



Buddhist Studies  
for Primary and Secondary Students –  
A Teacher's Handbook

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# Buddhist Studies for Primary Students – A Course Handbook

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*Namo Tassa Bhagavato Arahato Samma Sambuddhassa.*  
(Homage to the Blessed One, the Consummate One,  
the Supremely Enlightened One.)

## INTRODUCTION



Dear students, welcome to the Buddhist studies course!

This course is for the primary students or for the secondary students new to Buddhism. The course is designed to help you in both your school studies and daily life. It is free of cost, except for a small donation to help cover the cost of your study materials.

Before you start this course you should:



Read the Biography of the Buddha, and look through the workbook (see the course materials in the next section), to make sure that you really would like to do this course.



Read the Buddhist 5 Precepts in the course textbook, and be willing to learn them and live by them in your daily life.

## **COURSE OUTLINE**

The course will be conducted over one school year, with 8-9 study periods (classes) per term. The course will follow the syllabus suggested by the Buddhist Council of NSW.

### **Syllabus**

The introductory-level syllabus consists of 13 core topics, and 2 electives of your choice or taken from the suggested list below.

The core syllabus topics are:

1. Introduction to Buddhism – short overview
2. Life Story of the Buddha – Childhood
3. Life Story of the Buddha - Married Life
4. Life Story for the Buddha – In Search of Truth
5. Life Story of the Buddha - The First Discourse and the Four Noble Truths
6. Good and Bad, and Five Precepts
7. Impermanence of Life
8. Loving-kindness
9. Law of Kamma
10. Triple Gem
11. History of the Dhamma and Sangha
12. Buddhist Holy Sites, Festivals and Rituals
13. Buddhist Architecture and Art

The suggested electives are:

1. Buddha's disciples
2. Women in Buddhism
3. Three main Buddhist traditions - similarities and differences
4. Buddhist chants and music
5. Buddhist literature
6. Buddhist architecture
7. Buddhist art
8. Buddhism and environment
9. Buddhism and global peace

## **Materials**

We will be using the following textbooks:

Biography of Sakyamuni Buddha – A Colouring Book

Biography of Sakyamuni Buddha for Children

Buddhist Studies for Young Students – Primary Level.

Hard copies of these books can be obtained free from the Buddhist Council of NSW. Pdf files can be downloaded from the BodhiTree website and printed at home (see References).

Other study materials that you will need are your school atlas and dictionary, an unlined paper exercise book, and art resources (paper, colour pencils, scissors, glue).

Internet access is also desirable, but not necessary for you to do this course.

## **Class structure**

Typically, the class will begin with a few minutes of silence, loving-kindness meditation or mindfulness of breathing. Then we will briefly review the previous work, and do new activities. Finally we will summarise what we have learnt and you will be given tasks for the next class. Typically you will be asked to review parts of the Buddha's biography and contemplate on selected questions from your textbook, before each class.

## COURSE TIMETABLE

The timetable below contains a basic course plan. Electives and some other activities we will chose together. You should then write them in the empty boxes. Your weekly homework is to read the Textbook lesson for the next class and do the activities your teacher will ask you to do. (In the timetable below, C means Class and TL means Textbook Lesson.)

### TERM 1:

C	TOPIC	TL	OTHER ACTIVITIES
1	Introduction	1	Learn basic class rules of mutual respect - a simple greeting and a polite way of speaking. Make cover for your textbook and prepare your exercise book.
2	Life story of the Buddha - childhood	2	Learn simple calming meditations - walking and sitting.
3	Life story of the Buddha – childhood	2	Loving kindness meditation.
4	Life story of the Buddha – married life	3	Meditation on breathing.
5	Life story of the Buddha – married life	3	
6	Life story of the Buddha – in search of truth	4	
7	Life story of the Buddha – in search of truth	4	
8	Life story of the Buddha - First Discourse and the 4 Noble Truths	5	
9	Free choice		

**TERM 2:**

<b>C</b>	<b>TOPIC</b>	<b>TL</b>	<b>OTHER ACTIVITIES</b>
1	Life story of the Buddha- First Discourse and the 4 Noble Truths	5	
2	Good and Bad	6	
3	5 Precepts	6	
4	5 Precepts	6	
5	Impermanence of life	7	
6	Impermanence of life	7	
7	Loving-kindness	8	
8	Loving-kindness	8	
9	Free choice		

**NOTES:**

**TERM 3:**

<b>C</b>	<b>TOPIC</b>	<b>TL</b>	<b>OTHER ACTIVITIES</b>
1	Law of Kamma	9	
2	Law of Kamma	9	
3	Triple Gem	10	
4	Triple Gem	10	
5	Buddhist history – missionary work	11	
6	Buddhist history – Dhamma and Sangha	11	
7	Buddhist holy sites	12	
8	Buddhist festivals and rituals	12	
9	Free choice		

**NOTES:**

**TERM 4:**

<b>C</b>	<b>TOPIC</b>	<b>TL</b>	<b>OTHER ACTIVITIES</b>
1	Buddhist architecture	13	
2	Buddhist art	13	
3	Elective 1:		
4	Elective 1:		
5	Elective 2:		
6	Elective 2:		
7	Review		
8	Review		
9			

**NOTES:**

# RESOURCES

## Books:

Gunapayuta, Hai J., Lu Z.A. and Lee Y.F., 1998. *A Pictorial Biography of Sakyamuni Buddha*. The Corporate Body of the Buddha Educational Foundation, Taiwan, Taipei.

Murty D., 2004. *Biography of Sakyamuni Buddha – A Colouring Book*. BodhiTree, Internet, <http://www.buddhistcouncil.org/bodhitree>

Murty D., 2004. *Biography of Sakyamuni Buddha for Children*. BodhiTree, Internet, <http://www.buddhistcouncil.org/bodhitree>

Murty D., 2004. *Buddhist Studies for Young Students – Primary Level*. BodhiTree, Internet, <http://www.buddhistcouncil.org/bodhitree>

## Websites:

BodhiTree: <http://www.buddhistcouncil.org/bodhitree>

BuddhaNet: <http://www.buddhanet.net>

Buddhist Council of New South Wales: <http://www.buddhistcouncil.org>

Encyclopedia Encarta: <http://encarta.msn.com>

Encyclopaedia Wikipedia: <http://en.wikipedia.org>



# Buddhist Studies for Secondary Students – A Course Handbook

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(Homage to the Blessed One, the Consummate One,  
the Supremely Enlightened One.)

## INTRODUCTION



Dear students, welcome to the Buddhist studies course!

This course is for those secondary students who have completed an introductory Buddhist course. It is also suitable for tertiary students new to Buddhism. The course is designed to help you in both your school studies and daily life. It is free of cost, except for a small donation to help cover the cost of your study materials.

Before you start this course you should:



Please read the Biography of the Buddha, and look through the workbook (see the course materials in the next section), to make sure that you really would like to do this course.



Be living by the Buddhist 5 Precepts, described in the course textbook.

## **COURSE OUTLINE**

The course will be conducted over one school year, with 8-9 study periods (classes) per term. It will follow the syllabus suggested by the Buddhist Council of NSW.

### **Syllabus**

The secondary level syllabus consists of 15 core topics, and 2 electives of your choice or taken from the suggested list below.

The core syllabus topics are:

1. Introduction to Buddhism – short overview
2. Life Story of the Buddha – Childhood
3. Life Story of the Buddha - Married Life
4. Life Story for the Buddha – In Search of Truth
5. Life Story of the Buddha - The First Discourse and the Four Noble Truths
6. Good and Bad, and Five Precepts
7. Three Characteristics of Life
8. Four Noble Truths
9. Noble Eightfold Path
10. Pure States of Mind, and Loving-kindness
11. Law of Kamma
12. Triple Gem
13. History of the Dhamma and Sangha
14. Buddhist Holy Sites, Festivals and Rituals
15. Buddhist Architecture and Art

The suggested electives are:

1. Buddha's disciples
2. Women in Buddhism
3. Three main Buddhist traditions – similarities and differences
4. Buddhist chants and music
5. Buddhist literature
6. Buddhist architecture
7. Buddhist art
8. Buddhism and environment
9. Buddhism and global peace

### **Materials**

We will be using the following textbooks:

Biography of Sakyamuni Buddha  
Buddhist Studies for Young Students – Secondary Level.

Hard copies of these books can be obtained free from the Buddhist Council of NSW. Pdf files can be downloaded from the BodhiTree website and printed at home (see References).

Other study materials that you will need are your school atlas and dictionary, an unlined paper exercise book, and art resources (paper, colour pencils, scissors, glue).

Internet access is also desirable, but not necessary for you to do this course.

**Class structure**

Typically, the class will begin with a few minutes of silence, loving-kindness meditation or mindfulness of breathing. Then we will briefly review the previous work, and do new activities. Finally we will summarise what we have learnt and you will be given tasks for the next class. Typically you will be asked to review parts of the Buddha's biography and contemplate on selected questions from your textbook, before each class.

## COURSE TIMETABLE

The timetable below contains a basic course plan. Electives and some other activities we will chose together. You should then write them in the empty boxes. Your weekly homework is to read the Textbook lesson for the next class and do the activities your teacher will ask you to do. (In the timetable below, C means Class and TL means Textbook Lesson.)

### TERM 1:

C	TOPIC	TL	OTHER ACTIVITIES
1	Introduction	1	Review basic class rules of mutual respect - a simple greeting and a polite way of speaking. Make a cover for your textbook and prepare your exercise book.
2	Life story of the Buddha - childhood	2	Review simple calming meditations - walking and sitting.
3	Life story of the Buddha – married life	3	
4	Life story of the Buddha – in search for truth	4	
5	Life story of the Buddha – First Discourse and 4 Noble Truths	5	
6	Good and bad	6	
7	The Five Precepts	6	
8	Three characteristics of life	7	
9	Free choice		

**TERM 2:**

<b>C</b>	<b>TOPIC</b>	<b>TL</b>	<b>OTHER ACTIVITIES</b>
1	Three characteristics of life	7	
2	Four Noble Truths	8	
3	Four Noble Truths	8	
4	Four Noble Truths	8	
5	Noble Eightfold Path	9	
6	Noble Eightfold Path	9	
7	Pure states of mind	10	
8	Loving-kindness	10	
	Free choice		

**NOTES:**

**TERM 3:**

<b>C</b>	<b>TOPIC</b>	<b>TL</b>	<b>OTHER ACTIVITIES</b>
1	Law of Kamma	11	
2	Law of Kamma	11	
3	Triple Gem	12	
4	Triple Gem	12	
5	Buddhist history – missionary work	13	
6	Buddhist history – Dhamma and Sangha	13	
7	Buddhist holy sites	14	
8	Buddhist festivals and rituals	14	
9			

**NOTES:**

**TERM 4:**

<b>C</b>	<b>TOPIC</b>	<b>TL</b>	<b>OTHER ACTIVITIES</b>
1	Buddhist architecture	15	
2	Buddhist art	15	
3	Elective 1:		
4	Elective 1:		
5	Elective 2:		
6	Elective 2:		
7	Review		
8	Review		
	Free choice		

**NOTES:**

# RESOURCES

## Books

Gunapayuta, Hai J., Lu Z.A. and Lee Y.F., 1998. *A Pictorial Biography of Sakyamuni Buddha*. The Corporate Body of the Buddha Educational Foundation, Taiwan, Taipei.

Murty D., 2004. *Biography of Sakyamuni Buddha*. BodhiTree, Internet, <http://www.buddhistcouncil.org/bodhitree>

Murty D., 2004. *Buddhist Studies for Young Students – Secondary Level*. BodhiTree, Internet, <http://www.buddhistcouncil.org/bodhitree>

## Websites:

Access to Insight: <http://www.accesstoinsight.org>

BodhiTree: <http://www.buddhistcouncil.org/bodhitree>

BuddhaNet: <http://www.buddhanet.net>

Buddhist Channel: <http://www.buddhistchannel.tv>

Buddhist Council of New South Wales: <http://www.buddhistcouncil.org>

Encyclopedia Encarta: <http://encarta.msn.com>

Encyclopaedia Wikipedia: <http://en.wikipedia.org>