

The East Midlands Buddhist Association Leicester Buddhist Vihara

Senior Dhamma School

Lessons Conducted for the year 2020

Lessons

Lesson 1 : 31st May 2020

1. Reciting Ata Sil and learning the meaning of Ata Sil
2. What is Poson poya day
3. The Stanza Mihindu Thero recited to King Devanampiyatissa and the meaning
4. Homework: – answers to the crossword puzzle*
5. Practising the Dhamma school song

Lesson 2: 21st June

1. Buddha Vandhana
2. Loving-kindness meditation
3. Ata sil and it's meaning
4. Poson Poya Arahanth Mihindhu stanza & meaning
5. Read in class a story on “You Cannot Dirty the Sky” (Key Stage 2 – Page 70)
6. Answers to Homework
7. Daham Pasal song

Lesson 3: 05th July 2020

1. Buddha Vandhana
2. Loving-kindness meditation
3. Answers to the Homework on “kind words and harsh words”
4. What is Dhamma?
5. The Four Noble Truths
6. Learnt a story “Kisa Gauthami” – The First Noble Truth – (suffering/dukkha)
6. Answers to Homework on the Noble Eight fold Path
7. Daham Pasal song

Lesson 4: 19th July 2020

1. Buddha Vandhana (individually reciting the 5 precepts and the meaning)
2. Loving-kindness meditation
3. Answers to Homework
Kisa Gauthami – The First Noble Truth (Suffering) Noble Eight Fold Path
4. Learnt a new story – “Monkey Trap” pages 66-67 Keystage 2
5. Recite the Daham Pasal Song

Lesson 5: 6th September 2020

1. Buddha Vandhana
2. Loving-kindness meditation
3. Homework : Monkey Trap – The Second Noble Truth (Cause of Suffering)
4. Read & learnt a new story – “A Happy Monk” the Third Noble Truth – end of suffering
5. Reciting the Daham Pasal Song

Lesson 6: 27th September 2020

1. Buddha Vandhana
2. Answers to Homework
3. Read & learnt a new story – “Raft- Fourth Noble Truth – path leading to end of suffering
4. Learnt about “Sangha”

Lesson 7: 18th October 2020

1. Buddha Vandhana
2. Loving-kindness meditation
3. Answers to Homework
4. Read & learnt two new stories
“A Layman who violates the five precepts” & The Elephant Nalagiri

Lesson 8: 01st November 2020

1. Buddha Vandhana
2. Loving kindness meditation
3. Answers to Homework
4. Introduction to Maha Mangala Sutta – discourse on blessings

Lesson 9: 15th November 2020

1. Buddha Vandhana
2. Loving kindness meditation
3. Answers to Homework
4. Introduction to Maha Mangala Sutta – discourse on blessings
5. 1. Buddha Vandhana
2. Loving kindness meditation
3. Maha Mangala Sutta – Overview and 1st discourse
6. Asevanā ca bālānam -not to associate with fools,
Panditānañ ca sevanā -to associate with the wise,

Pūjā ca pūjanīyānam -and honour those who are worthy of honour;
Etam mangala muttamam -this is Blessing Supreme

7. Learnt two new stories

The Brave Quail

The fly and an elephant

Lesson 10: 29th November 2020

1. 1. Buddha Vandhana

2. Loving kindness meditation

3. Maha Mangala Sutta – 3rd Verse

2. *Patirūpa-desa vāso ca* -to live in a suitable locality,
Pubbe ca katapuññatā -to have done meritorious actions in the past,
Atta sammā panidhi ca -to have set oneself on the right course
(towards emancipation);
Etam mangala muttamam -this is Blessing Supreme.

Lesson 11: 13th December 2020

1. By heart stanzas of Buddha Vandhana (please refer to the website for the stanzas in English)

2. Maha Mangala Sutta – continued

Bāhu saccañ ca sippañca

Vinayo ca susikkhito

Subhā sitā ca yā vā cā

Etam mangala muttamam

Homework

SS0601 : 21st June 2020

- Learn to recite ‘ata sil’ and learn the meaning
- Learn the Stanza and the meaning Mihindu Thero recited on Poson poya day to King Devanam Piyatissa (see below)
- Complete activity sheet (see below)
- Learn loving-kindness meditation (see below)
- Practice the Dhamma school song (see below)

The Noble Eightfold Path

Match the correct description to the step on the eightfold path

Resource: Refer to your Keystage 2 book.

Step on path	Description
Right Understanding	Use meditation to work towards a better understanding of the world around you.
Right Attitude	Accept that nothing lasts forever.
Right Speech	Think carefully about your own and other people’s feelings.
Right Action	Behave in a correct way. For example, be kind and considerate.
Right Livelihood	Try to remain positive and see the best in people.
Right Effort	Always think before acting and try your best.
Right Mindfulness	Ensure your career does not hurt others or the environment.
Right Concentration	Tell the truth. Tell the truth.

Stanza that was recited by Arahanth Mihindu to King Devanampiyatissa when Thero arrived in Sri Lanka to introduce Buddhism on Poson Poya Day

In Pali language

“Sama.naa maya.m Mahaaraaja
Dhammaraajassa saavakaa
tav’eva anukampaaya
Jambudiipaa idhaagataa.”

The meaning in English

“We are the disciples of the Lord of the Dhamma.
In compassion towards you, Mahaaraaja,
We have come here from India.”

Loving Kindness Meditation

May I be Well
May I be Happy
May I be Peaceful
May I be free from suffering

May my Mother be Well
May my Mother be Happy
May my Mother be Peaceful
May my Mother be free from suffering

May my Father be Well
May my Father be Happy
May my Father be Peaceful
May my Father be free from suffering

May everyone in this world be Well
May everyone in this world be Happy
May everyone in this world be Peaceful
May everyone in this world be free from suffering

Daham Pasal Song

Verse 1

Sethsiri Dena Maha Guna Muhudanan
Sath Hata Wana Bawa Dukata Wedaanan
Thith Gana Duruduralana Dhinidaan
Sith Sathosin Namadim Munidaan

Verse 2

Ama Pamanin Pawasu Muni Dana Thathu
Ena Hamadena Balawai Danwiyayuthu
Thama Thama Nena Pamanin Danagathayuthu
Mama Namadim Sadaham Pahada Sithu

Verse 3

Sirimath Bamba Sirasehi Paa Pisinaa
Sariyuth Maha Mugalan Piliwelinaa
Piliweth Saru Maha Sanga Gana Sobanaa
Mudunath Banda Namadim Bethi Pemina

SS0603: 21st June

1. Learn the stanzas for Buddha Vandhana (The Buddha Vandhana (English) stanzas (is available on the Daham Pasal website)
2. Read and learn the story on “**You Cannot Dirty the Sky**” and answer the questions (Resource Key Stage 2 -page 70)

Write one sentence each for the following two questions

1. What will happen if you use harsh / bad words in school or home?
2. What will happen if you use good / kind word in school or home?
3. Complete the Table (Columns 3 & 4) by writing in your own words what you should (Column 3) and shouldn't do (Column 4) for each "Noble Path". (Resource "Noble Eight Fold Path" Key Stage 2 – Pages 41-45)

Step on path	Description	Should do	Shouldn't do
Right Understanding	Accept that nothing lasts forever.		
Right Attitude	Try to remain positive and see the best in people.		
Right Speech	Tell the truth.		
Right Action	Behave in a correct way. For example, be kind and considerate.		
Right Livelihood	Ensure your career does not hurt others or the environment.		
Right Effort	Always think before acting and try your best.		
Right Mindfulness	Think carefully about your own and other people's feelings.		
Right Concentration	Use meditation to work towards a better understanding of the world around you.		

SS0704: 19th July 2020

1. Learn the stanzas for Buddha Vandhana
The Buddha Vandhana (in English is available on the Daham Pasal website)
2. Read and learn the story on "Kisa Gauthami" – The First Noble Truth – suffering (Resource Key Stage 2 -page 65-66)
Question – Write in your own words what you understand by "suffering" with an example from your own life experience.
3. Complete the Table (Columns 3 & 4) by writing in your own words how each "Noble Path" relates to your life in school/home (Resource "Noble Eight Fold Path" Key Stage 2 – Pages 41-45)

Step on path	Description	Should do	Shouldn't do
Right Understanding	Accept that nothing lasts forever. (accept things as they are)		
Right Attitude (Thought – think the right way)	Try to remain positive and see the best in people.		
Right Speech	Tell the truth.		
Right Action	Behave in a correct way. For example, be kind and considerate.		
Right Livelihood	Ensure your career does not hurt others or the environment.		
Right Effort (become a better	Always think before acting and try your best.		

person)

Right Mindfulness (be attentive and aware)

Think carefully about your own and other people's feelings.

Right Concentration (keep the mind steady and calm)

Use meditation to work towards a better understanding of the world around you.

4. Practice the Daham Pasal Song
(Daham Pasal Song in English is available on the website)

SS0905: 19th July 2020

1. Read on your own the story "Monkey Trap" – Pages 66-67 Keystage 2
In the story there are two main characters "Trapper" and the "Monkey"

Who suffered most?

What was the cause of suffering?
2. Learn to recite the stanzas of Buddha Vandhana by yourself (Each student will be asked to recite the 5 Precepts and the Meaning in the next lesson)
3. Learn to say the Daham Pasal song by yourself (Each student will be asked to recite the song individually)

SS0906: 27th September 2020

1. Read & learn the story "A Happy Monk" – Pages 68-69 Key stage
2. Why was the monk happy?
Explain in your own words what you understand as 'end of suffering'
(use the story to write your answer)
2. Learn to recite the stanzas of Buddha Vandhana by yourself
3. Learn to say the Daham Pasal song by yourself Lesson 6: 27th September 2020

SS1007: 11th October 2020

1. Learn and understand the four noble truths (Pages 41 – 46 Key stage 2)
2. Read "Sangha" (Pages 47-50 Key stage 2) and answer the questions on Respecting the Sangha

RESPECTING THE SANGHA

Fill in the correct words to complete the sentences. These words are: **respect, Teachings, quiet, parents, Sangha, palms, messengers, Triple, obey**

In our temple, we have many monks. They form a community called the Order. Every time we meet monks, we should put our together and greet them with These monks are the of the Buddha. They teach and guide us to follow the of the Buddha.

During the School puja, we bow and pay respects to the Gem, the Buddha, Dhamma and Sangha. When monks conduct the puja, we must remain and chant well. As good students, we the monks, teachers and elders.

33

SS1108 : 01st November 2020

1. Learn the stanzas by heart for paying homage to the Triple Gem (Buddha, Dhamma and Sangha)
2. How many virtues are there with the Buddha?
How many virtues are there with the Dhamma?
How many virtues are there with the Sangha?
3. Read and learn the Buddha's story
From the birth of the Prince Siddhartha to becoming the Bodhisatva

SS1109: 15th November 2020

1. Learn the stanzas of Buddha Vandhana by heart
2. Learn the meaning of the nine virtues of the Buddha
3. Learn to recite the Maha Mangala Sutta
Asevanā ca bālānaṃ – Paṇḍitānaṃ ca sevanā
Pūjā ca pūjanīyānaṃ – Etaṃ maṅgalamuttamaṃ
4. Learn the stories
Story A – The Brave Quail (Pages 72 and 73 Key stage 2)
Story B – A Fly and an Elephant (Page 74 Key stage 2)

SS1110: 29th November 2020

Revision – Buddha's story

Answer the following questions:

1. Who was Prince Siddhartha Gautama's (Buddha-to-be) father (king) and mother (Queen)?
2. One full moon night, the Queen dreamt of
3. What did the wise men describe about the dream?
4. Prince Siddhartha was born
onfull moon day
..... BC
in park
5.days after the birth of the Prince, the King arranged the naming ceremony.
King invited Wisemen to the palace.
One wisemansaid the Prince would become
6. Where in India did Prince Siddhartha grow up?
7. days after the birth of the Prince, the Queen passed away.
....., the younger sister of the Queen, raised the Prince.
8. Siddhartha Gautama was a prince. One time he saved the life of a swan,
injured by arrow.
9. At the age ofyears, the Prince married a beautiful Princess called
They both lived in a world where there was nothing but happiness, cheerfulness and
enjoyment. The King builtpalaces for the Prince and Princess to live. They were
named,,
10. One day the Prince felt unhappy living in the Palace. He left the palace with his
servant to see how people lived. For the first time, he saw four sights.
A, a, a and a

SS1211: 13th December 2020

Revision – Buddha's story Answer the following questions:

1. What was the name of Prince Siddhartha's son?.....
2. How old was Prince Siddhartha when he left the palace?
3. Why did Prince Siddhartha leave the palace?
4. With whom did the Prince leave the palace?.....
5. Who were Prince Siddhartha's 1st teachers.....
6. How many long years did Prince Siddhartha trained through hardships?.....
7. Why did Prince Siddhartha decided to give-up living through hardships?.....
8. At what age did Prince Siddhartha became the enlightened one?.....
9. On what day did Prince Siddhartha became the enlightened one?.....
- 10 Where did Prince Siddhartha became the enlightened one?.....

Citations and References