

# Buddhist SRE

## Scope and Sequence

Title	Buddhist SRE Scope and Sequence
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Purpose	To provide an overview for what is taught in the Buddhist SRE Program
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## Buddhist SRE Scope and Sequence

### Stage 1 – Years K, 1, 2

Term 1		Outcomes
Duration	Term 1 (1-10 weeks)	minimum 30 mins per week in total
<b>Strand 1- Being a Buddhist</b>	Impermanence/Change	Knowing everything changes, all conditioned phenomena are impermanent
	Respect for life	Understanding all sentient beings are by definition, feeling beings and have desire and a right to live
	Taking Refuge	The meaning of the commit to the Buddhist path by recognising, respecting and feeling gratitude towards the Three Jewels or Triple Gem
Term 2		Outcomes
Duration	Term 2 (1-10 weeks)	minimum 30 mins per week in total
<b>Strand 2 - Buddhism in Society</b>	Life of the Buddha	What are the significant moments in the Buddha's life and how do these events instruct us in the practice of his teachings?
	Values displayed by the Buddha's life	What are the values or virtues of the Buddha? How can we understand them and practice them?
	Vesak/other festivals	What is the significance of Vesak? What other festivals are there?
Term 3		Outcomes
Duration	Term 3 (1-10 weeks)	minimum 30 mins per week in total
<b>Strand 3 - Values and Attitudes</b>	Compassion	Karuna (Compassion) an open heart that cares for everyone, wishing others not to suffer.
	Loving kindness	Metta (Loving-kindness). Wishing beings to be well and happy, care for others and yourself, unconditional, no strings attached, no expectation in return

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Not harming	Not hurting or killing another being, human or animal
Truthfulness	Not communicating anything which is false, manipulative or self-serving

Term 4		Outcomes
Duration	Term 4 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 4 – Life Skills</b>	Courtesy	Behaving in a way which respects others
	Helping others	Respecting others. Seeing others as beings with an expectation and right to happiness and wellbeing. When and how to assist others
	Speaking mindfully	Speech which is pleasant, harmonious and truthful

## Buddhist SRE Scope and Sequence

### Stage 2 – Year 3, 4

Term 1		Outcomes
Duration	Term 1 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 1- Being a Buddhist</b>	Being a Buddhist	Understanding what does it take for a non-Buddhist to become a Buddhist? Or what do people born into a Buddhist family grow up with?
	Devotion	Learning the aspects of respect, tradition, and confidence. Understanding devotion is based on one's experience and judgement
	Meditation	Learning meditation on the breath, e.g. below the nose or the rise and fall of the abdomen. Or Metta Meditation on unconditional loving kindness to oneself and others
	Mindfulness	Learning how to have non-judgemental awareness of the here and now (the present situation)
	Triple Gem, Three Jewels	Understanding what the Triple Gem, Three Jewels are: The Teacher (Buddha), the teaching (Dharma) and the community of noble ones who maintain the teaching through practice and teaching (Sangha)
Term 2		Outcomes
Duration	Term 2 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 2 - Buddhism in Society</b>	Families	How does a Buddhist family practice together?
	Helping others	How do Buddhists help others? What is socially engaged Buddhism?
	The Sangha	What does the word mean in different contexts? Who are the sangha?

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What is Buddhism?

What does Buddhism have in common with other religions? What is different about Buddhism?

Term 3		Outcomes
Duration	Term 3 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 3 - Values and Attitudes</b>	Generosity	Giving material objects, Dharma, or your time to others
	Gratitude	Being thankful towards others
	Honesty	Being truthful to others in your speech, being realistic and non-delusional with yourself
	Joy for others	Mudita, sympathetic joy or appreciative joy. to be happy when you see others happy
	Respecting property	Not taking what is not given. Not destroying or altering something which is not yours
	Responsibility	Being aware of our duties and what we should do in any given situation
Term 4		Outcomes
Duration	Term 4 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 4 – Life Skills</b>	Accepting correction	Being able to hear constructive advice from others which, while indicating we have something to learn, will help us in the long run
	Kindness	Practicing kindness towards others in speech or action
	Managing friendships	Being a good friend and knowing what is and is not a good friend.

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Positive attitude

Having an open and constructive attitude in any situation, particularly unpleasant or difficult ones. Having a sense of humour

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### Stage 3 – Year 5, 6

Term 1		Outcomes
Duration	Term 1 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 1- Being a Buddhist</b>	Cause and Effect	Causality, the heart of the Buddha's teachings. Everything has causes and consequences, whether we know them or not.
	Free Inquiry.	The teaching of the Kalama Sutta, essentially following what works from your own subjective experience and which also is endorsed by wise people
	Healthy Mind	The importance of cultivating the mind as the forerunner of all things
	Middle Path	Avoiding the extremes of indulgence and asceticism, but can be applied to any choice between extremes
	Personal practice of a Buddhist	What does a Buddhist do to practice Buddhism? This varies across traditions and Buddhist cultures, but some practices are common e.g. taking refuge
	Precepts and morality	The five precepts, or the ten good deeds (3 of action, 4 of speech, 3 of mind). Not harming oneself and others is the basis of Buddhist morality and precepts.
	Three poisons	Ignorance (not understanding), Greed (craving), and Anger (Hatred)
Term 2		Outcomes
Duration	Term 2 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 2 - Buddhism in Society</b>	Art, images and architecture	What art has Buddhism inspired? What are Buddha images and how are they significant? Does the architecture of temples vary between traditions?
	Ceremonies and Rituals	What ceremonies or rituals are practiced in Buddhism? For example dedicating merits, taking refuge, full moon activities, bathing the Buddha.

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Holy Sites	What are the holy sites (e.g. Sarnath) and how are they significant to Buddhists?
The Buddha's disciples	Who were the Buddha's disciples? How can we learn from them?
The Environment and Nature	What do the Buddha's teachings say about humanity's treatment of the natural environment?
Traditions and Cultures	The main traditions. What do they have in common? What differences are there? What forms does Buddhism take in different countries and in Australia?

Term 3		Outcomes
Duration	Term 3 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 3 - Values and Attitudes</b>	Forgiveness	Overcoming a grudge, letting go of what others have done to us
	Humility	Not having a large ego. Knowing your limitations. Appreciating the qualities of others
	Patience and Tolerance	Taking time to allow things to eventually change. Not having negative emotions caused by situations that one does not like
	Effort and Perseverance	Maintaining effort in a skilful way
Term 4		Outcomes
Duration	Term 4 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 4 – Life Skills</b>	Admitting mistakes	Being realistic and honest about what we may have done wrong, whether to apologise to others or learn from our experience
	Emotional Resilience	Overcoming a stressful situations, managing negative emotions



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Managing social media

Not allowing social media and modern technology to control us, or harm us

Non-retaliation

Using mindfulness to avoid anger and harming others

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## Stage 4 – Year 7, 8

Term 1		Outcomes
Duration	Term 1 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 1- Being a Buddhist</b>	Eight mundane interests. Also called Eight worldly Dharmas	Learning about the Eight mundane interests: fame and shame, praise and blame, loss and gain, pleasure and pain
	Eightfold Path	The path introduced as the fourth Noble Truth (Right understanding/view, thought/thinking, speech, action, livelihood, effort, mindfulness, concentration)
	Interdependence	Inter-connectedness. Thich Nhat Hanh introduced the word inter-being, to show that all phenomena are inter-related
	Karma	This Sanskrit word is literally “action” (kamma in Pali). Karma is the causal law which starts with intention (skilful or unskilful)
	Nibanna or Nirvana	The extinction of the cycle of rebirth (Samsara)
	Retreats	The practice of being in a place which helps one to meditate and cultivate the mind, a bit like re-charging the batteries, or renewal
Term 2		Outcomes
Duration	Term 2 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 2 - Buddhism in Society</b>	Social issues	How does Buddhism deal with social issues such as poverty and inequality?
	The spread of Buddhism	How did Buddhism spread over the past 2500 years? Did Buddhism change during that time? What are the significant events over the past 2500 years
Term 3		Outcomes
Duration	Term 3 (1-10 weeks) minimum 30 mins per week in total	

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### Strand 3 - Values and Attitudes

Courage

Having the determination to do the right thing despite the difficulties

Equanimity

Upekkha (Equanimity). A balanced state of mind. It is the middle way state of mind that is neither clinging nor pushing away

### Term 4

### Outcomes

Duration

Term 4 (1-10 weeks) minimum 30 mins per week in total

### Strand 4 – Life Skills

Avoiding loneliness

Knowing the difference between loneliness and being alone

Learning from situations

Having a positive approach to mistakes we make, so that we learn from experience

Protecting our bodies and minds

Making life decisions which maintain our health and well-being, whether through nutrition, proper rest, exercise or avoiding physical dangers

Self-reliance

Being able to decide what to do and to act on this decision skilfully

Settling disputes

Being able to resolve differences or arguments

## Buddhist SRE Scope and Sequence

## Stage 5 – Year 9, 10

Term 1		Outcomes
Duration	Term 1 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 1- Being a Buddhist</b>	Arahant and Bodhisattva	Contrasting the similarities and differences between Arahant path and Bodhisattva path
	Reading the sutras	Knowing that Buddhist teachings or scriptures were written down at some stage and can be studied and used by us to better understand what the Buddha taught
	Rebirth and samsara	Understanding that Buddhism teaches cycles throughout nature and the cosmos. Samsara is the cycle of rebirth driven by unfinished karma
	Three Characteristics	Impermanence, non-self (not a separate unchanging entity), unsatisfactoriness
Term 2		Outcomes
Duration	Term 2 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 2 - Buddhism in Society</b>	Being a good citizen	What does Buddhism teach about being a good citizen in society?
	Science	What do Buddhism and science agree upon? Where do they differ?
Term 3		Outcomes
Duration	Term 3 (1-10 weeks) minimum 30 mins per week in total	
<b>Strand 4 – Life Skills</b>	Causality in practice	Using an understanding of causality in practical and useful ways, e.g. shopping working, studying
	Coping with grief	Knowing that grief is part of living, but knowing how to work through grief

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Having life purpose

Being able to develop a direction in life, being able to make life decisions which are skilful, in accord with Dharma

Term 4

Outcomes

Duration

Term 4 (1-10 weeks) minimum 30 mins per week in total

**Strand 4 – Life Skills**

Right livelihood

Making skilful career choices and knowing how to work productively

Skilfulness and Wisdom

Being mindful and compassionate