

## The Bristol Buddhist Centre Resource Centre for Schools and Colleges

The Buddhist Centre loans books, audio visual materials, CDs and other materials to local teachers who are studying Buddhism for use in the classroom. The list below details all the resources that are currently available.



### Books in Alphabetical Order:

Adiccabandhu & Padmasri (1998) "**The Lion and the Jackal**". Windhorse Publishing.

Adiccabandhu (2006) "**My Buddhist Faith**" (My Faith Series). Evans Brothers Ltd.

Lynne Broadbent & John Logan (2000) "**Under the Bodhi Tree: A Story for Wesak: Pupils' Book**" (Times to Remember Series). Religious and Moral Education Press.

Janet Brooke & Joe Landwehr (2003) "**Prince Siddharta: The Story of Buddha**". Wisdom Publishing.

Sherab Chodzin et al (1997) "**The Barefoot Book of Buddhist Tales**". Barefoot Publishing.

Sherab Chodzin & Alexandra Kohn (1997) "**The Wisdom of Crows and Other Buddhist Tales (4-6)**". Tricycle Press.

Sarah Conover & Valerie Wahl (2005) "**Kindness: A Treasury of Buddhist Wisdom for Children and Parents**" (Little Light of Mine Series). Eastern Washington University Press.

Alison Cooper (2004) "**The Facts About Buddhism**" (Facts About Religions series). Hodder Children's Books.

Lisa Desmond (2004) "**Baby Buddhas: A Guide for Teaching Meditation to Children**". Andrews McMeel Publishing.

S. Dhammika & Susan Harmer (2005) "**Stories from Buddhist Lands**". Marshall Cavendish Times Editions.

Anita Ganeri & Tracy Fennell (2001) "**Buddhist Stories**" (Storyteller Series). Evans Brothers Ltd.

Anita Ganeri (2003) "**Buddhist Festivals Through the Year**" (Year of Festivals Series). Franklin Watts publishing.

Anita Ganeri (2003) "**Buddhist (Beliefs & Culture)**". Franklin Watts publishing.

Mordicai Gerstein (1987) "**The Mountains of Tibet**". Barefoot Books.

Jack Kornfield (1994) "**Buddha's Little Instruction Book**". Random House Publishing.

Mark McGinnis (2007) "**Buddhist Animal Wisdom Stories**". Weatherhill Publishing.

Franz Aubrey Metcalf (2003) "**Buddha in Your Backpack: Everyday Buddhism for Teens**". Ulysees Press.

Jon J. Muth (2002) "**Three Questions**". Scholastic Press.

Jon J. Muth (2005) "**Zen Shorts**". Scholastic Press.

Paramananda (1996) "**Change Your Mind: A Practical Guide to Buddhist Meditation**". Windhorse Publishing.

Chris Pauling (1990) "**Introducing Buddhism**", Windhorse Publishing.

Cath Senker (2003) "**My Buddhist Year**" (Year of Religious Festivals Series). Hodder Wayland.

Thich Nhat Hanh (2001) "**A Pebble for Your Pocket**". Plum Blossom Books.

Thich Nhat Hanh et al (2001) "**Each Breath a Smile**", Plum Blossom Books.

Holly Wallace (2006) "**This Is My Faith: Buddhism: Yuranan's Story**" (This Is My Faith Books). Barrons Educational Publishing.

Diana Winston (2003) "**Wide Awake: A Buddhist Guide for Teens**". The Berkeley Publishing Group.

### **Activities:**

Danielle Bersma & Marjoke Visscher (2003) "**Yoga Games for Children**", Publishers Group West, USA.

Tara Guber et al "**Yoga Pretzels: 50 Fun Yoga Activities for Kids and Grownups**". (Yoga Cards). Barefoot Books.

### **Visual Resources:**

A wall chart showing the traditional eight Buddhist symbols

Four discs (20cm diameter) depicting:

- The eight traditional Buddhist symbols
- The thousand armed Avalokitesvara
- The 5 Buddha mandala with Akshobya in the centre of the mandala
- The Tibetan wheel of life

5 postcards of the following figures:

- Green Tara, Vajrayogini, Padmasambhava, Shakyamuni Buddha and the Five female Buddhas.

### Audio visual materials:

#### DVDs

**“Meditation for everyone”**. DVD. An introduction to meditation, including tips on posture, setting up a meditation practice and a 20 minute guided meditation. Total running time 63 minutes. Produced by the Clear Vision Trust ([www.clear-vision.org](http://www.clear-vision.org)).

**“The Monkey King and other tales for children”**. DVD. Running time 83 minutes (6 stories, each 13 minute in length). Produced by the Clear Vision Trust ([www.clear-vision.org](http://www.clear-vision.org)).

**“What is Buddhism?”** DVD. An introduction to Buddhism showing its richness and diversity. The DVD explores the life of the Buddha, the Dharma, including the 4 Noble Truths and 8 fold path, the Sangha (Buddhist community) and meditation and devotion in Buddhism. Running time 57 minutes. Produced by the Clear Vision Trust ([www.clear-vision.org](http://www.clear-vision.org)).

#### CDs

**“Enchanted Meditations for Kids”** (Calm for Kids resources). 8 short meditations (between 4 and 10 minutes in length). Diviniti Publishing Ltd.

**“Sacred Chants of Buddha”**, by Craig Pruess. Four different chants, all approximately 15 minutes in length.

**“Body scan” guided meditation** CD. Guided meditations, the first is 42 minutes in length, the second is 22 minutes in length. Produced by Breathworks ([www.breathworks-mindfulness.co.uk](http://www.breathworks-mindfulness.co.uk)).

**“Mindfulness of breathing” guided meditation** CD. Guided meditations, the first is 30 minutes in length, the second is 36 minutes in length. Produced by Breathworks ([www.breathworks-mindfulness.co.uk](http://www.breathworks-mindfulness.co.uk)).

**“Kindly awareness” guided meditation** CD. Guided meditations, the first is 33 minutes in length, the second is 28 minutes in length. Produced by Breathworks ([www.breathworks-mindfulness.co.uk](http://www.breathworks-mindfulness.co.uk)).