



K.O

# Primary School Excursions

Complementing History & Geography studies



Book Today

Tel: 4272 0632, [tour@nantien.org.au](mailto:tour@nantien.org.au)



## Introduction

Dear Principals and Teachers,

Thank you for pursuing our guide for our updated school excursions.

Upon learning about the new Australian Curriculum and it's new Syllabus guidelines (the replacement of H.S.I.E. with Geography and History), we decided to take this opportunity to not only meet the new Outcomes but totally re-energise our excursion experience!

Nan Tien tours will continue to be conducted by our trained guides who are able to pitch information appropriately to different age groups. Younger Stages will have all-inclusive packages whereas older Stages can elect Cultural Activities and Mindful Mealtime.

### To use this guide:

For your convenience, we have organised each of our excursions by Stage. Each Stage has an excursion package tailored to complement either your Geography or History study.

Each excursion will include Teaching Resources for before and after your visit to Nan Tien.

### Further Excitement! – Introducing the “Three Acts of Goodness”

Our excursions also integrate Personal Development, with our “Three Acts of Goodness” (3G’s) Program. These are:



- \* Do Good Deeds
- \* Say Good Words
- \* Think Good Thoughts

It is important for children to learn the importance of caring for others and themselves! The acts of compassion, loving-kindness and forgiveness are central to harmonious interpersonal relationships.

Sometimes children (and adults!) do not realise the positive effect their good deeds, words, or thoughts can have on themselves and others. Conversely, an ill-thought out action, harshly spoken word or negative thought can cause much damage.

At the end of each Stage’s excursion, there will be a note in green which indicates a 3G activity, and the related “Interpersonal Relationships” PD/H/PE Outcome and Skills.

Throughout the tour, your Guides will refer to these principles and positively reinforce demonstrations of any of the 3G’s by students during the excursion.

**We endeavor that your Nan Tien excursion experience is one that is holistic; nourishing little minds and hearts!**

*\*\*\*\*\*On receipt of deposit, Teachers will be given a copy of the audio-book “FoGSi and the 3 Acts of Goodness” and accompanying lesson plans. If appropriate, we would recommend you would share these with your class before the excursion. This will make the references to the 3G’s during the tour familiar more meaningful for students.*

# Early Stage 1 - History Focus

## Personal and Family Histories

2hr excursion package includes: \* 1 hr Guided Tour & Museum Visit

\* Tai Chi

\* Mindful Mealtime

\* Three Acts of Goodness

Outcomes: 🌐 ⚙️ 🌍 🌱

**HTe-1 > Communicates stories of their own family heritage and heritage of others.**

*Plus:*

**TAI CHI:**

**ALES1.6, V4** Develops a repertoire of physical activities in which they can participate

**MOES1.4** Demonstrates a general awareness of which basic movement skills apply in play and other introductory movement experiences.

**MINDFUL MEALTIME:**

**PHES1.12, V4** Displays basic positive health practices.

**THREE ACTS OF GOODNESS:** 🤝 🧘 🧘

**IRES1.11** Identifies how individuals care for one another.



### Excursion Overview

Students learn about the incredible story of the Buddha and his family. The Buddha was born 2,600 years ago in the beautiful Lumbini garden as Prince Siddhartha. Students are encouraged to reflect on their own family background/history and how they compare with their classmate's and the Buddha's!

- ✓ While viewing the Shrine halls, students will learn about how the Buddha's family's history has travelled from India, to Asia, to Australia!
- ✓ Students discover that although the Buddha was a Prince, with lots of riches, he gave it all up so he could share the message of "Do good deeds, Say good words and Think good thoughts".
- ✓ Children encouraged to share their family's background and history and asked to reflect on what they would do if they were a Prince/Princess?
- ✓ Learn how the monastics of Nan Tien consider the Temple their home and everyone as their family!
- ✓ Enjoy a mini-meditation guided by Nan Tien Institute's own "Mindful check-in App"!

**Please see overleaf for details on your included activities, at-school resources and Three Acts of Goodness!**

## Your INCLUDED Activities Are:

### Tai Chi ALES1.6, MOES1.4, V4

Students will participate in one of our popular Tai Chi Shibashi classes. This gentle and flowing exercise routine is both a joy to do and deeply relaxing. Originally from Ancient China it is now practiced the world over to improve health.



### Mindful Mealtime PHES1.12, V4

Students will enjoy a tasty, vegetarian lunch suited to younger palates. Fried rice, fresh potato wedges, fruit and filtered water are encouraged to be eaten mindfully. Upon receipt of your deposit, a lesson plan and resources will be forwarded to you, so children can start thinking of food in context of source, gratitude and nourishment for mind and body!

*(Please Note: Students with allergies may bring their own vegetarian lunches. Ingredients and Dietary concerns can be discussed with Booking Officer).*



## At School Activities:

To gain the most from your visit we have created resources which can be used before and after your excursion to help reinforce learning.

These resources will be emailed unless stated otherwise

### Prior to Excursion:

- 1) Mindful Mealtime lesson plan and resources.
  - 2) Three Acts of Goodness Lesson Plan and Resources (see below)
- \*These will be supplied upon receipt of deposit.*

### After Excursion:

- 1) "Baby Buddha and his family" arts and craft activity
- \* This will be supplied upon receipt of deposit.*

## Three Acts of Goodness!



**DO GOOD DEEDS, SAY GOOD WORDS,  
THINK GOOD THOUGHTS**

Throughout the excursion, your Guides will refer to these principles and positively reinforce demonstrations of any of the 3G's by students during the excursion.

An audio children's story and lesson plan will be given to you prior to the excursion so that children will be more familiar with the concepts.

These simple Acts bring joy to ourselves and others!

### 3G's - Early Stage 1

**IRES1.11 Identifies how individuals care for each other.**

**Skills:**

**INES1.3 Relates well to others in work and play situations**

**COES1.1 Expresses feelings, needs and wants in appropriate ways.**

**Values: V1, V2, V3**

# Early Stage 1 – Geography Focus

## People Live in Places

2hr excursion package includes: \* 1 hr Guided Tour & Museum Visit  
\* Tai Chi  
\* Mindful Mealtime  
\* Three Acts of Goodness

**Outcomes:** F VR 🌐 🌱 🌿 🌍 🏠

**GEE-1 > Identifies places and develops an understanding of the importance of places to people**

**Plus:**

**TAI CHI:**

**ALES1.6, V4** Develops a repertoire of physical activities in which they can participate

**MOES1.4** Demonstrates a general awareness of which basic movement skills apply in play and other introductory movement experiences.

**MINDFUL MEALTIME:**

**PHES1.12, V4** Displays basic positive health practices.

**THREE ACTS OF GOODNESS:** 🙏 🙏 🙏

**IRES1.11** Identifies how individuals care for one another.



### Excursion Overview

Students gain an understanding of why the Temple is important to the Buddhist community and the monastics who live there.

- ✓ Students explore the two Shrine Halls and learn why these places are important for Buddhists. The Shrine's many symbolic features are also viewed and discussed.
- ✓ Students learn about all the volunteers who help keep the Temple beautiful and how the 10,000 small Buddha's are cleaned!
- ✓ Students can take a walk around our beautiful gardens and learn how these are home for many species of wildlife. Students will learn about how the grounds are kept in tip-top shape!
- ✓ Students are encouraged to share which places are important to them and what they do to care for them.
- ✓ Enjoy a mini-meditation guided by Nan Tien Institute's own "Mindful check-in App"!

**Please see overleaf for details on your included activities, at-school resources and "Three Acts of Goodness".**

## Your INCLUDED Activities Are:

### Tai Chi ALSE1.6, MOES1.4, V4

Students will participate in one of our popular Tai Chi Shibashi classes. This gentle and flowing exercise routine is both a joy to do and deeply relaxing. Originally from Ancient China it is now practiced the world over to improve health.



### Mindful Mealtime PHES1.12, V4

Students will enjoy a tasty, vegetarian lunch suited to younger palates. Fried rice, fresh potato wedges, fruit and filtered water are encouraged to be eaten mindfully. Upon receipt of your deposit, a lesson plan and resources will be forwarded to you, so children can start thinking of food in context of source, gratitude and nourishment for mind and body!

*(Please Note: Students with allergies may bring their own vegetarian lunches. Ingredients and Dietary concerns can be discussed with Booking Officer).*



## At School Activities:

To gain the most from your visit we have created resources which can be used before and after your excursion to help reinforce learning.

These resources will be emailed unless stated otherwise

### Prior to Excursion:

- 1) Mindful Mealtime lesson plan and resources.
  - 2) Three Acts of Goodness Lesson Plans and Resources (see below)
- \*These will be supplied upon receipt of deposit.*

### After Excursion:

- 1) "Caring for the temple environment" worksheet
- \* This will be supplied upon receipt of deposit.*

## Three Acts of Goodness!



**DO GOOD DEEDS, SAY GOOD WORDS,  
THINK GOOD THOUGHTS**

Throughout the excursion, your Guides will refer to these principles and positively reinforce demonstrations of any of the 3G's by students during the excursion.

An audio children's story and lesson plans will be given to you prior to the excursion so that children will be more familiar with the concepts.

These simple Acts bring joy to ourselves and others!

### 3G's - Early Stage 1

**IRES1.11 Identifies how individuals care for each other.**

**Skills:**

**INES1.3 Relates well to others in work and play situations**

**COES1.1 Expresses feelings, needs and wants in appropriate ways.**

**Values: V1, V2, V3**



# Stage 1 - History Focus

## The Past in the Present

**3hr excursion package includes: \* 1 hr Guided Tour & Museum Visit**

**\* Tai Chi**

**\* Chinese Calligraphy**

**\* Mindful Mealtime**

**\* Three Acts of Goodness**

**Outcomes:** 🏠 📖 🧘

**HT1-2 > Identifies and describes significant people, events, places and sites in the local community over time.**

**HT1-3 > Describes the effects of changing technology on people's lives over time.**

**Plus:**

**TAI CHI:**

**ALS1.6, V4** Participates in physical activity, recognising that it can be both enjoyable and important for health.

**MOS1.4** Demonstrates maturing performance of basic movement and compositional skills in a variety of predictable situations

**CHINESE CALLIGRAPHY:**

**HT1-3** Describes the effects of changing technology on people's lives over time.

**1.UL.2** A student identifies and responds to features of written Chinese.

**1.UL.4** A student demonstrates developing writing skills by recognising and copying Chinese.

**MINDFUL MEALTIME:**

**PHS1.12, V4** Recognises that positive health choices can promote wellbeing.

**THREE ACTS OF GOODNESS:** 🧘 🧘 🧘

**IRS1.11** Identifies the ways in which they communicate, cooperate and care of others.



### Excursion Overview

Take a tour of Nan Tien Temple and see how a religion 2,600 years old is represented in Modern Australia! Students will learn about the history of Buddhism and how it translates into their local communities today.

- ✓ Students will view many examples of the “Past in the Present”, including the impressive ‘Drum & Gong’ which keeps an ancient tradition alive. Even the incense sticks you see burning around the Temple were originally used to keep time!
- ✓ Learn about the history of Nan Tien Temple and how this significant site has continued to develop with the building of Nan Tien Institute and the upcoming bridge to connect the two complexes.
- ✓ Students will also learn how the monastics of Nan Tien Temple utilise changing technologies to engage with the community. iPads and Apps have become invaluable tools in sharing Buddha's teachings as they are more efficient and far reaching than the handwritten Calligraphy originally used by Chinese monastics.
- ✓ Enjoy a mini-meditation guided by Nan Tien Institute's own “Mindful check-in App”!

**Please see overleaf for details on your included activities, at-school resources and  
Three Acts of Goodness!**

## Your INCLUDED Activities Are:

### Tai Chi ALS1.6, MOS1.4, V4

Students will participate in one of our popular Tai Chi Shibashi classes. This gentle and flowing exercise routine is both a joy to do and deeply relaxing. Originally from Ancient China it is now practiced the world over to improve health. Yet another example of the "Past in the Present"!



### Chinese Calligraphy 1.UL.2, 1.UL.4, HT1-3.

Our Chinese Calligraphy class will demonstrate how many years ago Chinese monastics would have shared their knowledge (and good words!) by writing with brushes and ink made from water and stone! Children will then learn to trace over Chinese characters and pronounce them!



### Mindful Mealtime PHS1.12, V4

Students will enjoy a tasty, vegetarian lunch suited to younger palates. Fried rice, fresh potato wedges, fruit and filtered water are encouraged to be eaten mindfully. Upon receipt of your deposit, a lesson plan and resources will be forwarded to you, so children can start thinking of food in context of source, gratitude and nourishment for mind and body!

*(Please Note: Students with allergies may bring their own vegetarian lunches. Ingredients and Dietary concerns can be discussed with Booking Officer).*



## At School Activities:

To gain the most from your visit we have created resources which can be used before and after your excursion to help reinforce learning.

These resources will be emailed unless stated otherwise

### Prior to Excursion:

- 1) Mindful Mealtime lesson plan and resources.
  - 2) Three Acts of Goodness Lesson Plans and Resources (see below)
- \*These will be supplied upon receipt of deposit.*

### After Excursion:

- 1) Temple technology worksheet.
  - 2) Nan Tien timeline worksheet.
- \* These will be supplied upon receipt of deposit.*

## Three Acts of Goodness!



**DO GOOD DEEDS, SAY GOOD WORDS,  
THINK GOOD THOUGHTS**

Throughout the excursion, your Guides will refer to these principles and positively reinforce demonstrations of any of the 3G's by students during the excursion.

An audio children's story and lesson plans will be given to you prior to the excursion so that children will be more familiar with the concepts.

These simple Acts bring joy to ourselves and others!

### 3G's - Stage 1

**IRS1.11 Identifies the ways in which they communicate, cooperate and care of others.**

**Skills:**

**INS1.3 Develops positive relationships with peers and other people.**

**COS1.1 Communicates appropriately in a variety of ways.**

**Values: V1, V2, V3**



# Stage 1 – Geography Focus

## Features of places

**3hr excursion package includes: \* 1 hr Guided Tour & Museum Visit**

**\* Tai Chi**

**\* Origami**

**\* Mindful Mealtime**

**\* Three Acts of Goodness**

**Outcomes:** F VR   

**GE1.1 > Describes features of places and the connections people have with places**

**GE1.2 > Identifies ways in which people interact with and care for places**

**Plus:**

**TAI CHI:**

**ALS1.6, V4** Participates in physical activity, recognising that it can be both enjoyable and important for health.

**MOS1.4** Demonstrates maturing performance of basic movement and compositional skills in a variety of predictable situations

**ORIGAMI:**

**VAS1.2** Uses the forms to make artworks according to varying requirements.

**MINDFUL MEALTIME:**

**PHS1.12, V4** Recognises that positive health choices can promote wellbeing.

**THREE ACTS OF GOODNESS:** 

**IRS1.11** Identifies the ways in which they communicate, cooperate and care of others.



### Excursion Overview

Nan Tien Temple is a unique example of Chinese palace-style architecture in the Illawarra/Sydney region. The complex covers a vast 55 acre property which overlooks mountainous and industrial landscapes!

- ✓ Students explore the two Shrine Halls and learn why these places are important to Buddhists. The Shrine's many symbolic features are discussed as well as how they are used for different purposes.
- ✓ Learn about the significance of the colours used, about the strange "creatures" on roofs and the pebbled Ch'an garden in the Courtyard!
- ✓ Students can take a walk around our beautiful gardens and ponds and learn how these are

home for many species of wildlife. Students will learn about sustainability and how the grounds are kept in tip-top shape!

- ✓ Students will learn how Nan Tien transforms the Courtyard and Main Shrine during important events and celebrations.
- ✓ Enjoy a mini-meditation guided by Nan Tien Institute's own "Mindful check-in App"!

**Please see overleaf for details on your included activities, at-school resources and "Three Acts of Goodness".**

## Your INCLUDED Activities Are:

### Tai Chi ALS1.6, MOS1.4, V4

Students will participate in one of our popular Tai Chi Shibashi classes. This gentle and flowing exercise routine is both a joy to do and deeply relaxing. Originally from Ancient China it is now practiced the world over to improve health.



### Origami VAS1.2

Children will create their own paper-folding artwork by making a simple Lotus Flower. After a brief lesson explaining the significance of this beautiful bloom, children will be guided step by step in making their very own to take home!



### Mindful Mealtime PHS1.12, V4

Students will enjoy a tasty, vegetarian lunch suited to younger palates. Fried rice, fresh potato wedges, fruit and filtered water are encouraged to be eaten mindfully. Upon receipt of your deposit, a lesson plan and resources will be forwarded to you, so children can start thinking of food in context of source, gratitude and nourishment for mind and body!

*(Please Note: Students with allergies may bring their own vegetarian lunches. Ingredients and Dietary concerns can be discussed with Booking Officer).*



## At School Activities:

To gain the most from your visit we have created resources which can be used before and after your excursion to help reinforce learning.

These resources will be emailed unless stated otherwise

### Prior to Excursion:

- 1) Mindful Mealtime lesson plan and resources.
- 2) Three Acts of Goodness Lesson Plans and Resources (see below)

*\*These will be supplied upon receipt of deposit.*

### After Excursion:

- 1) Either singularly or in pairs, challenge the students to discuss and draw what they would do/add if they were organising a festival.

Email us photos of the results and earn a beautiful certificate for your class!

*\* Stencil and further details supplied upon receipt of deposit.*

## Three Acts of Goodness!



**DO GOOD DEEDS, SAY GOOD WORDS,  
THINK GOOD THOUGHTS**

Throughout the excursion, your Guides will refer to these principles and positively reinforce demonstrations of any of the 3G's by students during the excursion.

An audio children's story and lesson plans will be given to you prior to the excursion so that children will be more familiar with the concepts.

These simple Acts bring joy to ourselves and others!

### 3G's - Stage 1

**IRS1.11** Identifies the ways in which they communicate, cooperate and care of others.

**Skills:**

**INS1.3** Develops positive relationships with peers and other people.

**COS1.1** Communicates appropriately in a variety of ways.

**Values: V1, V2, V3**

# Stage 2 - History Focus

## Community & Remembrance

1.5 hr Guided Tour & Museum Visit + Optional Cultural Activities  
+ Optional Mindful Mealtime  
+ Three Acts of Goodness

**Outcomes:** 🌐🌏👥🙏

**HT2-1 > Identifies celebrations and commemorations of significance in Australia and the world**

**HT2-2 > Describes and explains how significant individuals, groups and events contributed to changes in the local community over time**

**THREE ACTS OF GOODNESS:** 🙏🙏🙏

**IRS2.11 > Describes how relationships with a range of people enhance wellbeing.**

*Plus YOUR CHOICE of Cultural Activities and Mindful Mealtime.*

**TAI CHI:**

**ALS2.6, V4** Discusses the relationship between regular and varied physical activity and health

**MOS2.4** Displays a focus on quality of movement in applying movement skills to a variety of familiar and new situations.

**MEDITATION:**

**PHS2.12, V4** Discusses the factors influencing personal health choices

**CHINESE CALLIGRAPHY:**

**2.UL.2** Identifies and responds to key words, phrases and simple sentences in context in written Chinese.

**2.UL.4** Uses models to write text to convey personal information and ideas.

**ART & CRAFT:**

**VAS2.2** Uses the forms to suggest the qualities of subject matter.

**MINDFUL MEALTIME:**

**PHS2.12, V4** Discusses the factors influencing personal health choices



### Excursion Overview

Nan Tien Temple is a truly unique venue which offers students insight into both Buddhist symbolism and Chinese culture. Therefore, Nan Tien is extremely lucky to have so many important dates on its yearly (and Lunar) Calendar!

- ✓ Whilst exploring the vast Temple Shrines, Courtyard and Museum, students will gain an understanding of important Chinese and Buddhist events; Learning about how and why they originated, and how they are celebrated at the Temple and throughout Australia.
- ✓ Accompanied by visual aids, students will learn about Chinese New Year, Moon Festival and Buddha's Birthday (Vesak)
- ✓ Discover how Nan Tien opened in 1995 to bridge "East & West" cultures. The Wollongong region at this time was known primarily for its steel manufacture. However, over time the establishment of the temple has improved the image of the city through cultural, educational and art activities.
- ✓ Nan Tien offers classes and retreats, hosts Cultural Festivals and fundraises for charity. People of all backgrounds now come to visit and benefit from the Temple's activities!

**Please see overleaf for details on your included activities, at-school resources and "Three Acts of Goodness"**



## Please CHOOSE from the below activities:

### Tai Chi ALS2.6, MOS2.4, V4



Students will participate in one of our popular Tai Chi Shibashi classes. This gentle and flowing exercise routine is both a joy to do and deeply relaxing.

Originally from Ancient China it is now practiced the world over to improve health.

### Meditation PHS2.12, V4



The many benefits awarded to children practicing mindfulness is being increasingly recognised by Educators. Why not join our meditation class where whole body and breathing techniques are used to calm the mind? Techniques used are from Buddhist practice and

world leaders in children's mindfulness research (including our very own Nan Tien Institute!).

### Chinese Calligraphy 2.UL.2, 2.UL.4



Our Chinese Calligraphy class will demonstrate how many years ago Chinese monastics would have shared their knowledge (and good words!)

by writing with brushes and ink made from water and stone! Students will then learn to write Chinese characters and pronounce them!

### Art & Craft VAS2.2



Students can create their own lucky "red envelope" to take home! Traditionally offered during Chinese New Year, the envelopes are filled with goodies to bring prosperity in the coming year. Children will be guided in learning to fold and decorate the envelope.

### Mindful Mealtime PHS2.12, V4



Students will enjoy a tasty, vegetarian lunch suited to younger palates. Fried rice, fresh potato wedges, fruit and filtered water are encouraged to be eaten mindfully. Upon receipt of your deposit, a

lesson plan and resources will be forwarded to you, so children can start thinking of food in context of source, gratitude and nourishment for mind and body!

*(Please Note: Students with allergies may bring their own vegetarian lunches. Ingredients and Dietary concerns can be discussed with Booking Officer)*

## At School Activities:

To gain the most from your visit we have created resources which can be used before and after your excursion to help reinforce learning.

These resources will be emailed to you unless stated otherwise.

### Prior to Excursion:

1) Mindful Mealtime lesson plan and resources – If booking lunch.

2) Three Acts of Goodness Lesson Plans and Resources (see below)

*\*These will be supplied upon receipt of deposit.*

### After Excursion:

1) Receive a PDF "Celebrations" calendar to customise and decorate in the classroom!

*\* These will be supplied upon receipt of deposit.*

## Three Acts of Goodness!



**DO GOOD DEEDS, SAY GOOD WORDS,  
THINK GOOD THOUGHTS**

Throughout the excursion, your Guides will refer to these principles and positively reinforce demonstrations of any of the 3G's by students during the excursion.

An audio children's story and lesson plans will be given to you prior to the excursion so that children will be more familiar with the concepts.

These simple Acts bring joy to ourselves and others!

### 3G's - Stage 2

**IRS2.11 Describes how relationships with a range of people enhance wellbeing.**

**Skills:**

**INS2.3 Makes positive contributions in group activities.**

**COS2.1 Uses a variety of ways to communicate with and within groups.**

**Values: V1, V2, V3**

# Stage 2 - Geography Focus

## Places are similar and different

**1.5 hr Guided Tour & Museum Visit + Optional Cultural Activities**  
**+ Optional Mindful Mealtime**  
**+ Three Acts of Goodness**

**Outcomes:** F VR 🌀 ✨ 🌱 🧘

**GE2-1 > Examines features and characteristics of places and environments**

**GE2-2 > Describes the ways people, places and environments interact**

**GE2-3 > Examines differing perceptions about the management of places and environments**

**THREE ACTS OF GOODNESS:** 🧘 🧘 🧘

**IRS2.11 > Describes how relationships with a range of people enhance wellbeing.**

**Plus YOUR CHOICE of Cultural Activities and Mindful Mealtime.**

**TAI CHI:**

**ALS2.6, V4** Discusses the relationship between regular and varied physical activity and health

**MOS2.4** Displays a focus on quality of movement in applying movement skills to a variety of familiar and new situations.

**MEDITATION:**

**PHS2.12, V4** Discusses the factors influencing personal health choices

**CHINESE CALLIGRAPHY:**

**2.UL.2** Identifies and responds to key words, phrases and simple sentences in context in written Chinese.

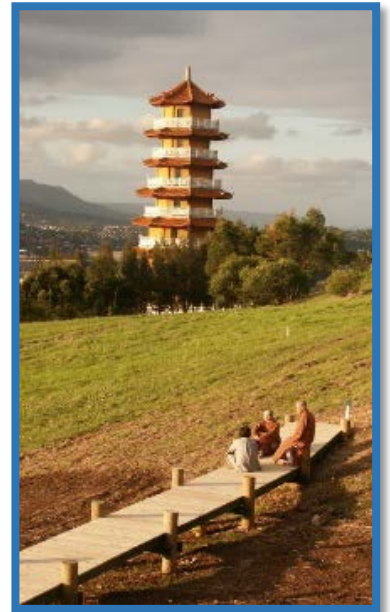
**2.UL.4** Uses models to write text to convey personal information and ideas.

**ORIGAMI:**

**VAS2.2** Uses the forms to suggest the qualities of subject matter.

**MINDFUL MEALTIME:**

**PHS2.12, V4** Discusses the factors influencing personal health choices



### Excursion Overview

As the largest Buddhist Temple in the Southern Hemisphere, students will observe the most unique example of Chinese palace-style architecture in the Illawarra/Sydney region during their guided tour.

- ✓ Students will explore the Shrine Halls and learn about their physical and symbolic features. A visit to the Lotus Pond allows students to reflect on how people interact with a natural environment which also holds religious significance.
- ✓ Discover interesting surprises related to Chinese tradition, such as “mythical creatures” to protect buildings against environmental damage. Students will be encouraged to compare these traditions with modern Australian techniques (or even that of their own heritage!)
- ✓ Nan Tien Temple was built in the middle of an Industrial Estate. Students will be encouraged to share what they believe the results to the environment would have been - Likewise, Nan Tien Institute next door was built to look like a Lotus Flower growing from what was originally an old landfill site.
- ✓ Weather permitting, a walk up the hill to the Gratitude Bell allows students to take in the contrasting panorama of Industrial estate, Temple grounds and mountainside!

**Please see overleaf for details on your included activities, at-school resources and**  
**“Three Acts of Goodness “**

## Please CHOOSE from the below activities:

### Tai Chi ALS2.6, MOS2.4, V4



Students will participate in one of our popular Tai Chi Shibashi classes. This gentle and flowing exercise routine is both a joy to do and deeply relaxing. Originally from Ancient China it is now practiced the world over to improve health.

### Meditation PHS2.12, V4



The many benefits awarded to children practicing mindfulness is being increasingly recognised by Educators. Why not join our meditation class where whole body and breathing techniques are used to calm the mind? Techniques used are from Buddhist practice and world leaders in children's mindfulness research (including our very own Nan Tien Institute!).

### Chinese Calligraphy 2.UL.2, 2.UL.4



Our Chinese Calligraphy class will demonstrate how many years ago Chinese monastics would have shared their knowledge (and good words!) by writing with brushes and ink made from water and stone! Students will then learn to write Chinese characters and pronounce them!

### Origami VAS2.2



Students will create their own paper-folding artwork by making a simple Lotus Flower. After a brief lesson explaining the significance of this beautiful bloom, students will be guided step by step in making their very own to take home!

### Mindful Mealtime PHS1.12, V4



Students will enjoy a tasty, vegetarian lunch suited to younger palates. Fried rice, fresh potato wedges, fruit and filtered water are encouraged to be eaten mindfully. Upon receipt of your deposit, a lesson plan and resources will be forwarded to you, so children can start thinking of food in context of source, gratitude and nourishment for mind and body!

*(Please Note: Students with allergies may bring their own vegetarian lunches. Ingredients and Dietary concerns can be discussed with Booking Officer)*

## At School Activities:

To gain the most from your visit we have created resources which can be used before and after your excursion to help reinforce learning.

These resources will be emailed to you unless stated otherwise.

### Prior to Excursion:

1) Mindful Mealtime lesson plan and resources – If booking lunch.

2) Three Acts of Goodness Lesson Plans and Resources (see below)

*\*These will be supplied upon receipt of deposit.*

### After Excursion:

1) Temple and Coordinates Activity

## Three Acts of Goodness!



**DO GOOD DEEDS, SAY GOOD WORDS,  
THINK GOOD THOUGHTS**

Throughout the excursion, your Guides will refer to these principles and positively reinforce demonstrations of any of the 3G's by students during the excursion.

An audio children's story and lesson plans will be given to you prior to the excursion so that children will be more familiar with the concepts.

These simple Acts bring joy to ourselves and others!

### 3G's - Stage 2

**IRS2.11 Describes how relationships with a range of people enhance wellbeing.**

**Skills:**

**INS2.3 Makes positive contributions in group activities.**

**COS2.1 Uses a variety of ways to communicate with and within groups.**

**Values: V1, V2, V3**



# Stage 3 - History Focus

## Australia as a Nation

1.5 hr Guided Tour & Museum Visit + Optional Cultural Activities

+ Optional Mindful Mealtime

+ Three Acts of Goodness

**Outcomes:** 🌐🗺️🏠👥

**HT3-1** > Describes and explains the significance of people, groups, places and events to the development of Australia.

**HT3-3** > Identifies change and continuity and describes the causes and effects of change on Australian society.

**THREE ACTS OF GOODNESS:** 🙏🙏🙏

**IRS3.11** > Describes roles and responsibilities in developing and maintaining positive relationships.

*Plus YOUR CHOICE of Cultural Activities and Mindful Mealtime.*

**TAI CHI:**

**ALS3.6, V4** Shows how to maintain and improve the quality of an active lifestyle.

**MOS3.4** Refines and applies movement skills creatively to a variety of challenging situations.

**MEDITATION:**

**PHS3.12, V4** Explains the consequences of personal lifestyle choices.

**CHINESE CALLIGRAPHY:**

**3.UL.2** Organises and responds to key ideas from written texts in familiar contexts

**2.UL.4** Writes texts to present key points of information in Chinese.

**ORIGAMI:**

**VAS3.2** Makes artworks for different audiences assembling materials in a variety of ways

**MINDFUL MEALTIME:**

**PHS3.12, V4** Explains the consequences of personal lifestyle choices.



March, 1<sup>st</sup> 2015. Former Prime Minister Tony Abbott accepts a “One Stroke Calligraphy” gift from Fo Guang Shan founder, Ven. Master Hsing Yun. My Abbot MP was in attendance to speak at the official opening of Nan Tien Institute-Australia’s first government accredited tertiary institution grounded in Buddhist values and wisdom.

### Excursion Overview

Through visual aids, students will learn how the introduction of Buddhism in Australia dates all the way back to the 1850’s!

- ✓ Whilst exploring the vast Temple Shrines, Courtyard and Museum, students will gain an understanding of Chinese Buddhism.
- ✓ Students will learn about the mass Chinese immigration during the Australian gold rush, whereupon bringing their culture, beliefs and the beginnings of multiculturalism.
- ✓ Students will learn that Buddhism is Australia’s second largest practiced religion after Christianity! (2011 Census).
- ✓ Throughout the excursion, students will gain knowledge of how Nan Tien and other Fo Guang Shan Temples throughout Australia have contributed to their local economies, education and arts.

**Please see overleaf for details on your included activities, at-school resources and “Three Acts of Goodness “**

## Please CHOOSE from the below activities:

### Tai Chi ALS3.6, MOS3.4, V4



Students will participate in one of our popular Tai Chi Shibashi classes. This gentle and flowing exercise routine is both a joy to do and deeply relaxing. Originally

from Ancient China it is now practiced the world over to improve health.

### Meditation PHS3.12, V4



The many benefits awarded to children practicing mindfulness is being increasingly recognised by Educators. Why not join our meditation class where whole body and breathing techniques are used to calm the mind? Techniques used are from Buddhist practice and

world leaders in children's mindfulness research (including our very own Nan Tien Institute!).

### Chinese Calligraphy 3.UL.2, 3.UL.4



Our Chinese Calligraphy class will demonstrate how many years ago Chinese monastics would have shared their knowledge (and good words!)

by writing with brushes and ink made from water and stone! Students will then learn to write Chinese characters and pronounce them!

### Origami VAS3.2



Students will create their own paper-folding artwork by making a simple Lotus Flower. After a brief lesson explaining the significance of this

beautiful bloom, students will be guided step by step in making their very own to take home!

### Mindful Mealtime PHS3.12, V4



Students will enjoy a tasty, vegetarian lunch suited to younger palates. Fried rice, fresh potato wedges, fruit and filtered water are encouraged to be eaten mindfully.

Upon receipt of your deposit, a lesson plan and resources will be forwarded to you, so children can start thinking of food in context of source, gratitude and nourishment for mind and body!

*(Please Note: Students with allergies may bring their own vegetarian lunches. Ingredients and Dietary concerns can be discussed with Booking Officer)*

## At School Activities:

To gain the most from your visit we have created resources which can be used before and after your excursion to help reinforce learning.

These resources will be emailed to you unless stated otherwise.

### Prior to Excursion:

1) Mindful Mealtime lesson plan and resources – If booking lunch.

2) Three Acts of Goodness Lesson Plans and Resources (see below)

*\*These will be supplied upon receipt of deposit.*

### After Excursion:

1) Buddhism in Australia activity.

*\* These will be supplied upon receipt of deposit.*

## Three Acts of Goodness!



**DO GOOD DEEDS, SAY GOOD WORDS,  
THINK GOOD THOUGHTS**

Throughout the excursion, your Guides will refer to these principles and positively reinforce demonstrations of any of the 3G's by students during the excursion.

An audio children's story and lesson plans will be given to you prior to the excursion so that children will be more familiar with the concepts.

These simple Acts bring joy to ourselves and others!

### 3G's - Stage 3

**IRS3.11 Describes roles and responsibilities in developing and maintaining positive relationships.**

**Skills:**

**INS3.3 Acts in ways that enhance the contribution of self and others in a range of cooperative situations.**

**Values: V1, V2, V3**

# Stage 3 - Geography Focus

## A diverse and connected world

**1.5 hr Guided Tour & Museum Visit + Optional Cultural Activities**  
**+ Optional Mindful Mealtime**  
**+ Three Acts of Goodness**

**Outcomes:** 🌐 ⚙️ 🌍 🤝 ⭐

**GE3-1 > Describes the diverse features and characteristics of places and environments**

**GE3-2 > Explains interactions and connections between people, places and environments**

**THREE ACTS OF GOODNESS:** 🙏

**IRS3.11 > Describes roles and responsibilities in developing and maintaining positive relationships.**

***Plus YOUR CHOICE of Cultural Activities and Mindful Mealtime.***

**TAI CHI:**

**ALS3.6, V4** Shows how to maintain and improve the quality of an active lifestyle.

**MOS3.4** Refines and applies movement skills creatively to a variety of challenging situations.

**MEDITATION:**

**PHS3.12, V4** Explains the consequences of personal lifestyle choices.

**CHINESE CALLIGRAPHY:**

**3.UL.2** Organises and responds to key ideas from written texts in familiar contexts

**2.UL.4** Writes texts to present key points of information in Chinese.

**ORIGAMI:**

**VAS3.2** Makes artworks for different audiences assembling materials in a variety of ways

**MINDFUL MEALTIME:**

**PHS3.12, V4** Explains the consequences of personal lifestyle choices.



### Excursion Overview

Nan Tien is a branch Temple of over 200 Fo Guang Shan temples worldwide. Focusing on “The World’s Cultural Diversity” and “Global Connections” content, your student’s will explore both Chinese and Buddhist customs, beliefs and social organisation in an authentic environment.

- ✓ While exploring the vast Shrine Halls and Museum, students will learn about Fo Guang Shan’s objective to bridge the cultures of East and West.
- ✓ Students will learn about the connections Nan Tien Temple and Fo Guang Shan have built with the Australian community, including raising financial aid for those affected by natural disaster and participating in events such as clean-up Australia Day.
- ✓ Learn how Nan Tien Temple is a very popular tourist attraction which appeals to the lucrative Asian tourism market. Students will then be encouraged to think about what this means for the local economy.
- ✓ From the Front Shrine steps, view neighboring Nan Tien Institute (NTI). NTI is one of five Fo Guang Shan University and tertiary education providers. This Humanistic Buddhism based Tertiary Institute is now working collaboratively with the University of Wollongong! How connected, yet diverse!

**Please see overleaf for details on your included activities, at-school resources and**  
**“Three Acts of Goodness “**



## Please CHOOSE from the below activities:

### Tai Chi ALS3.6, MOS3.4, V4



Students will participate in one of our popular Tai Chi Shibashi classes. This gentle and flowing exercise routine is both a joy to do and deeply relaxing. Originally

from Ancient China it is now practiced the world over to improve health.

### Meditation PHS3.12, V4



The many benefits awarded to children practicing mindfulness is being increasingly recognised by Educators. Why not join our meditation class where whole body and breathing techniques are used to calm the mind? Techniques used are from Buddhist practice and

world leaders in children's mindfulness research (including our very own Nan Tien Institute!).

### Chinese Calligraphy 3.UL.2, 3.UL.4



Our Chinese Calligraphy class will demonstrate how many years ago Chinese monastics would have shared their knowledge (and good words!)

by writing with brushes and ink made from water and stone! Students will then learn to write Chinese characters and pronounce them!

### Origami VAS3.2



Students will create their own paper-folding artwork by making a simple Lotus Flower. After a brief lesson explaining the significance of this

beautiful bloom, students will be guided step by step in making their very own to take home!

### Mindful Mealtime PHS3.12, V4



Students will enjoy a tasty, vegetarian lunch suited to younger palates. Fried rice, fresh potato wedges, fruit and filtered water are encouraged to be eaten mindfully.

Upon receipt of your deposit, a lesson plan and resources will be forwarded to you, so children can start thinking of food in context of source, gratitude and nourishment for mind and body!

*(Please Note: Students with allergies may bring their own vegetarian lunches. Ingredients and Dietary concerns can be discussed with Booking Officer).*

## At School Activities:

To gain the most from your visit we have created resources which can be used before and after your excursion to help reinforce learning.

These resources will be emailed to you unless stated otherwise.

### Prior to Excursion:

1) Mindful Mealtime lesson plan and resources – If booking lunch.

2) Three Acts of Goodness Lesson Plans and Resources (see below)

*\*These will be supplied upon receipt of deposit.*

### After Excursion:

1) "Tourism and local economy" activity

*\* This will be supplied upon receipt of deposit.*

## Three Acts of Goodness!



**DO GOOD DEEDS, SAY GOOD WORDS,  
THINK GOOD THOUGHTS**

Throughout the excursion, your Guides will refer to these principles and positively reinforce demonstrations of any of the 3G's by students during the excursion.

An audio children's story and lesson plans will be given to you prior to the excursion so that children will be more familiar with the concepts.

These simple Acts bring joy to ourselves and others!

### 3G's - Stage 3

**IRS3.11 Describes roles and responsibilities in developing and maintaining positive relationships.**

#### Skills:

**INS3.3 Acts in ways that enhance the contribution of self and others in a range of cooperative situations.**

**Values: V1, V2, V3**