



Term 2

K-2 - 3

Distinguish good
habits from bad habits.

Term	Year	Date:	
<div><div>Week : 6</div><div>The Six Perfections</div><div>Diligence</div></div>			
Outcomes:		Learning Indicators:	
Students understand that diligence is needed to cultivate all virtuous states of mind		Students reflect on their daily life	
No of Lessons: Time: 30 min		Teaching Strategies (e.g. Games, Narration, Discussion, Sharing, etc):	
Time	Content	Resources	 Assessment
Greetings			
Recall previous lesson 2 mins	What is Patience What does it look like How can we cultivate patience		Diligence allows good to grow
Intro 3 mins.	Read the story on Buddha's daily routine exemplifying diligence	Book . pbl. Humanistic Buddhism.	If not evident allows seeds to arise + encourage
	Discuss How did Buddha - practice diligence (from the story) Discuss Morality as a form of self discipline/ Integrity	or other stories that illustrate DILIGENCE.	
Whole class Discussion	What is a habit What is a good "bad" ?	Definition FLASHCARD	
Group Activity	According to classifcations groups healthy foods v/s junk food beha		??
Whole Class	Justify choices		

Conclude / reflect when do you find it difficult to be diligent - find motivated

Lesson Reflection: (Focus questions will be tailored to fit each lesson)

Was the lesson conducive in developing the outcome? Why do you think this is?

Were the resources appropriate? Do you feel they contributed to the lesson?

Was your space utilised to its best advantage? Why?

What would you perhaps do differently next time?

Do you feel your presentation/interaction with the class communicated the lesson ideas effectively? Why/Why not?

What would you perhaps do differently next time?

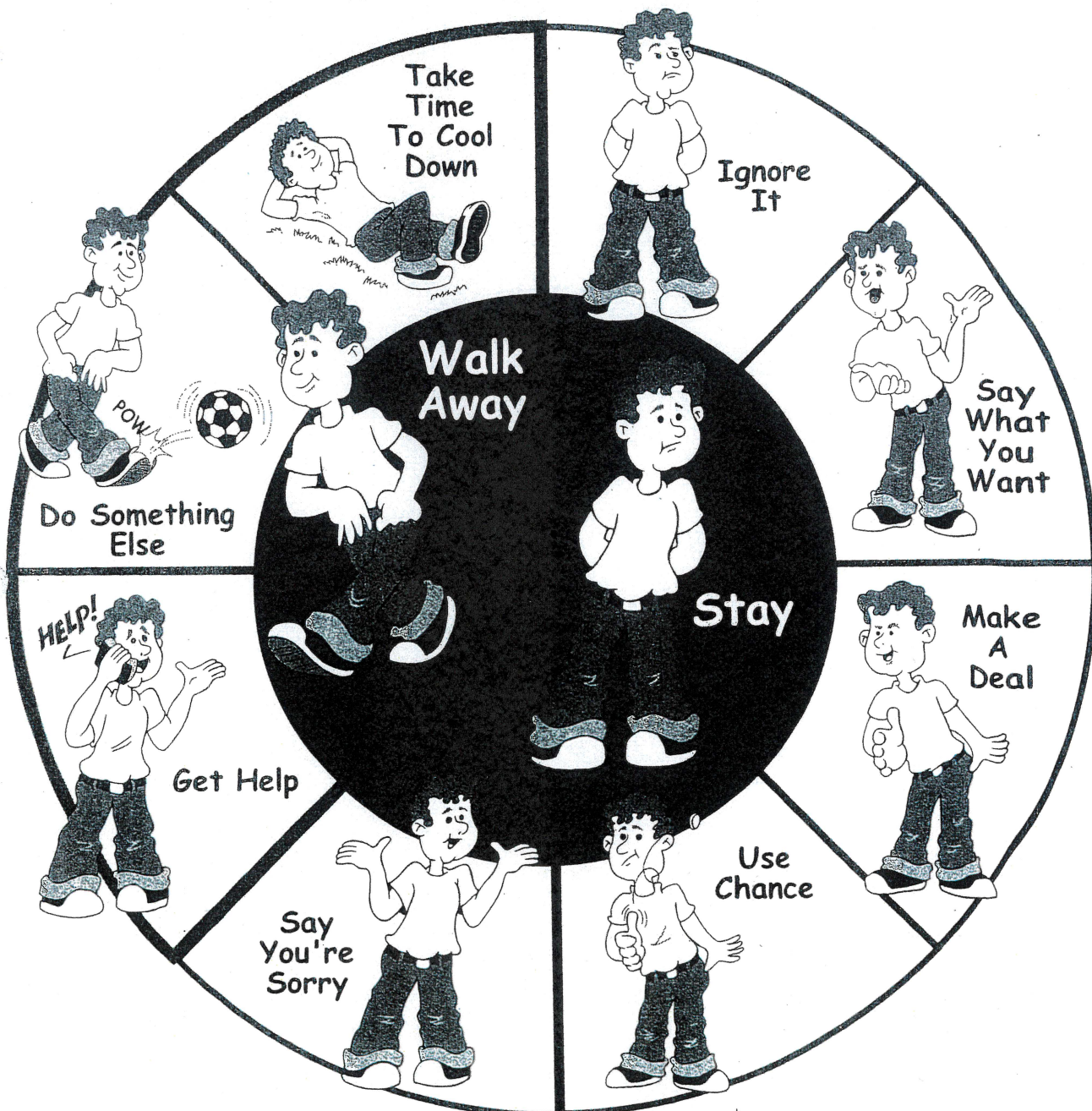
How do the following roles involve
diligence eg professional athlete
firefighter
ambulance

Extension Activity (Where Applicable):

Pick a Plan: What to Do to Avoid a Fight

If you have people problems . . .

STOP • THINK PICK • A • PLAN



©Designed by HERGIE

STP: Stop, Think, and Pick a Plan



STOP

Think or say "Stop!"
Take a deep breath.

THINK

"What's the smart
thing to do:
walk away or stay?"

PICK a PLAN

If you walk
away:

- Get help from someone you trust.
- Go do something else.
- Take time to cool down.

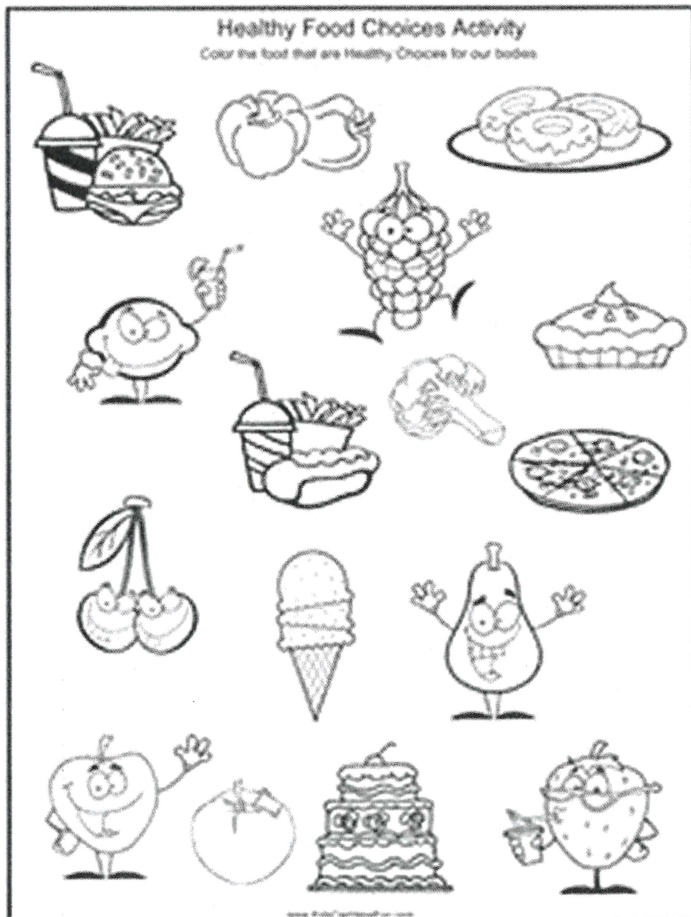
If you stay:

- Ignore it.
- Say what you want.
- Make a deal (negotiate).
- Use chance.
- Say you're sorry.

Healthy Habits



smiley indicator



Basic Actions 2 My name is _____

Color and Write



FLASHCARDS

Name _____ Back to School School rules


Rules for a Happy Day

Color. Cut. Glue.

 Raise your hand before talking.	 Share toys.
 Run in the classroom.	 Be a good listener.
 Work quietly.	 Use a loud voice.

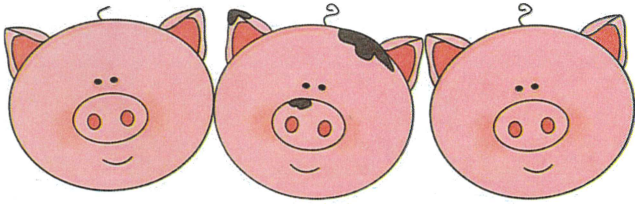
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PLAY TIME		
WHEN YOU'RE BORED		
SCHOOL		
WITH OTHERS		

color the pictures the best choice

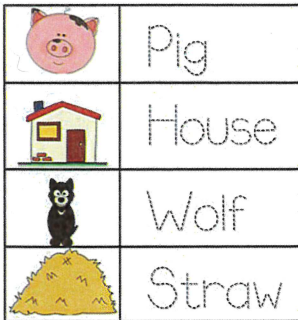
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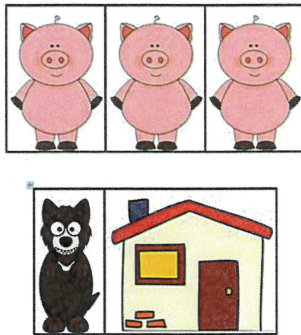
The Three Little Pigs

Activities + Free Printable

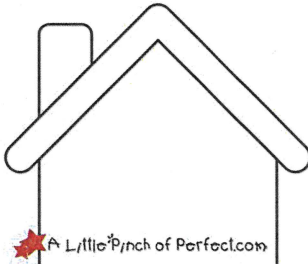
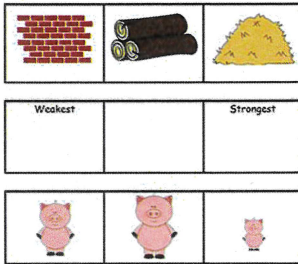
Cut out the pictures and match the word with the picture and/or trace the words.



Cut out the pictures, tape them onto popsicle sticks, and use them as puppets to retell or create your own 3 Little Pigs story.



Cut out the pictures and put them in order in the boxes below.



A Little Pinch of Perfect.com

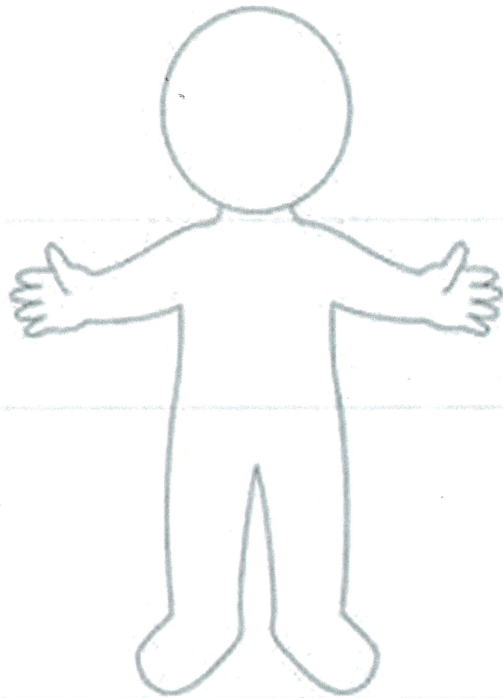
Three Little Pigs

Printable Popsicle Stick Puppets



Architect Decides Name:

Decorate each figure differently to show how Jacob felt to work.

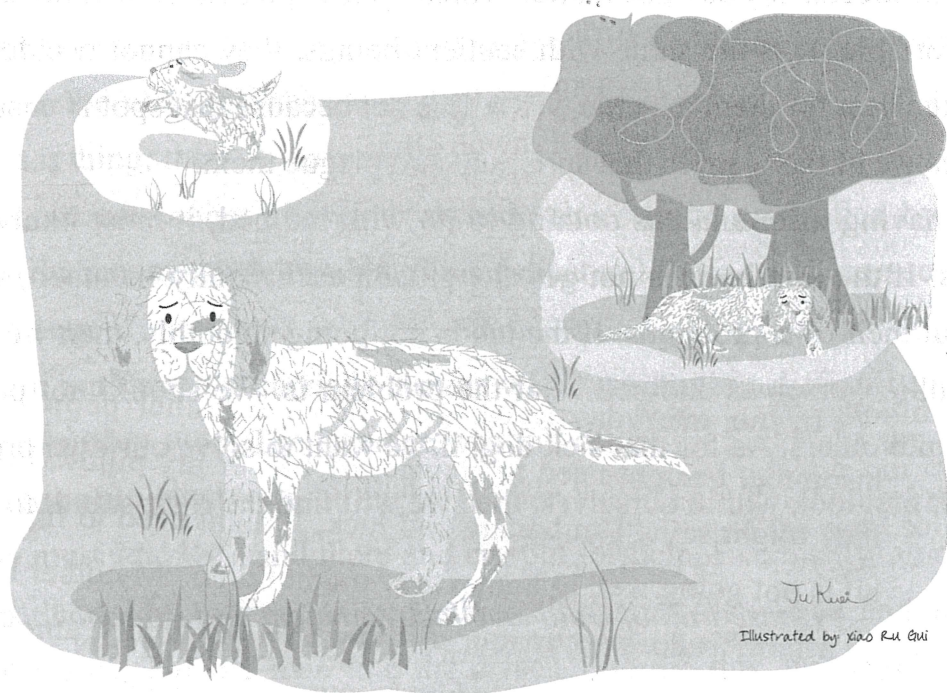




11. Sick Dog

Name	Sick Dog	Source	A House Full of Gold and Jade · Ancient and Present Talks Vol. 3		
Grades	Years 5 & 6	Time	40 min		
Goal	1. Understand that there are often difficulties and learn to assess the situation objectively 2. Use a positive attitude to face difficulties and challenges.				
Ability	1. Be aware of the source of pressure and think positively 2. Learn how to solve a problem and be decisive				
Method	Activity / Observation / Presentation / Discussion				
Course	Content	Time	Props	Assessment	
Motivation	Activity 1: Mr Wang and His Land 1. Separate students into groups of four to six. 2. Hand out a piece of B1 paper to each group. 3. Have all students sit on a chair, and try to touch the paper with some parts of their bodies, but without touching the ground. 4. The paper should be folded in half continuously with students repeating step 3. 5. The goal is to increase the difficulty and let students solve it themselves. 6. See how small the paper can be folded. The group with the smallest piece of paper is the winner. 7. Let the winners share their secret in how they solved the problem. Question: 1. How did you win? What did you do? 2. When the paper became smaller and smaller, did you think about giving up? What were you thinking then? 3. Sum up their insights and talk about each point. Stress the importance of self confidence and courage.	10 min	B1 sized paper	90% can join in the activities 80% can express the reason why they succeeded	

Activity	<p>Activity 2: Reading, Discussion and Sharing</p> <p>Each group read Appendix 1</p> <p>Discuss the content of the story:</p> <ol style="list-style-type: none"> 1. Why did the dog run around? 2. Can the dog eventually find a suitable place to rest? Why? 3. Have you ever prayed for a good luck charm? Do you believe in the Zodiac? Why do people born in the same month have different lives? How do you actually get good luck? 4. Do you have insomnia? Why? How did you solve it? 5. Gather everyone's answers, separate them into different categories of problems. To resolve a problem, we must look for the solution within ourselves. 	20 min		<p>90% can discuss why the deranged dog was running around</p> <p>80% can discuss why the deranged dog could not find a suitable place</p> <p>90% can join in discussion and express why good luck is not gained from the path of the stars.</p> <p>80% can join in discussion and express how to solve insomnia</p>
Conclusion	<p>Activity 3:</p> <p>For conclusion, tell the story of Chan Master Foyin and Su Dongpo (Appendix 2).</p> <p>Summarize the important points in this lesson, people are always met with hardships and challenges in life. In order to overcome them, we must deal with them head-on. Ignoring them or blaming others would not make things better. The problem would definitely remain.</p>	10 min		



One day, the Buddha led his disciples to meditate underneath a tree. While the Buddha was giving a teaching, a dog bounded out from a wooden hut but ran back inside shortly after. At first, everyone thought that was the end. But the dog ran out to lie on the stone ground, and later changed its mind and moved to another spot. This continued for some time. The dog would run to lie under a tree, or on a stone, or go into a cave. It was always busy and could never have a moment's peace.

The disciples were confused and they asked the Buddha, "What is wrong with that dog? Does it not like this place?"

Buddha replied, "No, it isn't about the place. To say the truth, every spot it picked is good. The only reason it cannot decide is because it is riddled

Appendix 1 Story

Sick Dog

*In order to solve one's own problems,
We must search for the source which often stems from us,
This is the way to solve problems.*

In our everyday lives, we might hear other people say: "I'm having insomnia, I might need to change my bed or my pillow." In regards to work, they might say: "I'm having bad luck, I might need to find a new job." When all is not going well at home, they might think: "My other half must be having an affair." It does not matter if it is within the family, among friends, between lovers, when there is a change in our relationships, the first thing we think about is that there must be an outside force at play.

From the examples given above, it seems that all our problems stem from an outside source. We have nothing to blame because it is obviously not our fault. However, are we analyzing the problem correctly? We put the blame on other people or other things. When we cannot sleep, can we really solve the problem by just changing out the bed or the pillow? If you have bad luck and you do not like this job, will changing jobs really work out? If you feel there is unease in the family, is it really because of a third person? Have you asked whether it might have been something that you did? When we are faced with these problems, have we thought it through? Do we perhaps need to change ourselves. Continuously blaming other people for your own problems is not the way to solve this problem.

There is a story within the Buddhist Scriptures.

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with skin ulcers. It does not matter which spot it picked, it will always feel uncomfortable. It is the same with sentient beings, they cannot decide which spot is the best for them to settle down. It is not because that spot is unsuitable, it is because of the worries that spring up and plague them."

So having insomnia has nothing to do with the bed, it most likely stems from us. If the family does not get along, then each family member needs to work out their own problems. If the job is not going smoothly, then we should look within ourselves and see what the problem is. We should not push the blame onto others. As for that sick dog, if we want to solve our own problems we must first look within ourselves, then we will find the right solution.

A House Full of Gold and Jade · Ancient and Present Talks Vol. 3

Appendix 2

Story 1:

Buddhas and Bodhisattvas Only Help Those Who Help Themselves

Since the dawn of time, humans have been in awe of the sky so we often pray to the skies. But when they have experience, they often come with one conclusion: "Instead of praying to the skies not to rain, it is best that I prepare an umbrella. The gods help those who help themselves." No one can help you unless you help yourself.

spot it picked, it will always be there. People are masters of their own destiny. Relying on others and waiting for others to help us, they cannot decide. Charity will only make us develop apathy. Our destinies are controlled by ourselves. We can only accept whatever they give us. If they decide not to help us, we have to accept it because that spot is unsuitable for us. We should not blame them."

When we have nothing, then we have nothing. It is natural for people to be met with difficulties, so we cannot allow our own destinies to be controlled by others. When we are in trouble, the most natural thing to do is to seek other people's help. Each family member should help each other. If we are not able to solve the problem smoothly, then we should not push it. We should not push it to solve our own problem. We should find the right solution.

There was once a carriage driver who was having difficulty steering through a muddy road. The carriage was full of goods. Suddenly, the carriage got stuck in the mud and try as it might, the horse could not get it out of the mud. The driver could only stand there and cry out for help. Eventually, an old man came by and told the driver to wedge himself against the wheels and drive the carriage forwards. The old man told the driver if he did this, he would get help from the gods. The driver did as the old man said and succeeded.

The gods help those who help themselves. You cannot be completely dependent on other people. When there is a problem, we must first depend upon ourselves. Because in life, there are often problems and hardships but we should be the ones to try solving the problem first. We should give everything we have got.

Those Who...
The sky so we often...
n come with one...
est that I prepare...
ne can help you...

Once, Chan Master Foyin and Su Dongpo saw a stone statue of Hayagriva— a manifestation of Avalokitesvara Bodhisattva. The Chan Master immediately joined his palms to pay respect. Su Dongpo was confused and asked: to? "I know that Hayagriva is a bodhisattva we should venerate, but why is he also holding prayer beads and praying? I don't understand, who is he praying to?"

The Chan Master replied: "Ask yourself!"

Su Dongpo replied: "How would I know!"

Chan monk: "He's praying to himself."

Su Dongpo was confused: "Why himself?"

Chan Master: "Because instead of depending on others you should depend upon yourself."

Su Dongpo immediately understood so he joined his palms to pay respect to Hayagriva.

Most people are ordinary because when there is trouble they always like to ask for help. But Avalokitesvara was able to become a bodhisattva probably because when there is trouble, he most likely solved it himself. If we all have the strength, confidence, the initiative to look to ourselves when there is trouble, then maybe we can all be our own bodhisattvas.

(source: <http://big5.xuefo.net/nr/article26/258019.html>)

Story 2:

A long time ago, there was a villager called Aniu living in a small village. He would pray to the gods for three hours every morning. He believed the more gods you prayed to, the more help you would get. So there was numerous effigies of gods in his hut.

One day, the village elder told the villagers: "It's been raining non-stop these past few days, our sewage system has been blocked. There is a high chance that we might be flooded. Gather all your valuables and leave the village for your own safety. Most of the villagers did as the elder said, but a few refused to leave. Aniu snickered: "I don't need to be afraid! Because I pray to the gods everyday so they will protect me. I refuse to leave."

Eventually, the flood waters rushed into the village and blocked all the exit routes. Those who refused to leave were forced to climb onto the rooftops of their homes and wait for help. Aniu did the same just like the others.

Eventually, a hand-made boat came floating by, the villagers asked Aniu to climb in but he refused. Not long afterwards, a large trunk floated by but he still refused to climb on. After a few hours, a large wooden tub floated by but Aniu pretended it wasn't there. The whole time he was muttering to himself. He believed the floodwaters would eventually recede and he was preparing the thank you prayer he was going to offer to the gods.

In the end, Aniu was killed by the flood. When his soul met the god that he revered the most, he demanded to know why his god allowed him to be killed.

Aniu: "My God! What is going on here? I prayed to you everyday but you abandoned me when I needed you most! You let me die in the flood! What is wrong with you?"

The god replied: "Aniu, I sent a boat, a trunk, and a wooden tub your way but you didn't take the opportunity. There is nothing I can do."



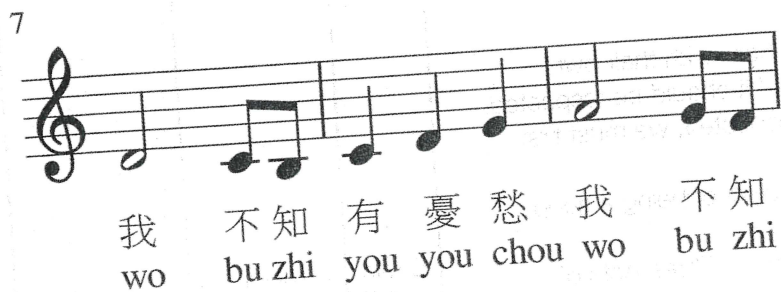
14. Self Respect & Dignity

Name	Self Respect & Dignity	Source	A House Full of Gold and Jade · Ancient and Present Talks Vol. 1		
Grades	Years 5 & 6	Time	40 min		
Goal	To grasp the ethics of a good person				
Ability	Learn to respect oneself, then respect others				
Method	Narration / Singing / Discussion				
Course	Content	Time	Props	Assessment	
Motivation	Picture of goose, picture of birds	3 min	pictures		
Games	Understand Myself, Respect Others (Appendix 3)	7 min			
Singing	I Am A Small Small Bird (Appendix 1)	5 min			
Narration	Allegory of Goose (Appendix 2)	5 min			
Discussion	1. What type of birds have the students seen? 2. What is this bird (picture of goose) 3. What is the characteristic of a goose? What are the characteristics of other birds? 4. Narration 5. Why did the people from the States of Yue and Chu mistake them? 6. If they are mistaken for something else, will they turn into that something else? 7. If you were mistaken for something else, how do you feel?	5 min			
	1. Every person is born with their own personalities and it should be respected. 2. Before being respected, we must first respect others. 3. What is the principle of being a good person? 4. We should follow the Three Acts of Goodness, to be ourselves Teach them how to make origami storks	10 min 5 min	colored paper		

Note	Humble Table, Wise Fare: People should be like a ball, the harder you hit the higher you go; Our hearts should be like flour, the more you knead the tougher you get.			
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Appendix 1 Singing

I Am A Small Small Bird



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有 煩 惱 只 是 愛 歡 笑
you fan nao zhi shi ai huan xiao

Appendix 2 Story

Allegory of Goose

*Though people might call me a "duck" or a "swallow,"
I am still a goose, and this is very important.*

Normally, we do things based on integrity. Integrity means a person's ethical standard. This standard is not a cage but it means that person has principle or morality; a set of ethics that they abide by. For example: Am I a person that cheats? Or do I abide by my own morals? Or is this person an archetype. This is our integrity.

A person should keep to their morals, they need to have a conscience. When they deal with situations, they should treat others well. They need to have a good heart. This is usually what it means to have integrity, an image that is presented to the world. If they break these rules, they lose their integrity. So when a person deviates from their morality, then they lose their integrity.

When people first go out into society, they usually care a lot about their integrity. But after a while, some people will start to deviate away from their



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Illustrated by Venerable You Ji

original principles. Why is that? Well, that is a loss of integrity. For example, every time there is a temptation, a setback or someone threatens us, it is easy for us to change our own moral standards to suit the situation. So, if we started off as a round cage but we meet a person who is rectangular. After a lot of pressure and some goading from this rectangular person, we will eventually lose our roundness and become rectangular just like them. Most of the time we do not even realize that we have deviated away from our original self.

Therefore, how can we stay true to our integrity?

It is said that the goose family are very close as they always fly together. Once, they passed the State of Yue. When the people saw them, they exclaimed, "Wow! Where did these ducks come from?"

The people from the State of Yue had never seen a goose and mistook them for ducks.

When the goose flew over the State of Chu, the people exclaimed, "Where did these swallows come from?"

The baby goose asked its father, "We are geese, but why do these humans call us ducks or swallows?"

The father goose said, "Child, it doesn't matter what other people say, we are still geese.

This way of thinking is important. It should not matter how enticing or pressured we feel from position or wealth, we need to keep our integrity. So it does not matter if other people call us ducks or swallows, we are still geese. Please keep this in mind.

What is the underlying meaning behind this story? If a person can respect themselves, then it does not matter what other people say. But it is usually the reverse. Most people do not ask much of themselves but want other people to respect them, to look up to them. They do not want other people to say bad things about them. However, have they really looked at themselves? How do they act? Is it dignified? How they conduct themselves, is it worth other people's respect? Can they do great things or fly high just like the geese? Many people do not ask this of themselves.



18. Harbor of Life

Name	Harbor of Life	Source	A House Full of Gold and Jade · Ancient and Present Talks Vol. 5		
Grades	Years 5 & 6	Time	40 min		
Goal	1. Find our footing when we are in a predicament. 2. Can plan and improve our plans and activities. 3. Can care for the affairs of oneself and those around them, while also be determined.				
Ability	1. Be able to persist and expand on our own interests and specialty. 2. Plan our everyday lives and be determined. 3. Be familiar with resources provided by the community so we can help others in need.				
Method	Perform / Appreciation / Communication / Discussion				
Course	Content	Time	Props	Assessment	
Warm up	1) Preparation: 1. Teacher must look up and provide pictures of a harbor, whether from books or online. Can (print/photocopy pictures or create a slide show to show students). 2. Prepare colored paper or recycled paper. Cut into rectangles. Make sure there is enough for ALL students. 3. Teacher must familiarize themselves with how to fold a boat (please see Appendix 1) and practice before hand. 2) Classroom setup: Display pictures of harbors or use ppt to show pictures of harbors.				
Expansion	1) Motivation: A) Lead students to appreciate pictures of harbors. B) Pictures- can also be in slideshow format. C) Questions: • What are the characteristics of harbors? • What is usually anchored at the harbor? • How do you feel when you see a ship anchored at a harbor?	10 min	Projector Computer Access to internet Colored paper	To watch To make	

	<p>D) Origami (Appendix 1) or look up online for other pictures, or show youtube videos: https://www.youtube.com/watch?v=KfRaxdRDHSg as a form of teaching method.</p> <ul style="list-style-type: none"> • Teacher must lead students step by step. • Make sure all students can carry out each. • Admire other students' finished products. • What does "exterior forces" mean? • What does "righteous path" mean? <p>B) Teacher asks question:</p> <ul style="list-style-type: none"> • What is a harbor? • Who is the harbor in your heart? • Why do we need to care for the elderly? • What does it mean when it says that "When we create these harbors for people, we are also doing it for ourselves"? <p>4) Build a "Harbor of Life"</p> <p>A) Hand out a B4 sized paper to every student. Each group share a box of colored pens or students prepare themselves.</p> <p>B) Draw what you perceive as a harbor.</p> <p>C) Stick your origami boat onto that harbor. Stick the finished product on the whiteboard.</p> <p>D) Sharing: tell other people why you want your boat to be anchored at this harbor.</p>	5 min	Paper for drawing	To admire
		5 min	B4 sized paper	Answer questions
		15 min	Colored pens	
			Paper boat	Carry them out
Activity	having a safe harbor.		Double-sided tape	Share
		5 min		Clean up
				Discussion, sharing

Appendix 1 Origami

The instructions are just for reference. For clearer guides, please check online for videos, or from books.

1. Google map picture of a harbor: [https://www.google.com.tw/search?q=harbor & biw](https://www.google.com.tw/search?q=harbor&biw)
2. Origami ship folding instructions: <https://www.google.com.tw/search?q=origami ship>

Appendix 2 Story

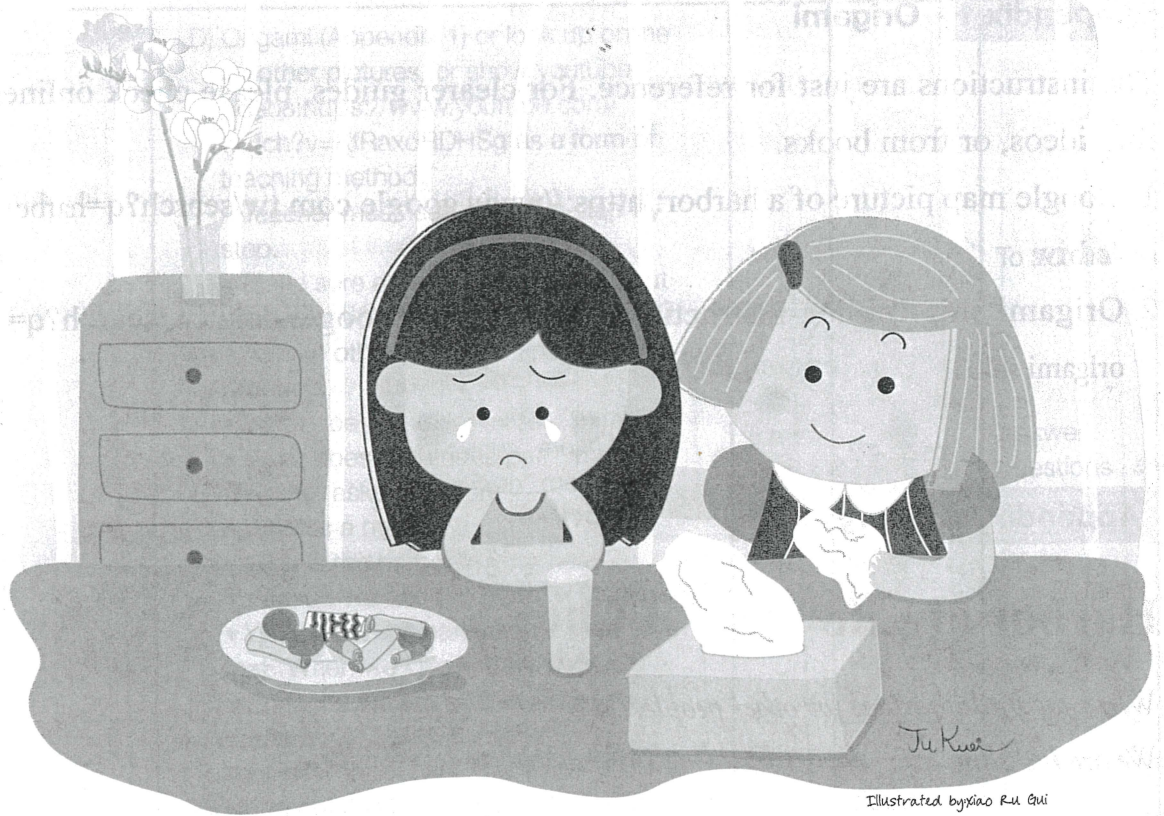
Harbor of Life

*When we build harbors for other people,
We are building it for ourselves.*

When a ship meets a storm in the oceans, usually they will want a harbor to shield them from the relentless waves. Even when it is calm, they still need harbors to anchor at. Therefore, harbors are extremely important.

In the journey of life, we all need a harbor; our parents and friends are these harbors. With these places to return to, we can shelter from the wind and rain to rest. However, in reality, just our family and friends are not enough because people can be affected by exterior forces that make them unpredictable and unsafe. So the best harbors are actually ourselves.

Any religion, as long as its faith is placed in a righteous path, is suitable to be a harbor. Apart from needing a harbor, we ourselves can guide others to become harbors or even become harbors for other people.



Illustrated by Xiao Ru Gui

For example: People who work in the welfare department looking after the elderly, with no families, are harbors for these people. All they have to do is to show a little care, such as chat with them, listen to them reminisce about the past or their worries. This is enough to make them feel cared about.

Another example: For people who are timid and weak, they lack confidence and are unsure of themselves. If we can encourage them and guide them to face their fears, then they would feel less scared in life. Doing this kind of work is the same as Avalokitesvara Bodhisattva who bestows fearlessness onto sentient beings. This fearlessness is considered a harbor for the timid and weak.

When we create these harbors for people, we are also doing it for ourselves. If we help the old or weak, or people with lesser capabilities, then we are on the path of the Bodhisattva. The path relies on the existence of others. When we finish helping all these people, we would have finished cultivating as a Bodhisattva.

Hopefully, all people can find a righteous religion and be on the path to help others in order to build their own harbors.

A House Full of Gold and Jade · Ancient and Present Talks Vol. 5