# Title: **Staying Calm**

**Key Questions:** Is it ever right to tell a lie?

How do the followers of T\* identify and understand the concept of truth?

How do I show my respect for ideas I believe to be true?

Is truth ever too challenging?

When do we have to think hard to solve problems?

How have the followers of T\* explored their texts in order to find what they believe to be the answers to life’s problems?

What can the answers T\* give to life’s problems help me with?

Is it sometimes better to be realistic rather than constantly thinking of new or better things?

**Key Concepts:** The significance, importance and influence of stories and/or parables that communicate religious, moral and spiritual truths.

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| **Learning objectives** | **Activities** | **Resources** |
| LO: to consider the importance of staying calm and the negative effects of anger. | Ask students to list what things make them angry.Then get them to compare their lists. Are there anythings that make a lot of them angry? Are there anythings that seem insignificant or a waste of time getting angry about? Are there are things that should make them angry?Explain to students that there are somethings in the world that should make us angry – like inequality or poverty. This is sometimes called righteous anger. Then explain this is not the type of anger we will be discussing today. We will be thinking about uncontrolled anger.You may wish to show a film clip illustrating this type of anger.Ask students to read the original story about Buddha and the Brahman.Do you understand it?What do you think this story is teaching?Now Read the story of The Angry Young Man and BuddhaWhy do you think the story has been changed?What do you think the story is teaching? Is it easier to understand in this version?Now read the whole artice from Fake Buddha Quotes and discussWhat do you learn from this?Do you agree that this retelling of the story is not a “fake Buddha quote”?The story teaches us two things:1. Don’t be angry but be loving instead.
2. When other people show anger towards you it only affects you if you let it.

In groups ask students to discuss:Do they agree with the ideas?Do they think it is easy to put either of them into practice?What could they do to do this?Read an article or watch a video on coping with anger as a Buddhist.What advice is contained within it?Do you think it would work.Ask the students to quietly reflect upon the following questions:What makes you angry?How would life be better if you stopped this? Would it be? Do you take on other people’s anger? Would it be better if you let this go?Do you need to show loving kindness to someone? | <https://www.youtube.com/watch?v=-HQIg3ZwAs0><http://fakebuddhaquotes.com/fake-but-not-fake-the-art-of-storytelling/><https://www.youtube.com/watch?v=HuAFUq944rg><http://dharmawisdom.org/teachings/articles/working-mindfully-anger> |