>		
<p>Activities and experiences:</p> <ul style="list-style-type: none"> • Think together about your school and classroom rules – is it possible to put together five “rules for the world” in the same way? Attempt this (pair work?) then compare your class results with the Five Precepts which all Buddhists follow. • What is it like to be a member of the worldwide Buddhist community, and live according to Buddhist teaching? Use the helpful Thai website http://www.thailandlife.com/a_buddhism.html to find out about the life of a teenage Buddhist – his family, visits to Temples, festivals and his life as a novice monk for one month as a response to the death of his grandfather. Plenty of photographs and a multichoice quiz. Explore the areas which interest the cklass. If you wish to explore belief in reincarnation an ideal story stimulus for this is “The Mountains of Tibet”. • How did the teenager’s life change when he became a monk? Discover the additional five precepts followed by monks and nuns. Discuss whether pupils would wish to become a monk or nun for a short time or for life. Follow the story of a Phra Nattawud’s ordination as a monk at http://www.thaibuddhist.com/ Understand how monks and laity lead interdependent lives. • Hear the story of how people’s lives can change when they follow the Buddha e.g. Angulimala. <p>Finish the topic by making your own quiet Buddhist corner for pupils to experience and quietly sit in – The Bodhi tree is a symbol of Enlightenment because it was under a Bodhi Tree that the Buddha was meditating when he reached Enlightenment. Create a Bodhi Tree in the corner of the classroom (e.g. use the quiet reading area). Pupils could write thoughts about peace, compassion etc upon leaves which are attached to the tree (note “Bodhi” simply means “Enlightenment”, the tree was probably a rosewood or pippala). Alternatively, create Zen gardens. (These are made of raked sand and strategically placed rocks, showing the world uncluttered and simple. Minature versions can be made in shallow trays.)</p>		

Websites and resources: for details of living the monastic life (in Australia) see <http://www.buddhanet.net/e-learning/buddhistworld/monastics.htm>

“The Mountains of Tibet – a child’s jopurney through living and dying” by Mordicai Gerstein. Barefoot Books. ISBN 1898000-54-9

See the section of these materials on websites for sources of Buddhist stories, including Angulimala.

