

STEP-2

Objectives

1. The Buddha

- To introduce students to the life story of the Buddha to inspire them to follow his teachings and his life as an example.

2. What the Buddha taught

- To help students realize that the Dhamma is a truly unique gift, conducive to personal and collective peace and happiness.
- To inspire students to want to find out more about the Dhamma and its philosophical bases.
- To encourage students to practice moral teachings in Buddhism for their own sake and desire a better world.

3. Buddhist stories

- To the moral teachings of Buddhism via Jataka stories

Teaching Units

- The course material for *The Buddha* and *What the Buddha Taught* has been organized into a lesson plan divided into teaching units. This approach has been designed to enable the teacher work systematically through the material. The teacher could choose to select items from the course material, using it as a resource kit.
- *Buddhist Stories* contains the fundamental teachings of Buddhism and contain select material for additional dhamma teachings/instructions for young children. These contain the teachings from Buddhist Jataka Tales (stories of the past lives of the Buddha) and are designed to introduce the history of Buddhism, principles of Buddhist concepts, ethics and morality in family and society, and aspects of humanity.

Lesson Plan for the STEP-2 Dhamma School

January	Jan 20 th	Introduction to the Spring session of the Dhamma School
	Jan 27 th	<ul style="list-style-type: none">○ The four noble truths○ SeriVanija Jathaka
February	Feb 17 th	<ul style="list-style-type: none">○ Craving (Tanha)○ Apannaka Jataka

	Feb 24 th	<ul style="list-style-type: none"> o The sixth sense and the six senses o Sattigumbha Jataka
March	March 17 th	<ul style="list-style-type: none"> o The mind is the forerunner of all things o Kuhaka Jataka
	March 24 th	<ul style="list-style-type: none"> o Training the mind (introduction to meditation) o Illisa Jataka
April	April 14 th	<ul style="list-style-type: none"> o Hindrances to meditation (the five hindrances) o Kalakanni Jataka
	April 21 st	Revision and conclusion of the Spring Dhamma School
May	<i>Summer Break</i>	
June		
July		
August	Aug 25 th	Introduction to the fall session of the Dhamma School
September	Sep 15 th	<ul style="list-style-type: none"> o The five precepts o Mahasara Jataka
	Sep 22 nd	<ul style="list-style-type: none"> o How to be happy: Dana, Sila, & Bhavana o Kumbha Jataka
October	Oct 20 th	<ul style="list-style-type: none"> o Danaya o Silanisama Jataka
	Oct 27 th	<ul style="list-style-type: none"> o The four Brahmavihara: Metta, Karuna, Muditha, Upekka o Duddubha Jataka
November	Nov 10 th	<ul style="list-style-type: none"> o Metta Bhavana (Meditation on Loving kindness) o Mahakapi Jataka
	Nov 24 th	Revision and conclusion of the Spring Dhamma School
December	<i>Winter Break</i>	

Class structure

- o The class structure is as such that the students will take part in active interaction all the way through and is organized in a way to guide the children to teach themselves. Below is a template of a typical class structure:
 - i. Brief introduction on the aims of the lesson for that day.
 - ii. Review of the texts assigned on 'The Buddha', and 'What the Buddha taught'.
 - iii. Discussion of the lesson material where children are actively engaged in this effort using their own judgment, experience and ideas.

- iv. Additional contemplation (or meditation) practice, if time permits. Students will be given a topic and guided by the teacher.
- v. After the break time (~10 minutes): Recital of The Buddhist story assigned for that day, by the teacher, and then engage the children in a discussion on the moral teaching.
- vi. Sinhala Language Learning is scheduled for the final half-hour of the class.

Class components

- o Each student will be given a folder to keep all the lesson sheets and additional learning material collected during the course. The lesson sheets contain material that will be discussed or practiced in each class. The lesson sheets will help maintain the continuum from one class to another, and the students will be able to incorporate what they have learnt in their Buddhist classes into their daily life
- o Each discussion will contain the exchange of ideas in simple terms focusing on the subject assigned for that day and using simple examples from students' daily lives.
- o Contemplations (reflective thinking or meditations) will also be introduced during the course. These sessions are to introduce the basics of Insight and Loving-kindness meditation to the students.

Recommended books

The following text book material will be used for the course. Please find the pdf copies of all the books in our Dhamma School web-page: <http://www.buddhistvihara.net/dhamma-school/>

1. Biography_of_sakyamuni_buddha
2. Jataka-Tales-of-the-Buddha_Part-I
3. Jataka-Tales-of-the-Buddha-Part-II
4. Jataka-Tales-of-the-Buddha_Part-III
5. Mahinda-and-Sanghamitta