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

## **Lesson:** Two

### Question/LO: What can happen when people are really quiet? How do Christians, Hindus and Buddhists show attentiveness?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning from experience | What is it like when you are really quiet. Pupils sit still and quietly for one minute. Discuss together their feelings, and what they thought about being quiet together.  Did anyone find it easy?  Did anyone find it hard?  Can they explain why?  Listen to relaxing music.  Is it easier to be quiet when there is something to listen to? | Music suggestions L’apres midi D’un Faun – Debussy or ‘Morning’ from Peer Gynt Suite – Grieg. |
| Learning about religious traditions and non-religious world-views | Watch the video clip. Christians Jon, Dan, Alex, Akik and Rev. Jo Mason explain how silence helps them to be more in touch with God.  Discuss the way many Christians use silence as a time for concentrating, thinking and reflecting.  Allow the children a few minutes to be quiet then watch the video clip. Ishwarya, a young Hindu girl, prays as soon as she wakes up to bring a sense of calm to her day. Buddhists Visakha and Sachith talk about the benefit of silent meditation. Children may write an acrostic poem on their reflections. | A video ‘Daily quiet time - Christian’ will have downloaded into the same folder as this lesson plan.  KS2\_Y3\_Unit\_10\_Su\_Wk\_02\_of\_02\_  R1\_Video\_Daily\_Quiet\_Time\_Christian\_v1  A video ‘Daily quiet time - Hinduism and Buddhism’ & will have downloaded into the same folder as this lesson plan.  KS2\_Y3\_Unit\_10\_Su\_Wk\_02\_of\_02\_  R1\_Video\_Daily\_Quiet\_Time\_Hinduism\_  Buddhism\_v1 |