# **Disposition:** Being temperate, self-disciplined and seeking contentment

## **Lesson:** Three

### Question/LO: In what different ways do Christians and Buddhists live self-disciplined lives?

| **Dimension of learning** | **Activities** | **Resources** |
| --- | --- | --- |
| Learning from experience | Explain to the pupils that people are self-disciplined in different ways.Think about the following people, how do they exercise self-discipline?Someone training to run a marathon, a student studying for exams, someone saving for their first car. | N/A |
| Learning about religious traditions and non-religious world-views | People of faith can show discipline in many different forms, from daily routines fitting into normal everyday life to more extreme measures which can alter how they live. What follows are a brief description of how different people live their faith through a variety of forms of self-discipline. After each clip, ask your pupils to pause and complete the resource sheet reflecting on the benefits of being self-disciplined in that way or thinking about the considerations and things that they might think are an issue from being self-disciplined in that manner.Bible StudyMany Christians find time every day to be disciplined and to read the Bible. They may read a Bible passage or follow a guidebook which provides information and questions about the Bible passage. In the film, Beth, a Christian teenager, is starting her day with ‘quiet time’ as she studies the Bible and prays. RetreatSome people might go further and step out of their everyday life and go on retreat for a day or number of days. This gives the person more time to reflect and to have more time than in their normal life to think about life and if the retreat is religious, to think about God.Carmelite NunsSome people feel that they can give and gain more from almost being on a ‘permanent retreat’ and have the time to give to God.In this film clip two Carmelite nuns talk about their lives before and after becoming nuns. The Carmelite order is a enclosed order, which means traditionally members separate themselves from the world around them. They restrict their interaction with outside world and people to certain conditions, for example, to see doctors or trades people, so that they do not become distracted from their religious life.Buddhist NunIn this clip the venerable Amy Miller talks about why she became a Buddhist nun and the benefits from being different to her life before. If there is time, pupils could share some of their thoughts about the various forms of self-discipline explored in the film clips. | Resource sheetKS2\_Y4\_Unit\_10\_Su\_Wk\_03\_of\_03\_R1\_Video\_Being\_Temperate\_v1  <https://www.youtube.com/watch?v=KOYsrEezJV0>ORhttps://leeabbeydevon.org.uk/about/<https://www.youtube.com/watch?v=jkLt4iJ0KRU><https://www.youtube.com/watch?v=7Hbed6YNV58> from .32 seconds |
| Learning to discern |  Discuss: Is it ever right to question ‘expected behaviour’? | n/a |