# **Disposition: Being Temperate, Self-Disciplined and Seeking Contentment**

## **Lesson:** Three

### Question/LO: What practices and teachings do Jains and Buddhists use to become more content?

### Can I envisage situations when following a tradition could lead to behaviour considered by some to be anti-social?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning about religious traditions and non-religious world-views  Exploring the role of meditation to become self-disciplined and to seek contentment | **This lesson includes**  **Buddhism**  Recap the Four Noble Truths from Year 4 Autumn  Term: Being reflective and self-critical.  Buddha’s Four Noble Truths:  1. Beings throughout the world experience suffering. Nothing is permanent.  2. The cause of suffering is self-centredness and craving.  3. The end of suffering is possible, and this is called Nirvana.  4. The Buddha, who discovered the cause of suffering and attained Nirvana, has provided a Path available for all who so wish to follow. That way, they too can attain enlightenment and a state of Nirvana.  Ask the pupils to watch the film. It shows the shrine at the Buddhist Vihara in Hockley, Birmingham.  The presenter suggests that pupils use the photographs (second resource) to illustrate a note to a friend describing the shrine, reflecting on how it makes them feel. Pupils could choose to do this through a piece of artwork.  Encourage pupils to think about what it is like to be peaceful and calm and to include this in their description.  Explain to the pupils that Buddhists follow the way of life and teachings of a man called Siddhartha Gautama. He is also known by the title ‘Buddha’ meaning ‘enlightened or awakened one’. Buddhists use meditation to understand the world and themselves in a deep way. Explain that different types of Buddhists use meditation in different ways. In the Tibetan tradition a mantra (a phrase or teaching) might be repeated to help focus the mind. In the Theravada tradition is mindfulness by paying attention to breath, body or mind. By continued practice, Buddhists work to transform themselves, as the Buddha did.  Finally, offer the pupils the opportunity to try some meditation or mindfulness.  The instructions for basic breathing meditation are:  1. Sit upright  2. Close your eyes if you like  3. Breathe as you normally do but on each out-breath count. Do this up to 21 or 10 or if your mind wanders off and you lose count, go back to 1.  4. You are not trying to think of anything but be aware of thoughts coming and going by themselves.  5. Even if an unpleasant thought comes, it will go if left alone. Focussing on breath helps to you leave the unpleasant thought alone and disappear on its own.  Gently ask the pupils to become aware of sounds and to be aware of their senses and feelings as they ‘return’ back to the classroom. Ensure that you give pupils a little time to do this – they may seem a little relaxed.  Ask the pupils what they thought of the experience. Was their meditation beneficial? Could meditation ever seem anti-social?  **Jainism**  Explain that in another tradition, Jainism, followers practice the giving up worldly possessions (Aparigrapha) in order to gain contentment. Although Jain monks and nuns might follow this more literally, other Jains might interpret this vow on day-to-day level, in that they will have things and possessions to live (clothes, furniture and a home) but should not have things in excess because they could become too attached and clutter their mind. This is seen as not being helpful to support mindfulness and mindful living. The extent to which an individual Jain follows this vow is for each individual to follow.  In pairs or small groups ask the pupils to discuss which choice a Jain should make:  • Always got to have the latest mobile phone – A phone which is not the latest model. It’s second hand and has got a huge dent in it where someone dropped it  • A good, healthy satisfying meal – A meal in an expensive restaurant  • Designer clothes, always throwing last month’s trend away – comfortable, clean clothes, not old fashioned  • A house that is big enough for family and friends to stay over – 15-bedroom mansion, swimming pool and helipad | A video ‘Buddhist Worship’ will have downloaded into the same folder as this lesson plan.  KS2\_Y5\_Unit\_09\_Su\_Wk\_03\_of\_03\_R123  \_Video\_Buddhist\_Worship\_v1  A resource sheet ‘Buddhist Worship’ will have downloaded into the same folder as this lesson plan.  KS2\_Y5\_Unit\_09\_Su\_Wk\_03\_of\_03\_R123  \_Resource\_Buddhist\_Worship\_v1  Relax Kids: The Wishing Star  – Marneta Viegas  Relax Kids: Aladdin’s Magic  Carpet – Marneta Viegas  Buddhist Vihara - Anita  Ganeri  ISBN 0713654988  Bodh Gaya - Mandy Ross  ISBN 0431155178 |