



Programme Two

The Dharma

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Listening Quiz Answer Sheet



Listening Quiz Activity Sheet

There is a listening quiz for each programme. The questions help the children focus on the key points as they look out for the answers.

Using the Listening Quiz

Before watching

Working individually, in pairs or as a class, the children read through the questions. They may like to try and predict the answers.

During the programme

The children look out for the the answers to the questions.

After watching

The children return to the questions and mark in their answers. The teacher goes through the questions and answers as an oral whole-class activity.

The teacher may use some of the alternatives in the multiple choice answers to prompt discussion.

The Listening Quiz may be used by the teacher as an oral activity, without the sheets. Answers to the Listening Quiz are on page 32.

Listening Quiz

Programme Two – The Dharma

Name.....

1. Why did the Buddha go to Sarnath?

- a) To find his five friends
- b) Because he liked deer
- c) To build a stupa

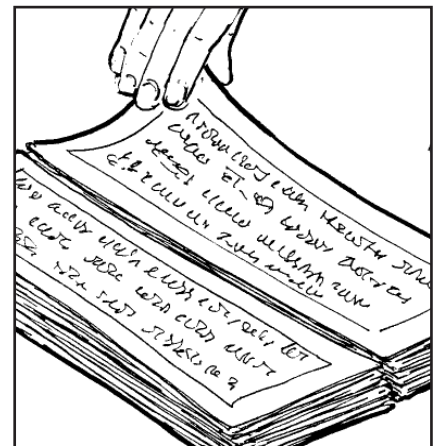


2. What does the word "Dharma" mean?

- a) A holy place
- b) The Truth
- c) A special book

3. The Buddha's teachings are written down ...

- a) in many books
- b) on a stone
- c) in one special book



4. The Buddha taught that we can be happy if...

- a) we always get everything we want
- b) we stop being selfish and greedy
- c) we have lots of money

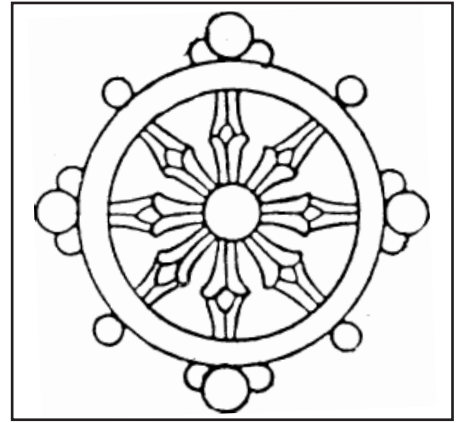


5. What kind of work do Buddhists not want to do?

- a) Night work
- b) Work that harms others
- c) Work with animals

6. The Buddhist way to stop being selfish and greedy is called...

- a) The Noble Eightfold Path
- b) The road to Sarnath
- c) The stupa



7. Why do Buddhists keep the Five Precepts, or rules?

- a) The Buddha said they had to
- b) To keep out of trouble
- c) To train themselves



8. Many Buddhists don't eat meat; they are vegetarians. Why is this?

- a) They don't want to harm animals
- b) They don't like the taste of meat
- c) They can't afford it



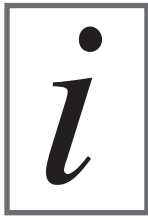
9. Why do Buddhists avoid drugs and alcohol?

- a) It's against the law
- b) They want to keep a clear mind
- c) They don't have the money

10. Angulimala was a robber. What does his name mean?

- a) "Angry robber"
- b) "Necklace of fingers"
- c) "The adventurer"





Sequence 1 Pilgrims Visiting Sarnath

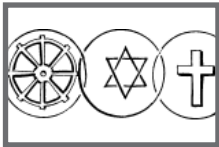
Sarnath, near Benares in northern India, is a place of pilgrimage for Buddhists. (See note and map on page 13, Programme One.) It was here, after his Enlightenment, that the Buddha gave his first teaching. This teaching or discourse can be found in the Dhammacakkha Pavatana Sutta, - the "Discourse on the Turning of the Wheel of the Dharma". (The Sanskrit word "Dharma" means the Truth. It is also used to mean the teachings of the Buddha, which lead to the realisation of the Truth.)

This first discourse, given to the five ascetics in the deer park at Sarnath, contained several of the key teachings of Buddhism, including the Four Noble Truths and the Noble Eightfold Path.



Links with the child's experience - Special places

See Programme One notes on page thirteen.



Links with other religions - Pilgrimage

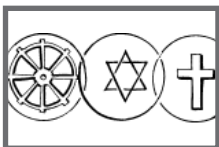
See Programme One notes on page thirteen.

Sequence 2 - The Four Noble Truths - is on p.24



Sequence 3 Sacred Texts

In Buddhism, there is no "holy book". There is no Buddhist equivalent of the Bible. Instead, there are many sacred texts, all of which contain the Dharma, or teachings which lead to Enlightenment.

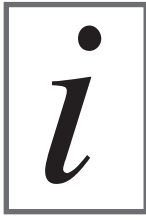


Links with other religions - Sacred texts

The holy books and sacred texts of other religions:

- What are they?
- How were they first written down?
- What language are they written in?
- Why are they considered special?
- How do we show that they are special?

Examples: The Bible (Christian) The Quran (Muslim)
 The Torah (Jewish) Guru Granth Sahib (Sikh)



Sequence 2

The Four Noble Truths

The Four Noble Truths are a fundamental Buddhist teaching. Despite their concise and simple format, they are a profound teaching about a universal truth that can be understood on deeper and deeper levels.

The Four Noble Truths

Wording used in the video

The First Noble Truth

We all experience "dukkha" - dissatisfaction, unsatisfactoriness, suffering.

Things can't give us lasting happiness. In the end, they break, grow old, or let us down. This makes us unhappy.

The Second Noble Truth

The origins of this dissatisfaction lie in desire, greed and selfishness. (Craving for things and experiences makes us frustrated and unhappy).

Wanting things stops us being happy.

The Third Noble Truth

It is possible to stop this feeling of dissatisfaction which is caused by craving.

We **can** be happy if we stop being greedy and wanting.

The Fourth Noble Truth

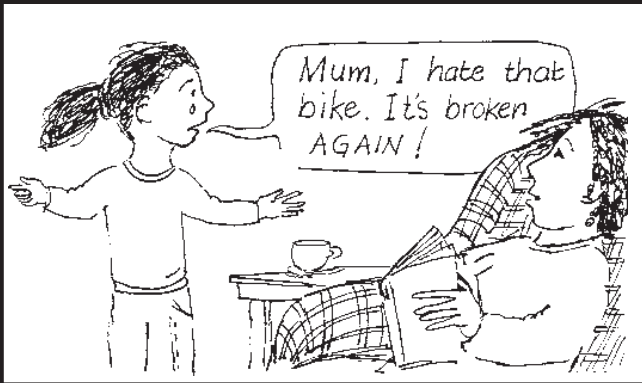
The way to the cessation of unsatisfactoriness and the attainment of Enlightenment (Nirvana) lies in following the Noble Eightfold Path.

It takes training to stop wanting things.

It is possible to look at suffering in many contexts. Suffering is present in the world at large and within our experience of ourselves. The true story of Scheherazade and her bike gives an example of unsatisfactoriness which is within most children's experience.



1st Noble Truth
Things can't give us lasting happiness.



2nd Noble Truth
Wanting things stops us being happy.

3rd Noble Truth
We can be happy if we stop wanting.



4th Noble Truth
It takes training to stop wanting.

Scheherazade looked at Jo's bike.
"I'd be happy with that bike", she said.

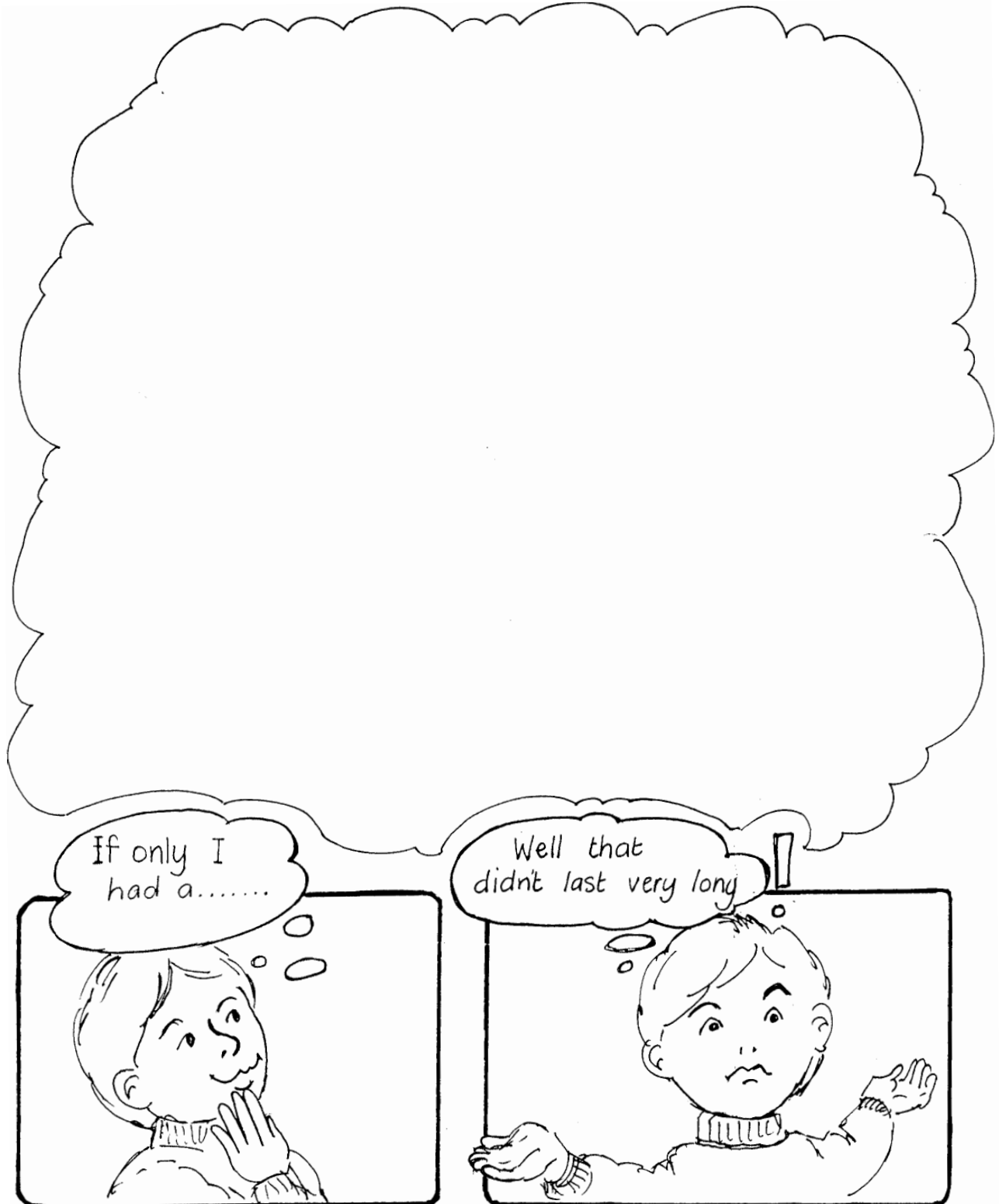
She sat down on the grass with her dad. "I still wanted Jo's bike a bit", she said.

Name.....

Activity Sheet 2b - Wanting

Draw and write about something you have wanted a lot.

- What happened?
- How did you feel?
- What has happened to the thing you wanted?



Name.....



Activity Sheet 2a - Schez and the bike

In pairs, groups, or as a class, the children discuss the story of Schez and the bike.

- How does it feel when you want something a lot?
- How does it feel when you get it?
- What makes you want things? (eg TV adverts)
- In what ways can things go wrong or let you down?
- How does it feel when things let you down?
- What did Schez learn when her bike kept breaking down?
- What did Schez find was the best way to be happy?

After discussion the children complete the story sequence of "Schez and the Bike" with words and pictures.



Activity Sheet 2b - Wanting

Discuss with the children something they have wanted a lot.

- What did they want?
- Why did they want it?
- How did they feel?
- What happened?

After discussion the children draw and write about something they have wanted a lot.



Links with the child's experience -

Suffering and unsatisfactoriness in the wider world

As a starting point for discussion, collect, or ask the children to bring in, newspaper photographs and stories relating to suffering in the world.

- How do we feel when we see or hear about the suffering in the world?

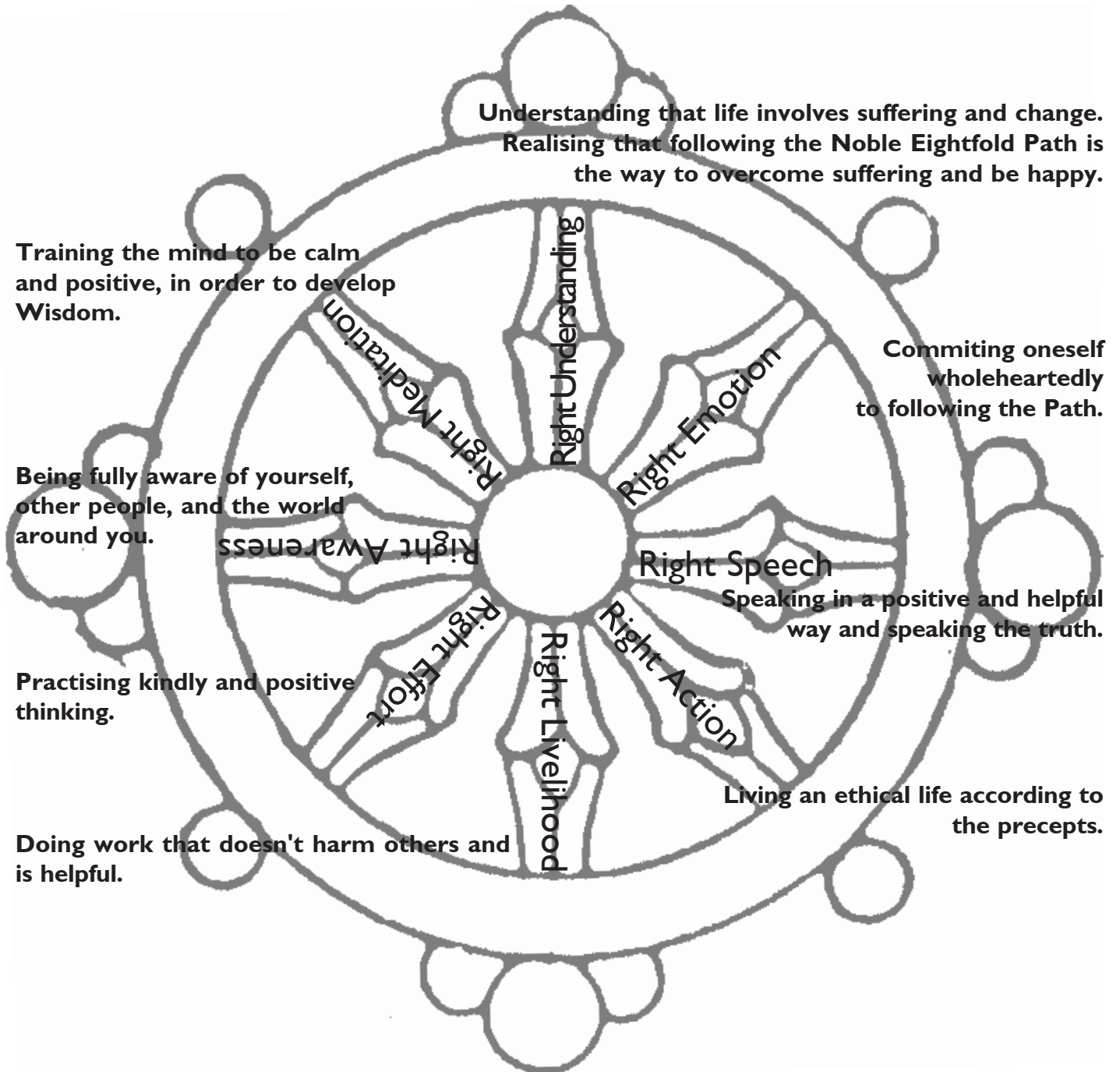
Using specific examples, explore :

- What might have caused this suffering?
(For example, famine could be caused by crop failure or war.)
- What might be behind these causes?
- Can we help? If so, how?
- How could we stop it happening in the future?



Sequence 4 The Noble Eightfold Path

The Dharmachakra (wheel of the Dharma) is a Buddhist symbol for the Dharma. It usually has eight spokes to represent the teaching of the Noble Eightfold Path.



Although the 'Path' has eight separate steps, they are not intended to be followed one after another. The Buddhist way of life involves all of them and enables Buddhists to train themselves in every aspect of their lives.

Activity Sheet 2c - Stopping and Starting

Name.....



Angulimala stopped his bad habits.



He started to practise good habits.

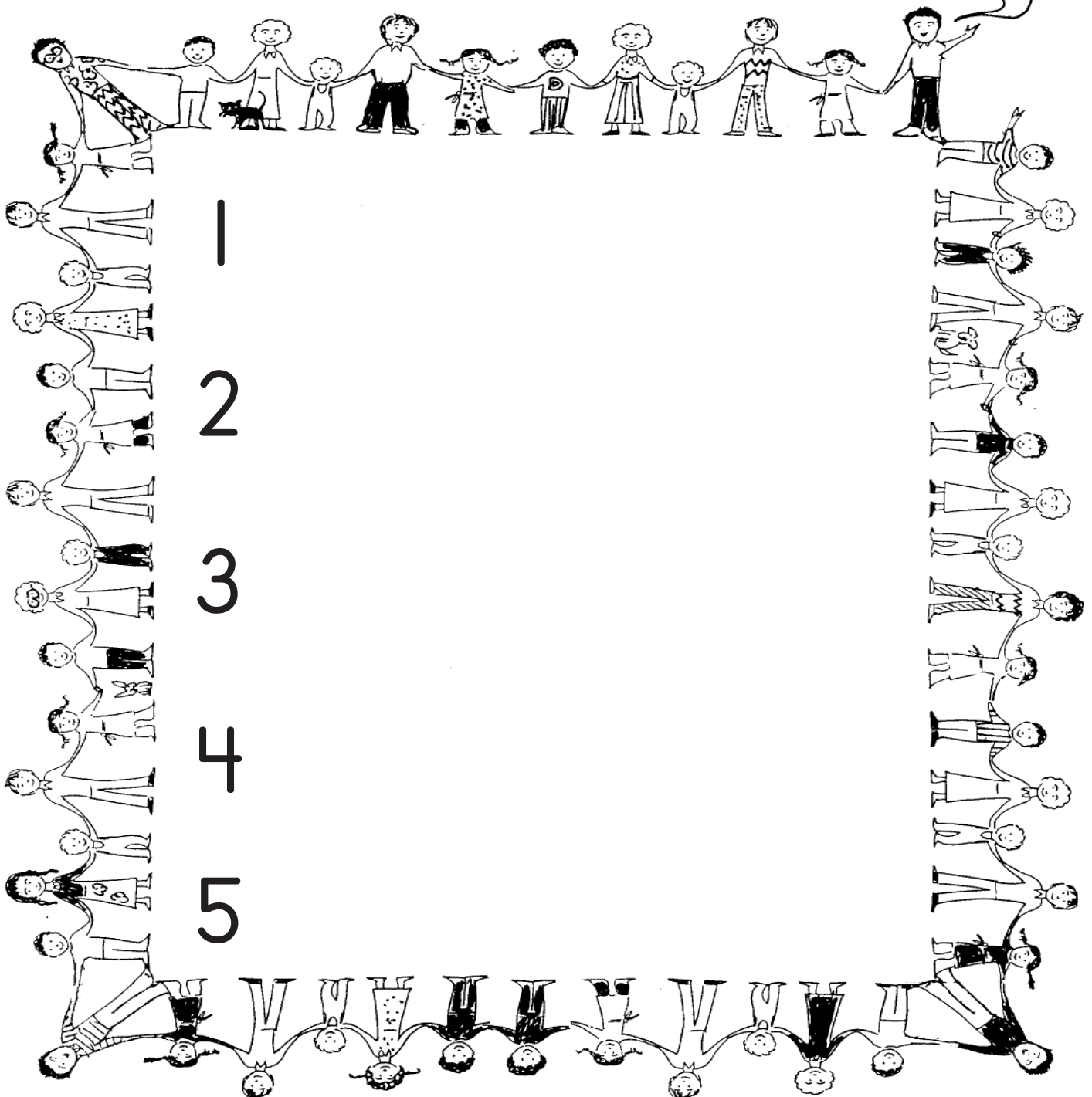
**Here are the Five Precepts as STOPPING bad habits.
Can you think of the good habits?**

- | | | |
|--|---|----------|
| 1 Not harming any living beings | ➔ | 1 |
| 2 Not taking what doesn't belong to you | ➔ | 2 |
| 3 Not being greedy | ➔ | 3 |
| 4 Not telling lies or speaking unkindly | ➔ | 4 |
| 5 Not clouding the mind with drink or drugs | ➔ | 5 |

Name.....

Five Guidelines for Living

Can you think of five ways to make the world a happier place for everybody? Write them in the space below.





Sequence 5

The Five Precepts

The Five Precepts form the basis of Buddhist ethics. They are not commandments, but a set of training principles taken on voluntarily, the observance of which leads to more positive mental states. All practising Buddhists try to follow these precepts and chant them regularly. In addition, monks and nuns follow a "vinaya", or special set of rules for their monastic way of life. The precepts have two aspects:

- (a) behaviour to be avoided (b) behaviour to be cultivated.

NB The third precept in its traditional form is "I undertake to abstain from sexual misconduct." While staying true to the spirit of this precept it has been rephrased to make it more accessible and relevant to primary-age children.



Activity Sheet. 2c - Stopping and starting

In pairs, groups, or as a class, the children discuss the Five Precepts.

- Can the children recall any of the precepts?
- What bad habits do Buddhists try to avoid?
- What good habits do they try to develop?



After discussion the children complete the positive aspect for each of the Five Precepts.



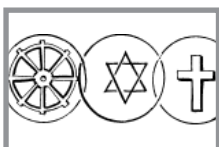
Activity Sheet. 2d - Guidelines for living

Discuss with the children the difference between guidelines and rules.

- What are the rules of their school/classroom/household?
- Who made them, and why?
- Can they be rewritten in a positive form?
- Can they think of some guidelines to help them to become better members of their class?



After discussion the children think of their own five guidelines for living which would make the world a happier place.



Links with other religions - Codes of conduct

The similarities and differences between the Buddhist precepts and the rules and commandments of other religions.



Sequence 6

The Story of Angulimala

This story can be found in the Angulimala Sutta in the Pali Canon (collection of Pali scriptures). It illustrates the fearlessness of the Buddha and that everyone can change for the better.

Listening Quiz

Answer Sheet

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