# Title: Buddhism and Meditation

**Key Questions:** How do followers of T\* show that they belong to their tradition? What do T\* teach about the necessity of including others? Why is it important to show to others what groups I belong to? How can I ensure that everyone experiences a sense of inclusion? How do I make sure that I don’t exclude people who are not part of the groups that I belong to? How should I respond when T\* appear to exclude others? Is there more to life than we experience in the physical world? Is there a God worth listening to? How do followers of T\* listen to and respond to God, to people or to things that are precious? Why is it of benefit to me to develop my spiritual and attentive nature? How can following teaching and guidance of T\* improve society? Are there times when it is important to concentrate on the physical world? How do I respond when following the will of God or views held precious by my tradition conflict with society’s views?

**Key Concepts:** Worship, Commitment, Faith, Equality, Respect

Meditation, Nirvana, abstract art,

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| **Learning objectives** | **Activities** | **Resources** |
| To explore the way that Buddhists worship.  To consider the impact of meditation | Watch the video download clip and answer the following question.  1) What is meant by meditation?  2) What atmosphere do you think meditation creates?  3) How does meditation differ other forms of worship, such as prayer?  4) Buddhists do not believe in God. What is the purpose of meditation for Buddhists?  5) Do you think meditation would benefit YOU? Write a list of ways it could benefit you.  Watch the short clip and write down 10 keywords to explain the concept of Meditation in Buddhism.  Buddhists hope to achieve enlightenment, understand the middle way and ultimately find nirvana.  1) What do you think this means?  2) Read the information sheet on Nirvana and create an abstract piece of work to demonstrate this idea for Buddhists.  3) Or draw a diagram to explain the concept of nirvana.  On the piece of paper (min white board) write ONE word from the lesson which explains the Buddhist idea of Meditation. On the back give an explanation of your key word. | There is a video download with this lesson plan.  Buddhism and Meditation  On line code  KS3\_02\_03\_06\_VIDEO.  This will be in the downloads folder for this unit of lessons.  Information on Buddhism and meditation can be obtained from the following Arts Society, Birmingham, 2022 resource film:  <https://birmingham-faith-visits.theartssociety.org/buddhism/part-3-3-buddhism-community>  Information on the Enlightenment of the Buddha can be found: <https://www.youtube.com/watch?v=nVKK-WVW2uw>  The Birmingham Faith Encounter Programme’s DVD includes  Visiting Faiths  Buddhist Maha Vihara, Hockley, Presented by Ann Lovelock  Purchase from:  https://www.faithencounterprogramme.com/ |