



**Buddhist Council of NSW**  
*Working for the Buddhist Community*

## Buddhist SRE Syllabus Summary

The starting point in the Buddhist SRE syllabus is to recognise the importance of factors which contribute to the wellbeing and happiness of children. Recent research shows that education is important, particularly the skills and attitudes a child learns in order to manage their life right now. These skills and attitudes can be a foundation to prepare the child for adulthood.

The Buddhist SRE Syllabus aims to help children lead happy and healthy lives and instill **values and life skills** based on the understanding and practice of the teachings of the Buddha. This emphasis on **values and life skills** does not exclude learning facts about the Buddha's life or the key teachings, and these are also included in the Buddhist SRE Syllabus.

If children are to retain anything from their SRE class, this should be to genuinely feel **Buddhist values** and be able to use these values in skilful ways in day-to-day life (hence **life skills**). In the long run, values and life skills will help to build self-confidence and purpose. Life skills in particular will help a child to be more resilient to the ups and downs of life. The Buddhist SRE Syllabus therefore aims to:

- Instill values and attitudes which are consistent with the Buddha's teachings
- Help children understand Buddhist teachings and how to practice them
- Enable children to learn practical life skills

The Buddhist SRE Program is taught in four parallel streams of topics graduated by age.

### Being a Buddhist

This learning stream provides students with an understanding of the practice of the Buddha's teachings from an individual perspective. Example topics within this syllabus stream include:

Being a Buddhist	Cause and Effect	Healthy Mind
Free Inquiry.	Four Noble Truths	Respect for life
Mindfulness	Eightfold Path	Impermanence and Change
Precepts and morality	Triple Gem/Three Jewels	Taking Refuge

### Buddhism in Society

This learning stream provides students with of the social context of Buddhism, how it has evolved, the forms it takes and how society interacts with Buddhism. Example topics within this syllabus stream include:

The Buddha's disciples	Life of the Buddha	Virtues of the Buddha
The Environment and Nature	Science	Vesak and other festivals
The Sangha	Social issues	What is Buddhism?
Art, images and architecture	The spread of Buddhism	Traditions and Cultures

### Values and Attitudes

This learning stream instills the values which underpin the Buddha's teachings. Example topics within this syllabus stream include:

Joy for others	Patience and Tolerance	Forgiveness
Loving kindness	Confidence	Generosity
Truthfulness	Contentment	Gratitude
Compassion	Courage	Honesty

## Life Skills

This learning stream provides students with effective ways to manage life's ups and downs. Example topics within this syllabus stream include:

Managing friendships	Protecting our bodies and minds	Learning from situations
Managing social media	Accepting correction	Avoiding loneliness
Emotional Resilience	Serving others	Courtesy
Having life purpose	Settling disputes	Admitting mistakes

## Indicative Outcomes by Stage

Topics are graduated to suit the age of the students.

Stage 1 year K,1,2	Knowing Buddhism started centuries ago after the Buddha started teaching Understanding the significance of the birth, enlightenment and passing of the Buddha. Values such as Kindness and not harming Life skills such as Courtesy and Proper Speech
Stage 2 years 3,4	Knowing that being a Buddhist means understanding and practicing the Buddha's teachings Understanding the significance of temples, Buddha images and Buddhist festival days. Values such as Honesty and Gratitude Life skills such as Compassion and Empathy
Stage 3 Years 5,6	Understanding that Buddhists try to follow precepts to guide good behaviour Understanding that Buddhism is practiced differently in different countries. Values such as Compassion and Generosity Life skills such as Learning from situations and having a positive attitude
Stage 4 Years 7,8	Understanding the spirit of free enquiry and the law of karma Understanding that Buddhism is practiced differently in different traditions. Values such as Patience and Forgiveness Life skills such as managing social media and Mindfulness
Stage 5 year 9,10	Understanding the Buddha taught causality and the cultivation of wisdom and compassion Understanding some aspects of Buddhism applied to science, society and the environment Values such as Responsibility and sympathetic joy Life skills such as Managing negative emotions and Right Livelihood

## Further Information

More information is available from the SRE Support Team at the Buddhist Council of New South Wales.

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