# **Disposition:** Being Reflective and Self-Critical

## **Lesson:** Three

### **Question/LO:** How does Buddhism encourage its members to do better?

### What is it like to mediate?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning about religious traditions and non-religious worldviews  To experience the practice of meditation. | Recap questions about the Four Noble Truths.  Ask children what it is like to be peaceful and calm.  Explain what meditation is and why Buddhists do it. Watch the film “Buddhism- encouraging meditation” to introduce this concept. Here we see meditation at The Buddhist Pagoda, Birmingham to introduce meditation. Moving to the Maha Vihara in Hockley, Buddhist teenagers reflect on how silence and meditation helps their daily lives.  Buddhists also use prayer flags and prayer wheels to help with meditation and prayer. When the wind blows, the prayer on the flag is made. With a prayer wheel, as it is turned or spun the prayer is made.  Introduce the practice of meditation to children with simple breathing exercises; being aware of their breath; counting breaths; being aware of the sounds around them – no need to lie down, the children could put their heads on their desks.  Read a meditation (for example “Relax Kids”).  Pupils should have the choice about whether to participate in the meditation, and should stay respectful and quiet if they choose not to participate.  Meditation for children is demonstrated in The Arts Society’s Film ‘Buddhism in the Community”. Use the film to show that there are alternative ways to meditate, for example on a quiet walk.  Children to be brought out of meditation in a calm way. | A video ‘Buddhism- encouraging meditation” will have downloaded into the same folder as this lesson plan.  KS2\_Y4\_Unit\_03\_Aut\_Wk\_03\_of\_03\_R123\_Video\_Encouraging\_Meditation\_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  The Arts Society, Birmingham, has made films, richly illustrated print resources and activities for KS2, available free of charge.  School Visits to Places of Worship in Birmingham.  <https://birmingham-faith-visits.theartssociety.org/buddhism/part-3-3-buddhism-community>  **0.00-3.04**  [**https://www.google.com/search?rlz=1C1CHBF\_en-GBGB814GB814&q=prayer+flags+buddhism&tbm=vid&sa=X&ved=2ahUKEwjY6N63jtn\_AhVCTEEAHW\_BB5YQ0pQJegQICxAB&biw=1366&bih=657&dpr=1#fpstate=ive&vld=cid:b50d4719,vid:YlqN-iXSDqA**](https://www.google.com/search?rlz=1C1CHBF_en-GBGB814GB814&q=prayer+flags+buddhism&tbm=vid&sa=X&ved=2ahUKEwjY6N63jtn_AhVCTEEAHW_BB5YQ0pQJegQICxAB&biw=1366&bih=657&dpr=1#fpstate=ive&vld=cid:b50d4719,vid:YlqN-iXSDqA) |
| Learning from faith and non-religious worldviews | Ask children to respond to their experience of mediation through writing or art work.  Ask the children – what do you think are the benefits of meditation?  Can it help people to improve themselves?  In what ways?  Can I improve myself? How? |  |
| Learning to discern | If I am too keen to improve myself, can it stop me from joining in activities? |  |