



# Programme Four

# Meditation & Worship

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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 61.

# Listening Quiz

## Programme Four – Meditation & Worship

Name.....

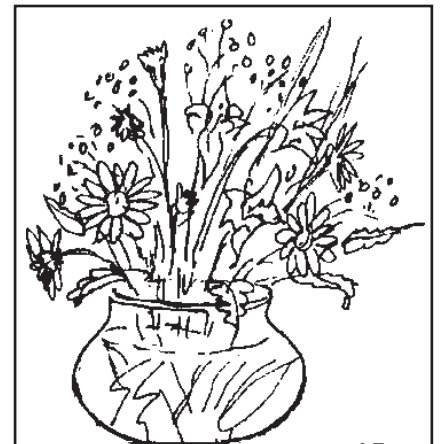
1. Buddhists believe that the Buddha was...

- a) God
- b) a human being who gained Enlightenment
- c) a prophet



2. Why do pilgrims go to Bodhgaya?

- a) To worship the Buddha
- b) To meet each other
- c) To learn to meditate

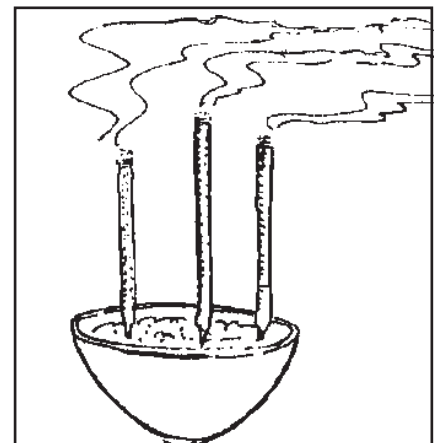


3. Tick four things you would expect to find on a Buddhist shrine.

- |         |                          |             |                          |          |                          |
|---------|--------------------------|-------------|--------------------------|----------|--------------------------|
| Candles | <input type="checkbox"/> | Money       | <input type="checkbox"/> | A Buddha | <input type="checkbox"/> |
| Bread   | <input type="checkbox"/> | Incense     | <input type="checkbox"/> | Wine     | <input type="checkbox"/> |
| Flowers | <input type="checkbox"/> | Prayer book | <input type="checkbox"/> | A cross  | <input type="checkbox"/> |

4. What do flowers remind Buddhists of?

- a) Gardening
- b) Beauty and change
- c) The importance of colours

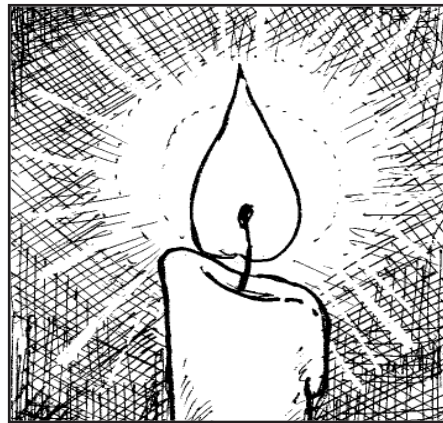


5. What does incense remind Buddhists of?

- a) Prayer
- b) The need for fresh air
- c) That everything we do has an effect on the world

6. What do candles remind Buddhists of?

- a) The sun
- b) The Buddha's teaching lighting up the world
- c) Birthdays



7. Buddhists worship the Buddha because...

- a) he is a God.
- b) they value his teachings and want to become Enlightened too.
- c) he lived a long time ago.



8. Which festival celebrates the life of the Buddha?

- a) Wesak
- b) Christmas
- c) Eid

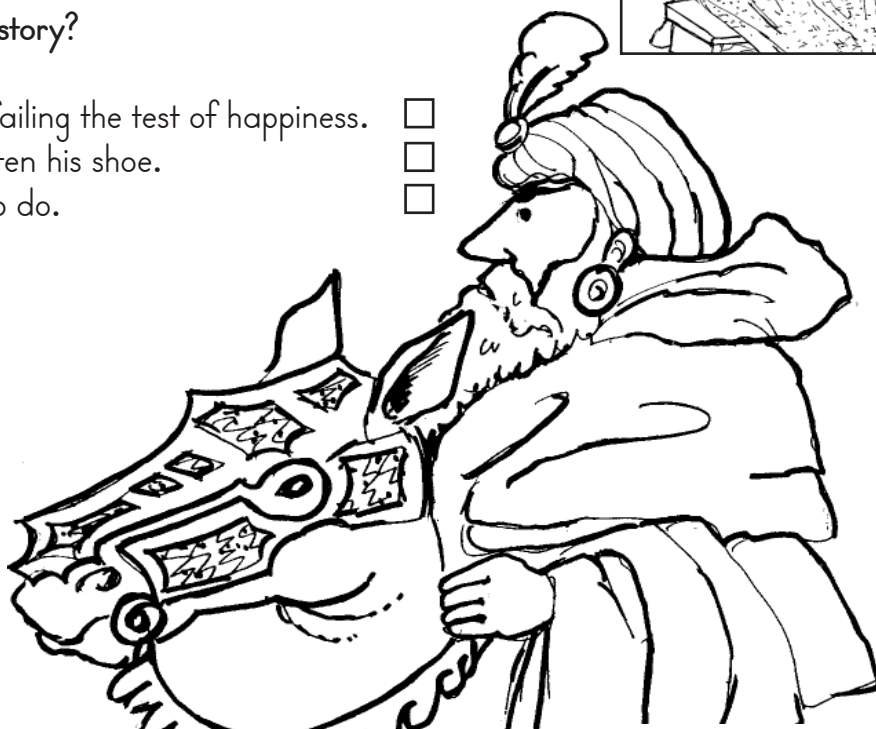
9. Why do Buddhists meditate?

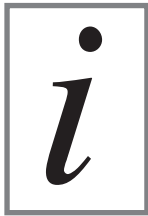
- a) To relax
- b) To stop thinking
- c) To gain wisdom



10. Why did King Ajatasattu rush off at the end of the story?

- a) He didn't like failing the test of happiness.
- b) He had forgotten his shoe.
- c) He had a lot to do.





## Sequence 1

## Worship at Bodhgaya

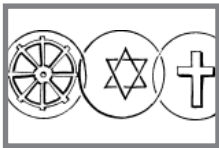
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Bodhgaya is situated near Benares (Varanasi) in northern India. Traditionally held to be the place where the Buddha gained Enlightenment under the Bodhi tree, it is a place of pilgrimage and worship for Buddhists throughout the world. (See note and map on page thirteen, Programme One.)



### 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

## A Buddhist Shrine

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Buddhism was first practised in the West around the beginning of the 20th century. Since then, various Buddhist groups from all over the world have established themselves in Britain. They have often kept the distinctive practices and traditions of the culture or country in which they originated, and this means that Buddhism can look very different, depending on which tradition you encounter. For example, there are Tibetan Buddhist groups and Japanese Zen Buddhist groups. Although the practices of different schools of Buddhism may vary a great deal, the goal of Enlightenment is the same for all Buddhists.

The Manchester Buddhist Centre, shown on the video in its former premises, is run by the Friends of the Western Buddhist Order (FWBO). The FWBO draws its inspiration from all the main Buddhist traditions and was founded in 1967 to enable people to practise Buddhism in the context of a modern Western, post-industrial society. (For further details see inside back cover.)

Arthapriya (the man who answers the children's questions) is an ordained Buddhist, a member of the Western Buddhist Order. He wears a "kesa", a small white stole, round his neck, to show he is a member of the Order. (Members of the WBO do not generally wear robes.)

Depending on the tradition from which they come, Buddhist shrines may vary considerably in appearance. The three symbolic offerings of flowers, incense and candles are common to all traditions.



## Activity Sheet 4a - Shrine Symbols

In pairs, groups or as a class, discuss with the children the three special offerings on the shrine at the Manchester Buddhist Centre.

- What are they?
- What do they symbolise for Buddhists?
- What associations does each of these things have for the children?

After discussion the children

- Complete the gaps in the passage on the activity sheet.
- Draw the three offerings to complete the picture of the Buddhist shrine.



## Activity Sheet 4b - Offerings

Buddhists make offerings in appreciation of the Buddha and his teachings, and in recognition of their own potential to gain Enlightenment. This helps them to draw nearer to their ideal.

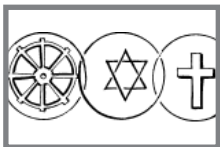
Discuss with the children which people they appreciate, admire and feel grateful to.

- Can they give some examples?
- What qualities do they possess which the children admire?
- Why do they feel grateful to them? What have they done?
- How could they show someone that they admired, or were grateful to them ?

After discussion the children

- Draw a person they admire and feel grateful to.
- Draw and write about what they would do, or give, to show their appreciation.

Encourage the children to be imaginative; they may like to give things which cannot be bought but which more adequately express their feelings; for example, a sunset, a rainbow or the universe.



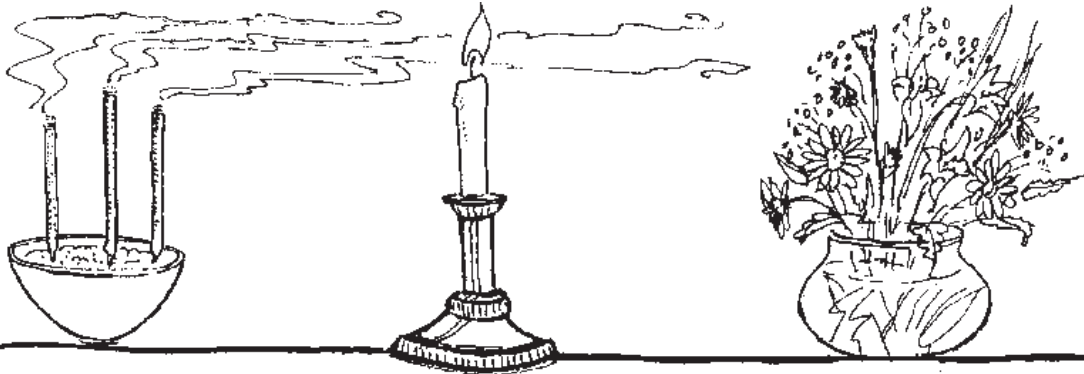
## Links with other religions - Shrines, altars and offerings

Many religions have a shrine or an altar as the focus of their worship.

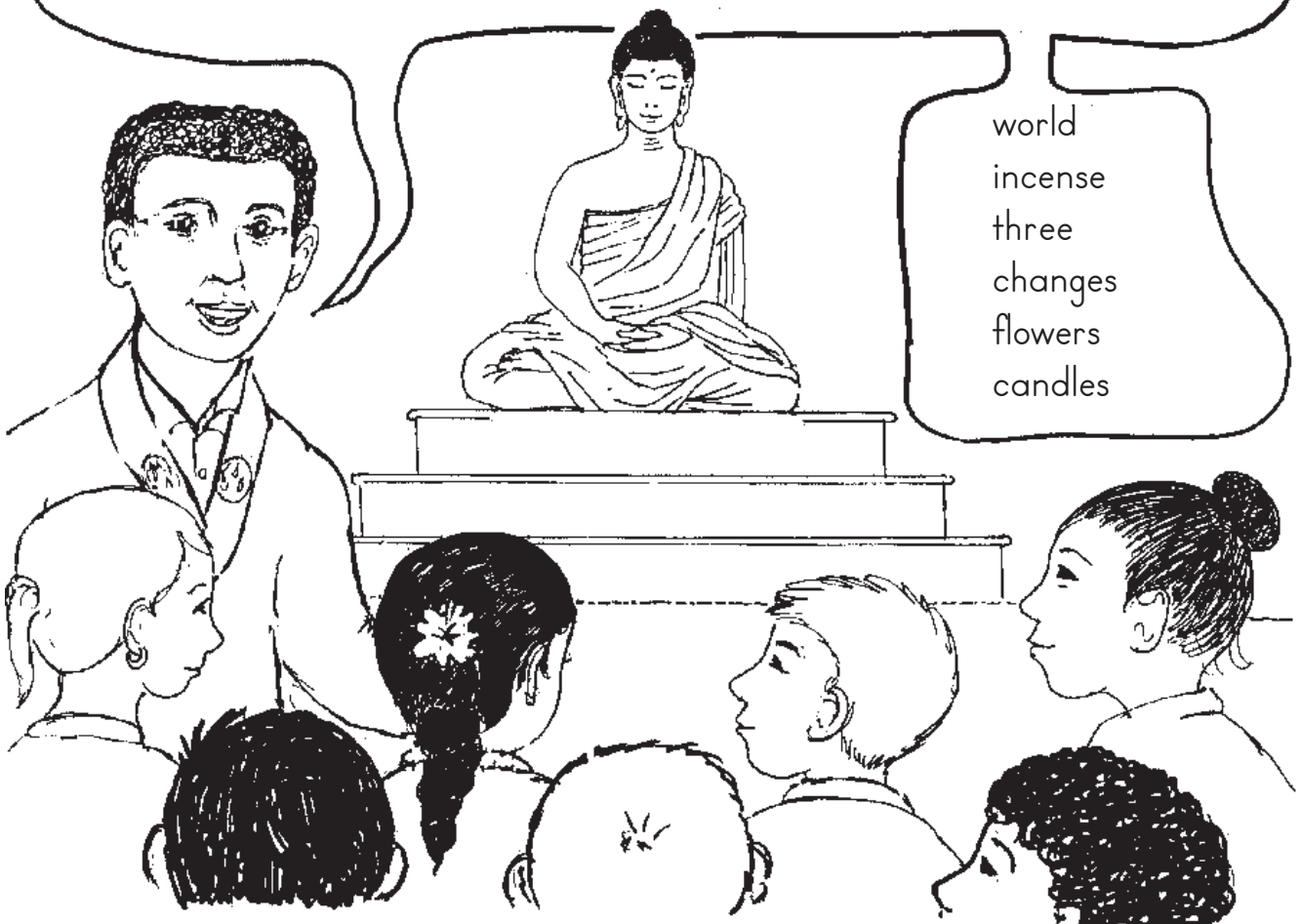
- What are these like?
- Are there any similarities or differences?
- Do other religions make offerings?
- If so, what is used?
- To whom (or what) are they presented?
- Why do people offer them?

Name.....

# The Symbols on a Buddhist Shrine



On a Buddhist shrine, there are usually  traditional offerings.  
 There are  because they are beautiful. They are also a  
 symbol that everything .  
 The  are a symbol that the wisdom of the Buddha lights up the  
 world.  
 The  reminds Buddhists that everything we do has an effect  
 on the  around us.



- world
- incense
- three
- changes
- flowers
- candles

Draw the three traditional Buddhist offerings on the shrine.



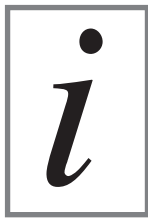
Name.....



Think of someone you admire and feel grateful to. Draw them sitting on the stone.

Draw and write about what you would do, or what you would give, to show your thanks and admiration.

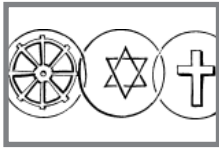




## Sequence 3

## Buddhist Worship

Worship is an important part of Buddhist practice. The different schools of Buddhism have developed their own forms of worship.



### Links with other religions - Worship

Discuss the worship practices of other religious traditions.

- Who or what is being worshipped?
- Why?
- What form does the worship take?
- What feelings does the worship inspire?



## Sequence 4

## Wesak

Wesak, or Buddha Day, is the main Buddhist festival. It celebrates the Enlightenment of the Buddha; some Buddhists also celebrate his birth and Parinirvana (death) on this day. The word "Wesak" comes from Vaisakha, the Indian month of May. Traditionally, these events occurred on the full moon day of this month.



### Activity Sheet 4c - What does Wesak celebrate?

Read, tell or remind the children of the story of the Life of the Buddha (refer to children's booklet). In pairs, groups, or as a class, the children read the information sheet - "Wesak - the Festival of the Buddha".

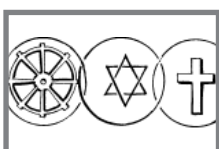
Then use the information to answer the questions and complete the crossword. (All the answers may be found in the information text).



### Links with the child's experience - Celebrations

Discuss with the children their experience of celebrations.

- What events do we celebrate?
- Why do we celebrate them?
- How we celebrate them?
- How do celebrations make us feel?



### Links with other religions - Festivals

- What are the festivals of other religions?
- What do they celebrate?
- How are they celebrated?



## Sequences 5 & 6

## Meditation

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Buddhist meditation is a graded system for training the mind and developing wisdom. Almost all Buddhists consider it an indispensable practice. The water images in the video are traditional and illustrate states of mind we can experience both within and outside meditation.



### Links with the child's experience - Being quiet and still

Discuss with the children the benefits of sometimes being quiet and still.

- Can they remember any times when they have been happy to be quiet and still?
- What did they feel like?
- What did they think about?
- What things help them to be quiet and still?
- Can they think up their own images for their feelings?

For example: What do they feel like inside when they are angry, happy, excited, worried etc.?

Can they find an image or a colour to describe it?  
Can they write a poem or paint a picture to describe their feelings?



## Sequence 7

## King Ajatasattu

---

(We regret that this story has been incorrectly described as concerning King Ajatasattu. In fact it concerns his father, King Bimbisara. The source is the Majjhima Nikaya (14), in the Pali scriptures.)

# Wesak: The Festival of the Buddha

The word "Wesak" comes from Vaisakha, the Indian month of May.



It was on the full moon day in May that Prince Siddhartha was born.

It was on the full moon night of Vaisakha that Prince Siddhartha sat under the Bodhi tree and became Enlightened. This means he gained Nirvana; he became the Buddha.



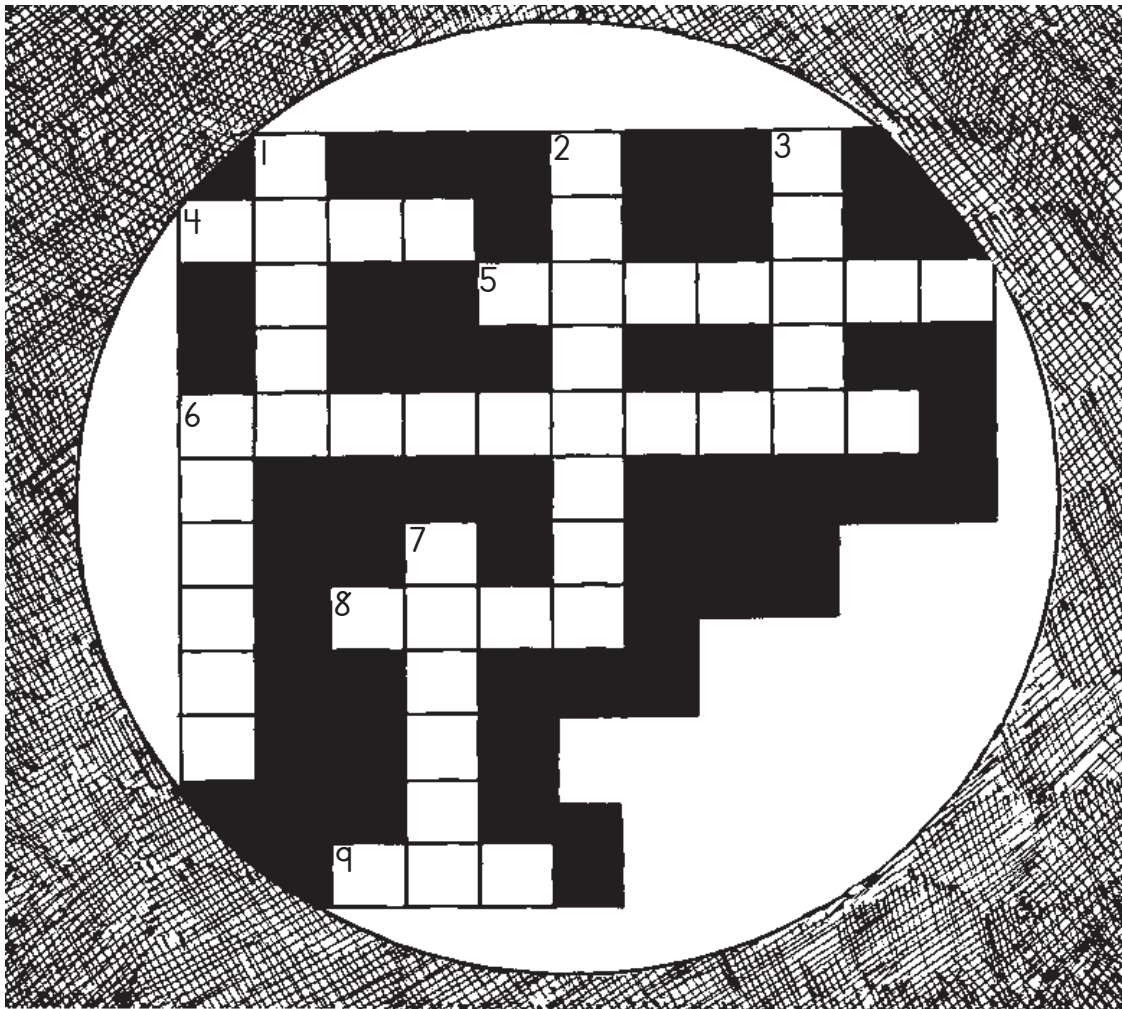
The Buddha's death, or Parinirvana, was also on a full moon day.

The festival of **Wesak** celebrates the Buddha's Enlightenment. Some Buddhists also celebrate his birth and death on this day. Wesak is celebrated on the full moon day, with a special puja. The shrine is often specially decorated.



Name.....

# Wesak Crossword



What does Wesak celebrate?

Fill in the crossword and find the answer.

ACROSS

- 4 Prince Siddhartha was \_\_\_\_\_ in May.
- 5 Another name for Enlightenment is \_\_\_\_\_.
- 6 The young prince was called \_\_\_\_\_.
- 8 The name for Buddhist worship is \_\_\_\_\_.
- 9 Wesak is on the full moon day of \_\_\_\_\_.

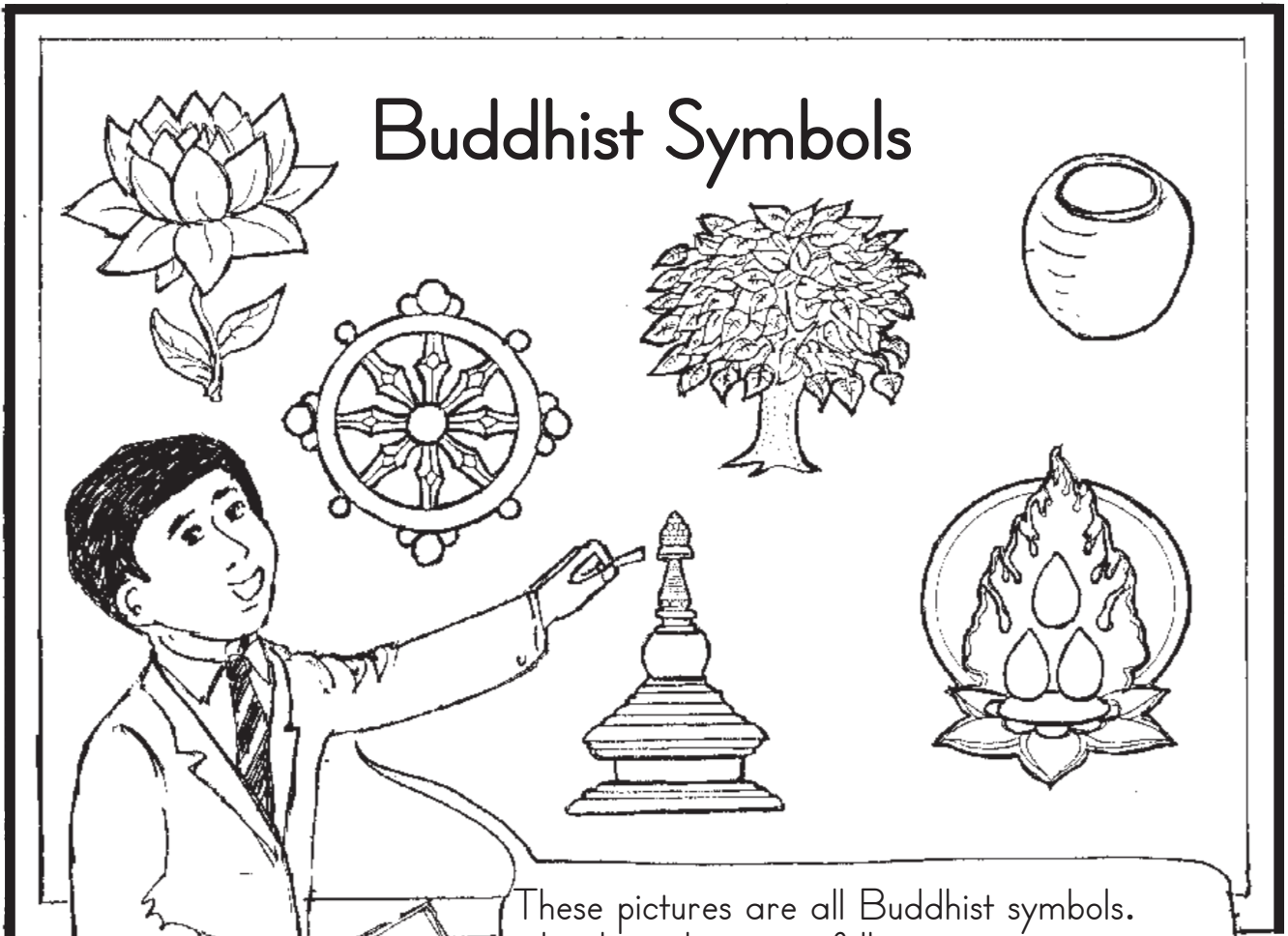
DOWN

- 1 The Buddha became Enlightened under the \_\_\_\_\_ tree.
- 2 The Buddha became Enlightened in the Indian month called \_\_\_\_\_.
- 3 The Buddha's \_\_\_\_\_ is known as the Parinirvana.
- 6 The \_\_\_\_\_ is specially decorated for Wesak.
- 7 Another name for Wesak is \_\_\_\_\_ Day.

Now make a word search choosing ten important words from the Wesak sheet.



Name.....



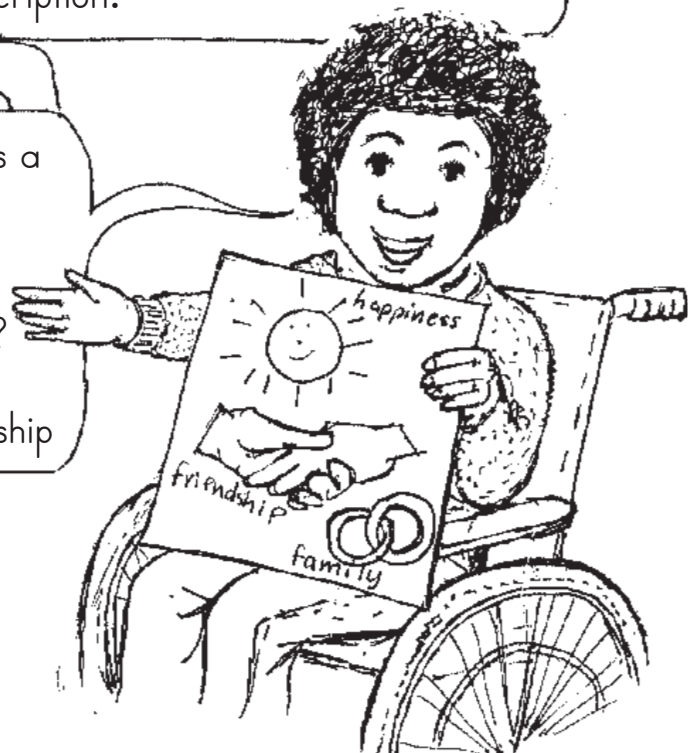
These pictures are all Buddhist symbols.

- Look at them carefully.
- What does each of them make you think of?
- Read the descriptions on the other side of this sheet.
- Carefully draw the correct symbol next to its description.

A symbol is a picture which has a special meaning.

Can you make up your own symbol for each of these things?

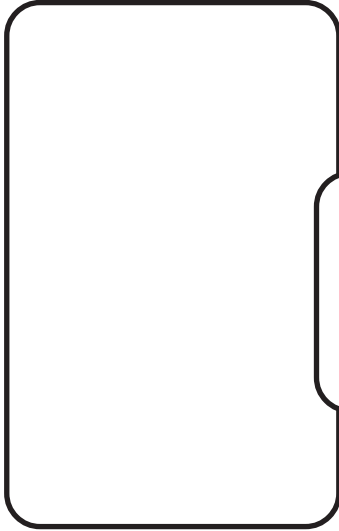
- Family
- Learning
- Friendship



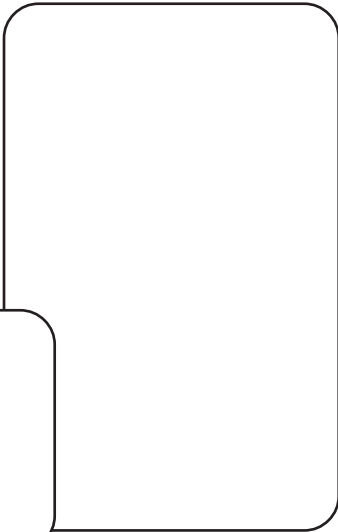
Name.....

# Buddhist Symbols

Draw the symbol to match the description.

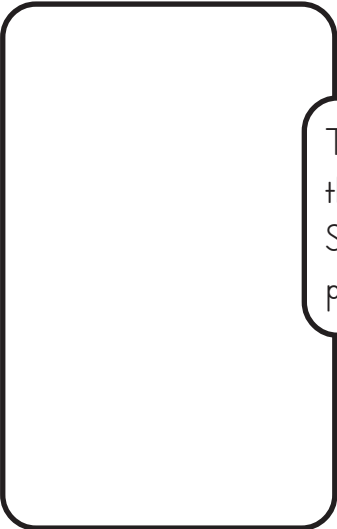


The **Bodhi Tree** is a symbol of the Buddha's Enlightenment. It was under the Bodhi Tree that Siddhartha gained Enlightenment and became the Buddha.

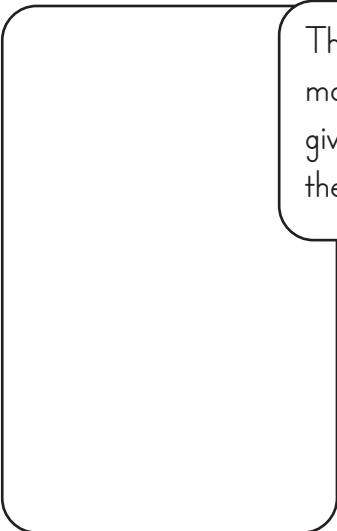
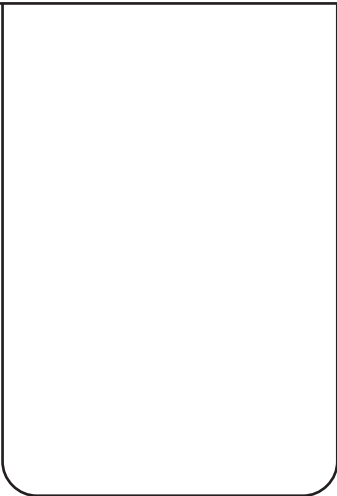


The **lotus flower** is a symbol for growth. Meditation helps Buddhists to grow towards Enlightenment.

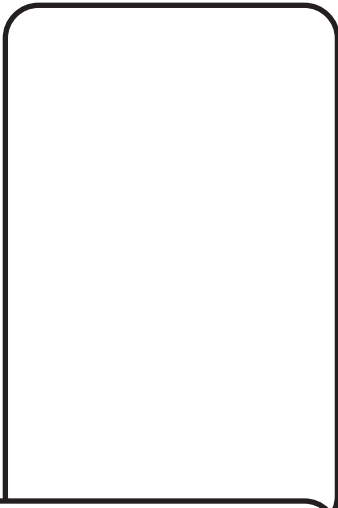
A **stupa** is a specially-shaped structure built by Buddhists. It is a symbol for the Buddha and often used for worship.



The **Three Jewels** are symbols for the Buddha, the Dharma and the Sangha. These are the three most precious things for Buddhists.



The **alms bowl** is a symbol of the monk or nun. Monks and nuns have given up home and family to follow the Buddha's teaching.



The **Dharmachakra (wheel of the Dharma)** is a symbol for the teaching of the Buddha. The eight spokes remind us of the Noble Eightfold Path.

# Listening Quiz Answer Sheet

1. Buddhists believe that the Buddha was...

- a) God.
- b) a human being who gained Enlightenment.
- c) a prophet.

2. Why do pilgrims go to Bodhgaya?

- a) To worship the Buddha
- b) To meet each other
- c) To learn to meditate

3. Tick four things you would expect to find on a Buddhist shrine.

- |   |   |  |
|---|---|--|
| Candles <input checked="" type="checkbox"/> | Money <input type="checkbox"/>              | A Buddha <input checked="" type="checkbox"/> |
| Bread <input type="checkbox"/>              | Incense <input checked="" type="checkbox"/> | Wine <input type="checkbox"/>                |
| Flowers <input checked="" type="checkbox"/> | Prayerbook <input type="checkbox"/>         | A cross <input type="checkbox"/>             |

4. What do flowers remind Buddhists of?

- a) Gardening
- b) Beauty and change
- c) The importance of colours

5. What does incense remind Buddhists of?

- a) Prayer
- b) The need for fresh air
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6. What do candles remind Buddhists of?

- a) The sun
- b) The Buddha's teaching lighting up the world
- c) Birthdays

7. Buddhists worship the Buddha because...

- a) he is a God.
- b) they value his teachings and want to become Enlightened too.
- c) he lived a long time ago.

8. Which festival celebrates the life of the Buddha?

- a) Wesak
- b) Christmas
- c) Eid

9. Why do Buddhists meditate?

- a) To relax
- b) To stop thinking
- c) To gain wisdom

10. Why did King Ajatasattu rush off at the end of the story?

- a) He didn't like failing the test of happiness.
- b) He had forgotten his shoe.
- c) He had a lot to do.