# **Disposition:** Being attentive to the sacred, as well as the precious

## **Lesson:** Three

### Question/LO: How do Buddhists use sound and silence in their worship?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning about religious traditions and non-religious world-views | Another tradition which use both sound and silence in their worship are Buddhists.Watch the Arts Society film where faith guide Max shows you around the Vihara. After watching the film, ask pupils to draw or describe the shrine that Max has shown. Here are some of the elements to include:CandlesStatutesLotus FlowersBodhi TreeIncense sticksFlowersTalk about how do each of these support Buddhists to worship?Show the film at the Buddhist Vihara in Hockley, Birmingham. The first time ask pupils to focus on the sounds that they hear. Ask pupils to make a list of them.Watch the film for a second time. Ask pupils to listen to the things that Visakha and Sachith say are the positive about meditating and having silence in their lives. | <https://birmingham-faith-visits.theartssociety.org/buddhism/part-1-3-buildings> KS1\_Y2\_Unit\_09\_Su\_Wk\_03\_of\_03\_R123\_Video\_Maha\_Vihara\_v1Teenagers Visakha and Sachith explain how silence and meditation affect their daily lives. |
| Learning from faith and non-religious world-views | Ask pupils to reflect again about their experience of being quiet. Question: How does quiet help me? Ask pupils to create a mindmap of things that they felt when they were quiet and how it might be a good thing to be quiet sometimes. |  |