



# Programme Three

# The Sangha

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Listening Quiz Answer Sheet



# Listening Quiz

## Instructions

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

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#### **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 46.

# Listening Quiz

## Programme Three – The Sangha

Name.....

1. What do the Three Jewels remind Buddhists of?

- a) The three places of pilgrimage
- b) Buddha, Dharma and Sangha
- c) Meditation, worship and precepts



2. What does the word "Sangha" mean?

- a) A group of Buddhist singers
- b) The people who follow the Buddha's teaching
- c) People who wear robes

3. How do people show they are part of the Sangha?

- a) They travel to India and climb a steep hill.
- b) They live in a monastery and wear robes.
- c) They recite "To the Buddha for refuge I go.  
To the Dharma for refuge I go.   
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4. What did the early Buddhist monks and nuns look like?

- a) They had shaved heads, yellow robes and alms bowls.
- b) They had beards, long hair and sandals.
- c) They had dark clothes, prayer wheels and beads.



5. Who are the "lay" people?

- a) People who follow the Buddha's teachings at home
- b) People who live in the forest all the time
- c) People who keep hens

6. What would Thubten hear at 5 o'clock in the morning?

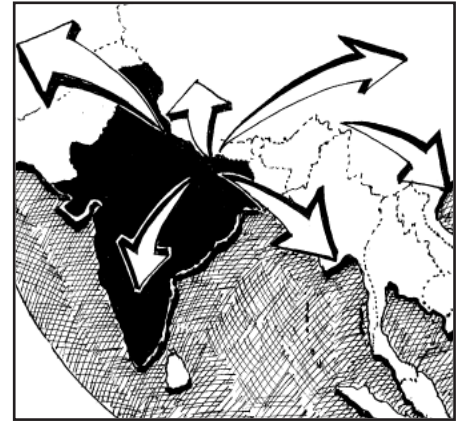
- a) The bell for school
- b) The monks chanting
- c) The birds singing



7. Buddhism has spread to many countries.

Tick which countries were mentioned in the programme.

- |       |                          |        |                          |         |                          |        |                          |
|-------|--------------------------|--------|--------------------------|---------|--------------------------|--------|--------------------------|
| Japan | <input type="checkbox"/> | Zambia | <input type="checkbox"/> | France  | <input type="checkbox"/> | USA    | <input type="checkbox"/> |
| Tibet | <input type="checkbox"/> | India  | <input type="checkbox"/> | England | <input type="checkbox"/> | Mexico | <input type="checkbox"/> |



8. The programme showed some ordained Buddhists in Britain. What did they wear?

- a) A purple cloak
- b) Ordinary clothes
- c) Yellow robes



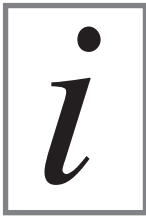
9. When Buddhists go on retreat they...

- a) go somewhere quiet to meditate and worship together.
- b) run away because everything is too difficult for them.
- c) have a holiday.

10. The story of "The King's Elephant" shows how important it is to...

- a) have a medical check-up.
- b) be kind to animals.
- c) keep the right company.





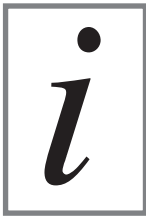
## Sequence 1

## The Three Jewels

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The symbol of the Three Jewels represents the three most precious things for Buddhists. The yellow jewel symbolises the Buddha, the blue jewel symbolises the Dharma, and the red jewel symbolises the Sangha. The Sangha is the community, or fellowship, of those who follow the teachings of the Buddha.

The highest aim for Buddhists is to grow and develop, to follow the teachings of the Buddha, and eventually become Enlightened. To do this successfully, they need the Sangha; the friendship, help, support, encouragement and inspiration of others with the same goal. This is why the Sangha is precious.

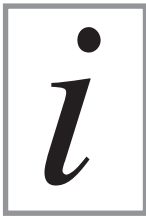


## Sequence 2

## Grdhrakuta

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Grdhrakuta, or Vulture's Peak, is near Rajagriha, in northern India. It is a place of pilgrimage and worship for Buddhists. (For follow-up activities on special places and pilgrimage see page 13.)



## Sequence 3

## Members of the Sangha

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Buddhists all over the world chant "The Refuges and Precepts". By doing this they show that they are trying to follow the teachings of the Buddha and are members of the Sangha.

The Refuges are:

"To the Buddha for refuge I go,  
To the Dharma for refuge I go,  
To the Sangha for refuge I go."

The precepts are the five, or sometimes 10, ethical guidelines which Buddhists try to follow. (See Programme Two.) These verses are usually chanted in Pali, the language in which many of the early Buddhist scriptures were originally written down.

### **The Early Buddhist Sangha - Monks and Nuns**

Some of the early followers of the Buddha chose to give up family life, to live in the forest and to travel around spreading the Buddha's teaching. These were the first monks ("bhikkhus") and nuns, ("bhikkunis"). Following the example of the Buddha, they shaved their heads and wore simple yellow robes. The robe, stained yellow with mud, was probably similar to the common dress of the time.

### **The Early Buddhist Sangha - Lay Followers**

Other followers of the Buddha chose to stay with their families; they practised the teachings of the Buddha whilst living at home. These lay followers were happy to support the bhikkhus and bhikkunis with gifts of food, which they collected daily in their alms bowls.



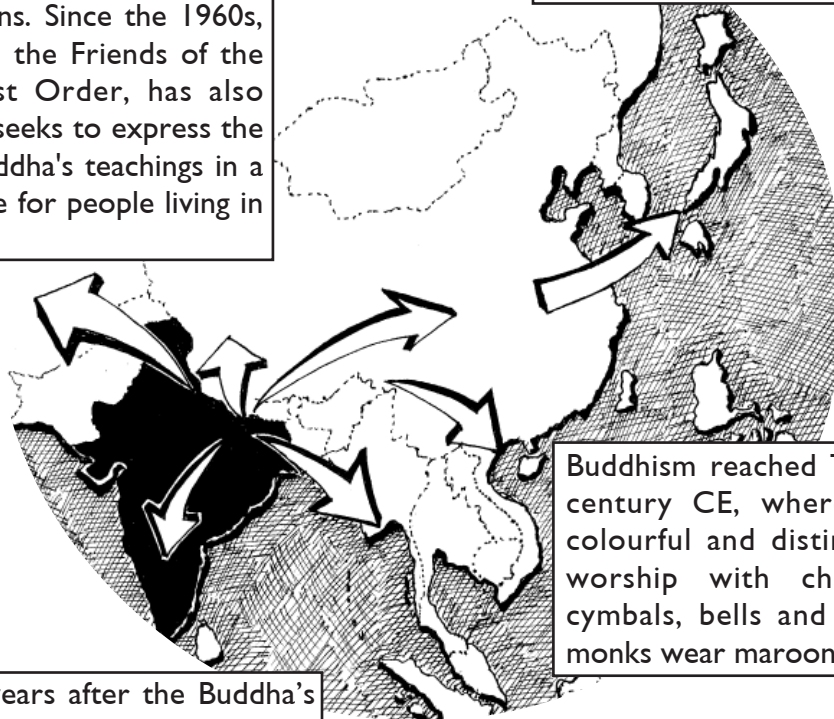
## Sequence 4 The Sangha around the World

Buddhism originated in India two and a half thousand years ago. Today there are about 350 million Buddhists in the world, most of whom live in SE Asia. Many thousands of Buddhists live in Britain and other parts of the world outside Asia.

As Buddhism spread outwards from India, it adapted to the needs of different peoples and cultures. This has resulted in the development of many different forms of Buddhism, but everyone who has Enlightenment as their goal and follows the teachings of the Buddha is a member of the Sangha.

Towards the end of the 19th century Buddhism became known in the West. In the 20th century, Indian, Tibetan, Theravadin, Chinese, Japanese and other forms of Buddhism established themselves there, each with its own distinctive traditions. Since the 1960s, a new movement, the Friends of the Western Buddhist Order, has also developed, which seeks to express the essence of the Buddha's teachings in a way that is suitable for people living in the West.

Buddhism was taken from India to China in about the 1st century CE. From there it spread to Korea and Japan. There are currently over 100 different forms of Buddhism in Japan, of which Zen and Pure Land Buddhism are perhaps the best known.



Buddhism reached Tibet in the 7th century CE, where it developed colourful and distinctive forms of worship with chanting, drums, cymbals, bells and horns. Tibetan monks wear maroon robes.

In the first 200 years after the Buddha's death, Buddhism spread throughout India and into Sri Lanka, Burma and Thailand. In these countries it is the Theravada tradition of Buddhism that is practised, in which monastic life is very important. The monks wear yellow robes and are supported by the lay householders.



# Activity Sheet 3a - The Sangha around the World

Name.....



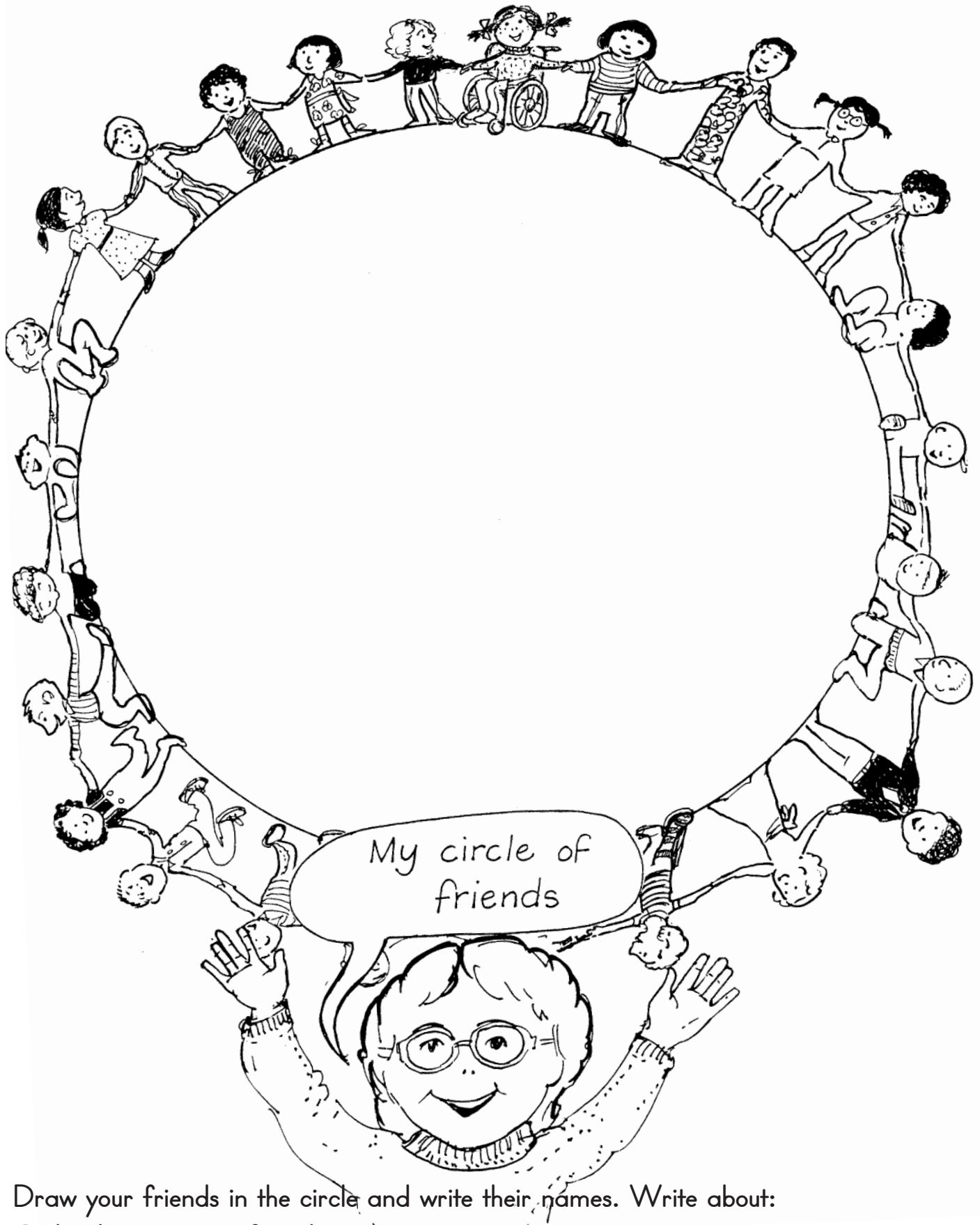
- Read these sentences carefully.
- Choose the correct one for each person.
- Write it in their speech bubble.

- I am a monk. I wear a yellow robe and live in a monastery.
- I am a lay follower. I live with my family.
- I am not a nun or a lay person. I live and work with other Buddhists.
- I am training to be a monk. I wear dark red robes.  
My name is Thubten.
- I am a Japanese monk. I wear white robes.  
I look after the temple.
- I am a health worker. I work with other Buddhists  
and help the poor.



# Activity Sheet 3b - My Circle of Friends

Name.....



Draw your friends in the circle and write their names. Write about:

- why they are your friends
- how you help each other
- what you like to do together





## Activity Sheet 3a - The Sangha around the World

The video shows members of the Buddhist Sangha from around the world. Re-cap the examples with the children:

- A monk with his yellow robe and alms bowl
- Buddhist householders, or lay followers, who support the monks
- Tibetan monks in Ladakh
- A Japanese monk
- Ordained English women Buddhists
- Thubten, the trainee boy monk in Ladakh

Discuss their similarities and differences. What would they all have in common?

After discussion the children read the descriptive sentences. Then they use the information to fill in the speech bubbles for each member of the Sangha.



## Activity Sheet 3b - My circle of friends

Good friendships are important to human happiness and wellbeing.

Discuss with the children:

- Why it is good to have friends
- What it might be like not to have friends
- What sort of person makes a good friend
- How good friends help each other

After discussing friendship, the children draw their friends in the circle. They give each of them a speech bubble saying;

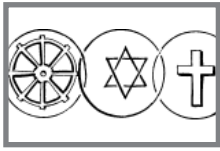
- Who they are
- What they like doing together
- How they help each other



## Links with the child's experience - Belonging

Being part of Sangha helps people in their practice of the Buddha's teachings. Whatever our chosen interest, being with a group of people, who share that interest helps us. Discuss with the children:

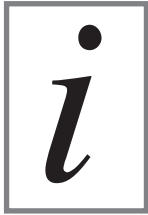
- Do they belong to any groups, clubs or communities?  
(For example, football teams, gymnastics club, ballet classes, computer clubs, cubs, brownies, youth clubs, churches etc.)
- Why do they belong to the club or group?
- How does being with others with the same interest help them?  
(For example, can they talk together about their common interests, share their enthusiasms, learn from and help each other? etc.)



## Links with other religions - Faith communities

All religions have followers or faith communities.

- How do people show that they are members of a particular faith community?
- How do they join their faith community?
- When and where do they meet?
- What activities do they take part in together?



## Sequence 5

## Thubten in Ladakh

In several Buddhist traditions, it is common for young boys, or girls, to spend some time in a monastery, living there and being educated by the monks or nuns. They go home to visit their parents from time to time.



### Activity Sheet 3c - Thubten's Day

Recap with the children the video sequence of a day in the life of the trainee boy monk. Discuss:

- The events in his day.
- What might it be like to live like Thubten?
- What might they have liked or disliked about his day?

After discussion the children complete the sequence "Thubten's Day" with words and pictures.

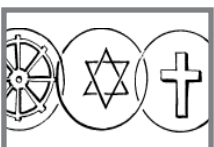


### Activity Sheet 3d - My Day

Discuss with the children the sequence of events in their day. What are the similarities and differences between Thubten's life and theirs;

- Clothes
- School
- Who they live with
- Food
- Free time
- Jobs they might do

After discussion the children write a letter to Thubten telling him about their day.



## Links with other religions - Monks and nuns

- What other religions have people who live a special life devoted to practising their faith?
- Do they:
  - live in special places?
  - wear special clothes?
  - receive special training?

# Thubten's Day



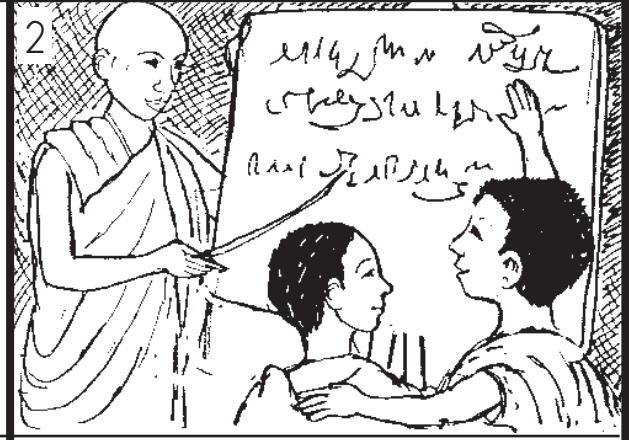
Dear Paul,  
Thank you for  
your letter.  
I will tell you  
about my day.



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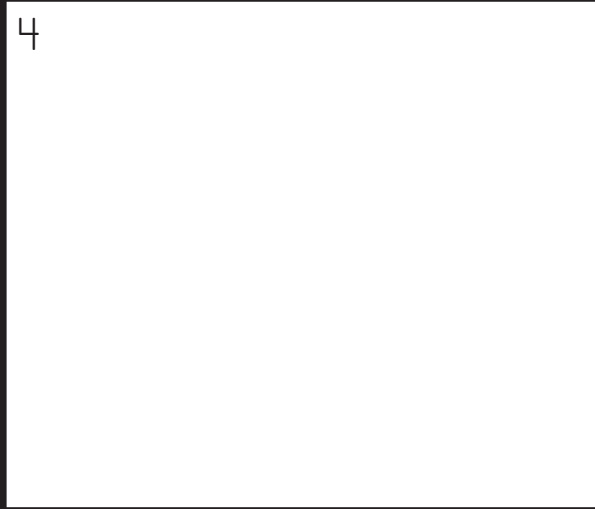
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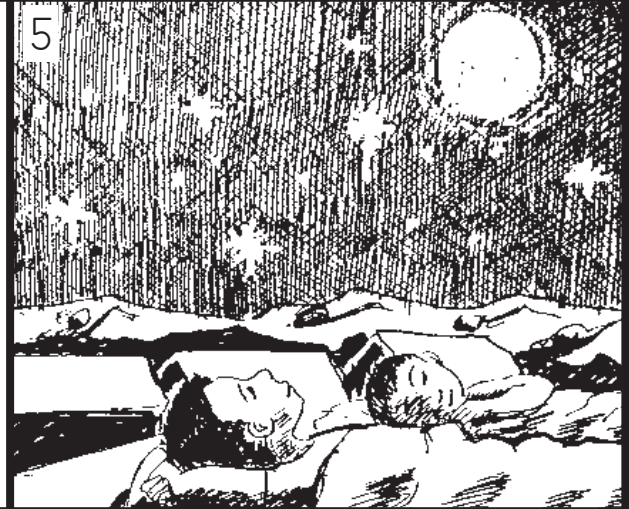
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In the evening we have some free time to play. Sometimes we play hide and seek.



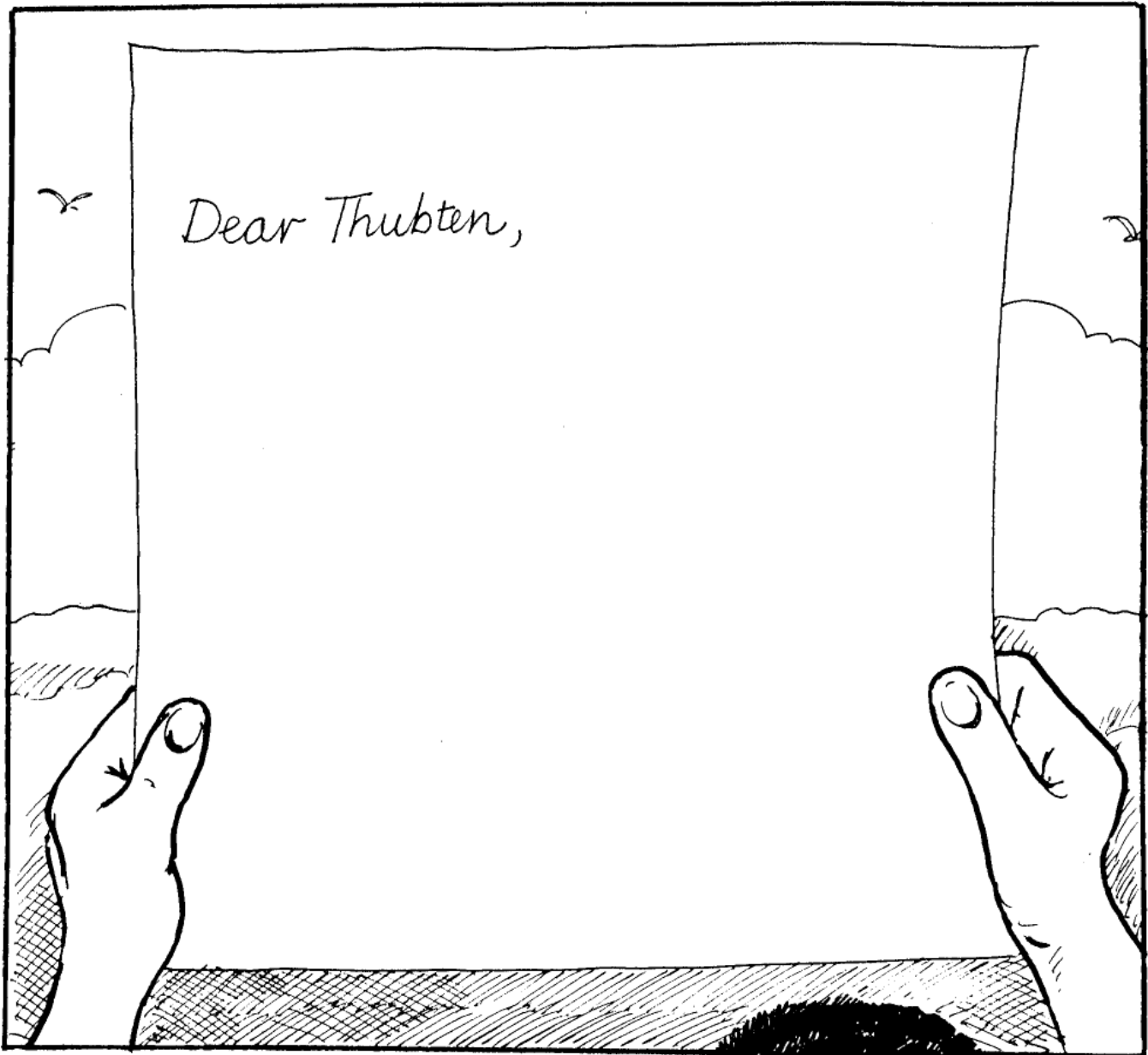
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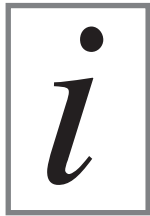
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Name.....

Name.....





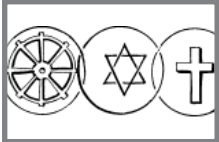
## Sequence 6

## Retreats

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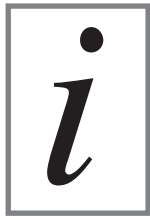
At the time of the Buddha, monks and nuns travelled from town to town spreading the teachings of the Buddha.

During the three months of the Indian rainy season, they would gather together to meditate and learn the Buddha's teachings. Retreats have remained an important aspect of Buddhist practice.



### Links with other religions - Time to reflect

Which other religions have special places or times when people can practise, think about and deepen their faith?



## Sequence 7

## The King's Elephant

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"The King's Elephant" is a Jataka tale; a story of one of the previous lives of the Buddha. The Jataka collection is part of the Pali Canon and contains hundreds of such tales. They are often animal stories with a moral.

The "King's Elephant" draws attention to the fact that we are influenced by the company we keep, both for good or ill - a lesson that many children will readily recognise!

# Listening Quiz Answer Sheet

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Tick the countries mentioned in the programme.

- |   |   |   |   |
|---|---|---|---|
| Japan <input checked="" type="checkbox"/> | Zambia <input type="checkbox"/>           | France <input type="checkbox"/>             | USA <input checked="" type="checkbox"/> |
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