

The East Midlands Buddhist Association Leicester Buddhist Vihara

Junior Dhamma School

Lessons Conducted for the year 2021

Lessons

Lesson 1 : 10th January 2021

Daily Buddha Vandhana

Loving kindness meditation

Learn a new story (“The Buddha Threading the Needle” Keystage one Pages 56 & 57)

Buddha’s story continued

Homework JS0101

Being a good pupil brings great rewards.

What are the things you would do to be a good pupil in the dhamma class?

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

List the rewards you can get by being a good pupil?

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

(From last session)

Read a new story – “The young Deer that played dead”

Practicing the Daham Pasal Song

Lesson 2: 24th January 2021

Daily Buddha Vandhana

Loving kindness meditation

Thought of the day

Share entries in the “merit book”

Learn a new story (“The Crippled Man & the Blind Man” Keystage one Pages 58)

Home work JS0102

Read the Chapter on “Dhamma” in your Keystage 1 book (pages 27 – 36) and fill in the blanks
..... is the teachings of Buddha.

Dhamma teaches us to live and

Dhamma tells us how to face and solve

When we follow Dhamma, it brings and

Read the Chapter on “Dhamma” in your Keystage 1 book (pages 27 – 36) and find answers to what dhamma teaches us

Do Not Do Bad	Do Good	Keep your mind clean
1. Do not	1. Do	1. Do not be
2. Do not	2. Do	2. Do not be
3. Do not	3. Do	3 Do not be

Lesson 3: 07th February 2021

1. Daily Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Share entries in the “merit book”
5. Learn a new story (“The Fishmongers” Keystage one Pages 60-61)
6. Buddha’s story continued

Homework JS0203

Read the Chapter on “Sangha” in your Keystage 1 book (pages 37 – 41) and fill in the blanks

1. Sangha practice the
2. Sangha study teachings.
3. Sangha teach to people.
4. Sangha also practices

Think how you would respect the Sangha

- 1.....
- 2.....
- 3.....
- 4.....

Read the story “The Crippled Man & the Blind Man” from your Keystage Book 1 and find the answers to the following questions.

1. When the fire broke in the house the two men got scared because the blind man could not and the crippled man could not
2. The blind man helped the crippled man by
3. The crippled man helped the blind man
4. If we help each other we can

Year End Exam 2020

Date of examination: 21st February 2021 (via Zoom)

Format of examination: Oral

Duration of the examination: 10 minutes / student

Section 1: Question on Buddha's life story

Section 2: Questions on Dhamma, Sangha

Section 3: Recite a stanza of the buddha vandhana

The examination is for students who have been in the dhamma school for more than 6 months. *(Students who have been in the Dhamma School for less than 6 months are welcome to sit the exam)*

Lesson 4: 07th March 2021


1. Daily Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Share entries in the "merit book"
5. Learn a new story ("The Fox and the Otters" Keystage one Pages 62-63)

Lesson 5: 21st March 2021

1. Daily Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Share entries in the "merit book"
5. Learn a new story ("The Snake's Head and Tail" Keystage one Pages 64-65)

Homework

"Sirith Maldama" Learn the Verse and the Meaning



2

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හොඳ සිත සිතූ හැම	විට
හරක සිත් ඇති	විට
හරකමයි සිදුවන්නේ	අපහට

Sirith Maldama

To be a virtuous person, one always needs a virtuous mind.
A non-virtuous mind causes nothing but bad.

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හරකත් ම සිදු වේ.


සජේන්ද්‍ර Sajendra

Lesson 6: 18th April 2021

1. Daily Buddha Vandhana
2. Loving kindness meditation

3. Thought of the day
4. Share entries in the “merit book”
5. Learn a new story (“The Cleaning Woman” Keystage one Pages 66-67)
6. “Sirith Maldama” continued

3



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Sirith Maldama

You cannot do any good with an ill-will. Unless you do good, your birth is fruitless.

නරක සිතුවිලිකින් නම් කිසිදු හොඳක් කළ නොහැකිය. යහපතක් නොකළ හොත් ලබාගත් මිනිසත් බවින් ප්‍රයෝජනයක් නොවේ.

Naraka sithakin nam
Hodak nokaleki kiciyam
Hodak nokale nam
Upan gathiyen netha palak nam

Lesson 7: 2nd May 2021

1. Daily Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Share entries in the “merit book”
5. Introduction to “Sath Sathiya”.
6. “Sirith Maldama” continued

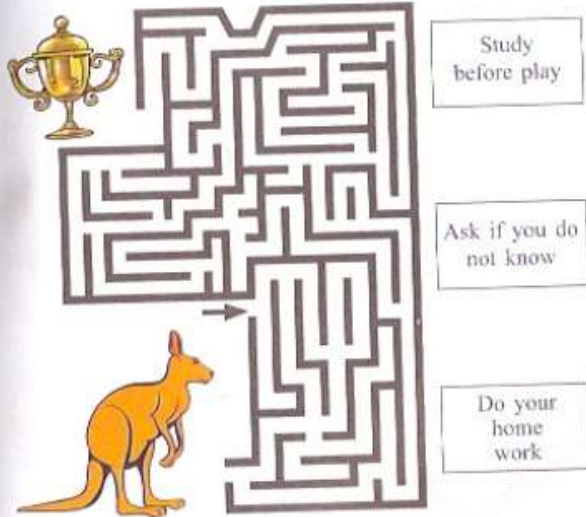
Homework

1. “Sirith Maldama” Learn Verse 1 & 2 and the Meaning
2. Complete the Exercise 2
 - 2.1 Exercise a

EXERCISE 2

The Prince was given the name "Siddhattha" which meant, "Wish fulfilled". As a young boy, the Prince was a good student.

Just like Prince Siddhattha, kangaroo also wishes to do well in his studies. As a good friend to kangaroo, can you help him to walk through the maze? Advise him as you walk along with him. Help him to become the winner!



17

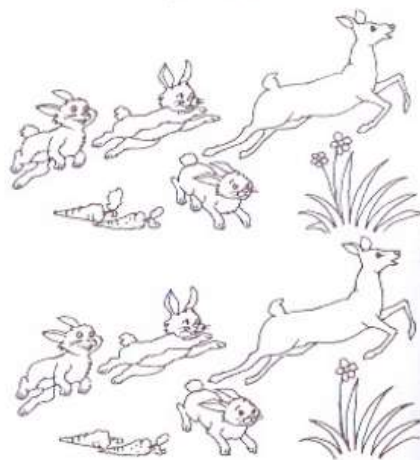
2.2 Exercise b

EXERCISE 2

Animals are beautiful. They love to be free. Show your love and kindness to them by helping them to live happily.

Spot the Difference

There are 6 differences in the bottom picture.
Can you find them?



22

Lesson 8: 16th May 2021

1. Daily Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Write entries in the “merit book”
5. “Sath Sathiya” – Week two

Homework

1. Learn Sath Sathiya week one
2. Draw a picture of Sath Sathiya week one and colour the picture

Lesson 9: 6th June 2021

1. Daily Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Write entries in the “merit book”
5. “Sath Sathiya” – Week four
6. Home work

Homework

1. Learn Sath Sathiya week two and three
2. Draw a picture of Sath Sathiya week two and three and colour the picture
3. Learn with the meaning “sirith mal dama” verses 1 & 2

Lesson 10: 4th July 2021

1. Daily Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Write entries in the “merit book”
5. “Sath Sathiya” – Week six and seven
6. Home work

Homework

1. Learn Sath Sathiya week four and five
2. Draw a picture of Sath Sathiya week four and five and colour the picture
3. Learn with the meaning “sirith-mal dama” verses 3



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එයින් දෙලොවෙහි මහත් සැප	මය

Sirith Maldama

Committing sins is bad; it causes only grief in both this birth and the next. Committing merits brings about comfort in both worlds.

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සජේන්ද්‍ර
Sajendra

**Pau nam narakamaya
Ein delowehi dukamaya
Pin nam uthum maya
Ein delowehi mahath sepa maya**

Lesson 11: 18th July 2021

1. Daily Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Write entries in the "merit book"
5. "Sirith Maldama" Verse 4
6. Home work

Homework

1. Learn Sath Sathiya week six and seven
2. Draw a picture of Sath Sathiya week six and seven and colour the picture
3. Match the correct events with the first to the seventh week of Sath Sathiya

The First Week	-	-	the Buddha meditated on a jewelled seat on the Higher Dhamma. His body gave out six rays of colour
The Second Week	+	+	the Buddha walked up and down on the jewelled bridge.
The Third Week	-	+	three daughters of Mara came to disturb the Buddha
The Fourth Week	+	+	the Buddha sat under the Bodhi tree experiencing peace and happiness
The Fifth Week	+	-	A king cobra coiled round the Buddha to protect Him from rain and wind
The Sixth Week	+	-	the Buddha meditated under the Rajayatana tree experiencing peace and happiness
The Seventh Week	+	+	the Buddha fixed His eyes on the Bodhi tree to show His gratitude

1. Learn the words of “sirith-mal dama” verses 4



5

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කරන් ආදර ගුණය

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පෙම
විලසම
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Sirith Maldama

Love all animals as much as you love your life. As soon as you see them shower them with love.

තමන්ගේ පණමෙන් හැම සතු කෙරෙහිම පෙමින් සළකන්න. ඔවුන් දුටුවිට ආදර ගුණය අත්නොහැර සළකන්න

**Thaman pana lesa hema
Sathun gena salaka pema
Oun dutu vilasama
Karan adara gunaya noherama**

Holiday Notice – Junior Dhamma School

Dhamma School Lessons will commence on 12th September 2021 after the summer holidays

5th September 2021 Dhamma Sermon & Discussion in English for Senior and junior students, parents and devotees

By Veneetha Bhikkhu Amaravati Buddhist Monastery

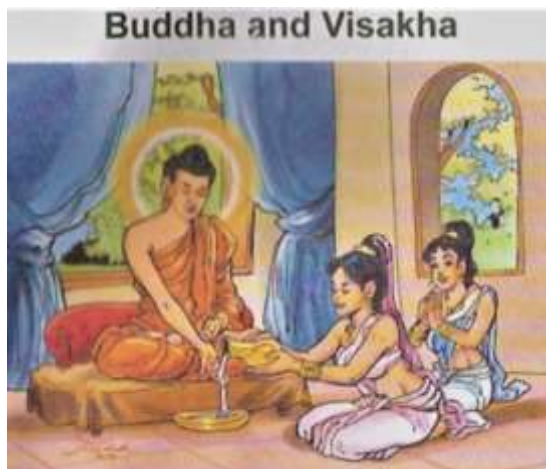
Lesson 12: 10th October 2021

1. Daily Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Write entries in the “merit book”
5. “Sirith Maldama” Verse 6
6. Home work

Homework

1. Read and answer the questions about Visakha
Underline the correct words
 1. At the age of seven, Visakha was able to understand the Dhamma. She was very (clever, proud, rich)
 2. She (scolded, advised, taught) her father-in-law on his wrong action. He came to know his mistake and became good.

3. She learnt to be a good (daughter, wife, mother)
4. She loved to give alms to the monks. She was kind and (generous, selfish, good).
5. She donated a (house, school, monastery) to the Buddha.
6. She was the (greatest, second, third) female supporter of Buddha.



Visakha came from a very rich family. When she was only seven years old, Buddha taught the Dhamma to her and others.


Though she was very young, she was able to understand the Teachings.

When she grew up, she became very beautiful. She was married to the son of a rich man named Migara, who was a follower of another religion. On her wedding day, her wise father taught her how to be a good wife.

One day, while the father-in-law was eating, a monk passed by his house. He did not give food to the monk. With patience, Visakha advised the father-in-law on his wrong action. Very soon, all her husband's family members became Buddhists.

Every day, she gave alms to the monks. She also donated a monastery to the Buddha. She was very kind and generous to all the people. Everyone liked her very much. She was the greatest female supporter of the Buddha.

1. Learn the words of “sirith-mal dama” verses 1-5



5

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ඔවුන් දුටු	විලසම
කරන් ආදර ගුණය	නොහැරම

Sirith Maldama

Love all animals as much as you love your life. As soon as you see them shower them with love.

තමන්ගේ පණමෙන් හැම සතු කෙරෙහිම පෙමින් සලකන්න. ඔවුන් දුටුවිට ආදර ගුණය අත්නොහැර සලකන්න

Thaman pana lesa hema
 Sathun gena salaka pema
 Oun dutu vilasama
 Karan adara gunaya noherama

Lesson 13: 24th October 2021

1. Daily Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Write entries in the “merit book”
5. Biography of Prince Rahula
6. “Sirith Maldama” Verse 7



7

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Sirith Maldama

အစောဆုံး

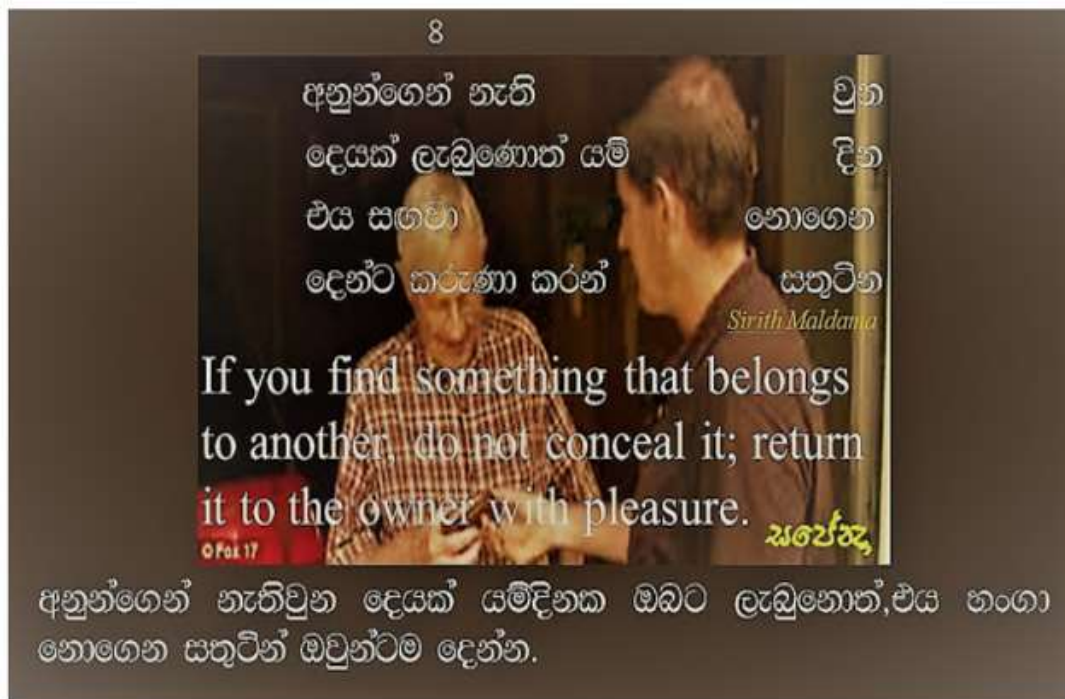
Understand the value of the wealth that
 another has gained after much toil.
 Never steal; consider another's hard
 earned wealth as more worthless tit bits.

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Nomin duka vidamina
 Anun seu dana mila dena
 Horen noganuwa pena
 Sithan kebilithi lecin e gena

Lesson 14: 21st November 2021

1. Buddha Vandhana
2. Loving kindness mediation
3. Share “merit book (pin potha)”
4. Home work
5. Learnt “sirith mal dama” new verse



Anungen nethi una
Deyak lebunoth yam dina
Eya sagawa nogena
Denta karuna karan sathutina

1. Biography of Prince Rahula
2. Practicing the Daham Pasal Song
3. Daily Buddha Vandhana
4. Loving kindness meditation
5. Thought of the day
6. Write entries in the “merit book”
7. Biography of Kaludayi
8. “Sirith Maldama” new verse

Homework

Read and understand the Biography of Prince Rahula

Rahula was the only son of Prince Siddhartha and Princess Yasodahra. He was born on the day when Prince Siddhartha decided to leave home and become a monk. His Grandfather, King Suddhodhana named him “Rahula” meaning “a fetter or a bond”. Rahula was a good and obedient child. He always obeyed his parents and teachers. When he was seven years old, the Buddha came back to his hometown, Kapilavathu. When Princess Yasodhara saw the Buddha walking in the street, she quickly called Prince Rahula to go to meet his father. “Son, that great person is your father. Go to him and ask for a gift. Prince Rahula went to the Buddha. He said “Father, your shadow gives me happiness. You have many gifts. Give me one of your gifts. The Buddha asked Rahula to follow him. After reaching the temple, the Buddha made Prince Rahula a novice monk. King Suddhodhana was very sad and he asked Buddha not to make anyone a monk, unless his parents agreed. The Buddha accepted this.

Rahula threw up a handful of sand into the air. He then wished he would learn as much as those

grains of sand. The Buddha advised Rahula not to tell lies. He was a good novice and obeyed Buddha.

Learn the sirith maldama verses. Sirith Maldama verses are about learning good (the virtues) enjoying the comforts both in this birth and life after.

Hoda lesa hedeemata
Hoda sitha onne hema vita
Naraka sith ethi vita
Narakamai siduwanne apahata

To be a virtuous person, one always need a virtuous mind. A non-virtuous mind causes nothing but bad.

Naraka sithakin nam
Hodak nokaleki kiciyam
Hodak nokale nam
Upan gathiyen netha palak nam

You cannot do any good with an ill-will. Unless you do good, your birth is fruitless.

Pau nam narakamaya
Ein delowehi dukamaya
Pin nam uthum maya
Ein delowehi mahath sepa maya

Committing sins is bad. It causes grief only in both this birth and the next. Committing merits brings about comfort in both worlds.

Thaman pana lesa hema
Sathun gena salaka pema
Oun dutu vilasama

Karan adara gunaya noherama
Love all animals s much as you love your life. As soon as you see them shower them with love.

Sellam sithin wath
Yamkici tharahakin wath
Marana sithakin wath
Sathun hata wada dima nohobin

It is unbecoming to hurt, torture or kill animals, neither for fun nor out of anger.

Anungen nethi una
Deyak lebunoth yam dina
Eya sagawa nogena
Denta karuna karan sathutina

If you find something that belongs to another, do not conceal it, return it to the owner with pleasure.

Lesson 15: 05th December 2021

1. Daily Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Write entries in the “merit book”
5. Biography of Maha Prajapathi Gotami
6. “Sirith Maldama” new verse
7. Buddha’s story (revision)

Homework

Read and understand the Biography of Kaludayi and answer the questions

Kaludayi was born the same day as Prince Siddhatta, on a full moon day, in the month of Vesakha, in the Year 623 BC. The two of them were very close friends. When the Prince left the palace to become a monk, Kaludayi was the one who was always with King Suddhodhana.

He was called Udayi because everyone liked him and Kalu because he was darker than others were. Therefore, he was given the name Kaludayi.

After Enlightenment, the Buddha was staying in Rajagaha. When King Suddhodhana came to know the Buddha was staying nearby, he sent his ministers to invite the Buddha. Altogether he sent nine ministers. But none of them came back. They forgot their purpose. They stayed behind to become the Buddha’s followers. Finally, The King had to send Kaludayi to invite the Buddha. It was only after six years that the Buddha went back to His birthplace, Kapilawatthu, to see the King and His people. Everyone, especially the King, was very happy to hear the good news.

Answer the questions:

1. Kaludayi was older than the Buddha
Right / Wrong
2. Kaludayi and the Prince were good friends
Right / Wrong
3. All the ministers did not come back because they played in the city
Right / Wrong
4. The Buddha came back to his birthplace only after five years since He left the palace
Right / Wrong
5. The King was very happy to hear the good news
Right / Wrong

Revision – Buddha’s story (birth to leaving the palace)

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Yamkici tharahakin wath
Marana sithakin wath
Sathun hata wada dima nohobin

It is unbecoming to hurt, torture or kill animals, neither for fun nor out of anger.

Anungen nethi una
Deyak lebunoth yam dina
Eya sagawa nogena
Denta karuna karan sathutina

If you find something that belongs to another, do not conceal it, return it to the owner with pleasure.

Student Work

Thought of the day

1. ගරු ස්වාමීන්වහන්සේගෙන්ද, ගුරුමෑණිවරුන්ගෙන්ද, ඔබ සැමගෙන්ද අවසරයි. අද දවසේ සිතුවිල්ල අන් අයට උදව් උපකාර කිරීම ගැනයි. අපි හැමවිටම කාටහෝ උදව්වක් අපිට පුළුවන් විදියට කරන්න ඕනේ. පාසලේදී අපගේ යහළුවන්ටද, නිවසේදී දෙමාපියන්ට සහ සහෝදර සහෝදරියන්ටද උදව් උපකාර කරන්න ඕනේ. මිනිසුන්ට වගේම අසරණ සත්තුන්ටද උදව් කරන්න ඕනේ අපට පුළුවන් විදියට.

බුදුරජාණන් වහන්සේද අසරණ අයට උදව් උපකාර කිරීම ගැන දේශනා කරලා තියෙනවා. ඒ වගේම උන්වහන්සේ සුනීත, සෝපාක වැනි අසරණයන්ට කරුණාවෙන් උදව් කරලා තියෙනවා. එමනිසා අපි කාටහෝ උදව්වක් අවශ්‍ය වුනහම අපට පුළුවන් ආකරයෙන් පුංචි හෝ උදව්වක් කරමු.

ඔබ සැමට තෙරුවණ් සරණයි!!!

රයිනි රණතුංග

2. I will be talking about one of the Precepts which is “Adinadana veramani sikkha padhan samadiyami”. Which is to not take things which are not given to you, also known as stealing. My advice is to appreciate what you have and don’t be jealous of other people. Example if someone has something you really want don’t be jealous and don’t steal.

Written by Nikil

3. “Hatred is, indeed, never appeased by hatred in this world. It is appeased only by loving-kindness. This is an ancient law”.

Dhammapada – Verse 5

Na hi verena verani
Sammantidha kudacanam
Averena ca sammanti
esa dhammo sanatanoo

Amanda Morapitiya

ගරු ස්වාමීන්වහන්සේ සහ ගුරු මව් වරුන්ගෙන් අවසරයි. දයාබර යාලුවනේ. අද මම කතා කරන්න යන්නේ අපේ දෙමාපියන්ට ගරුකිරීමේ වැදගත්කම ගැනයි. අපේ අම්මල තාත්තල හරියට මහත්සි වෙනව අපිට ඔක්කොම සම්පූර්ණ කරන්න. කන්න බොන්න දිල උගන්වල. ඒ නිසා අපි ඔක්කොමල දෙමාපියන්ට ගරු කරන්න ඕනි. ඒ වගේම කීකරු වෙන්නත් ඕනි.

ඔබ සැමට ස්තූතියි.

මම ඩිහන්සා පානදුර

Citations and References