

# Buddhist Way of Life



**Shanthi Vihara Dhamma School**

Dhamma School Lessons for KS1

**Lets us go to the temple. Let us go to worship the Lord Buddha. Samali, You pick some flowers into the Basket. Roses, Araliya and Jasmine. Sarith, you can take some oil. Amal, can you bring some joss stick?**



**This is our Temple. Let's remove our shoes and hats. Samali, you sweep around the Chethiya. I will sweep around the Bodhi Tree. Now let's wash our hands.**





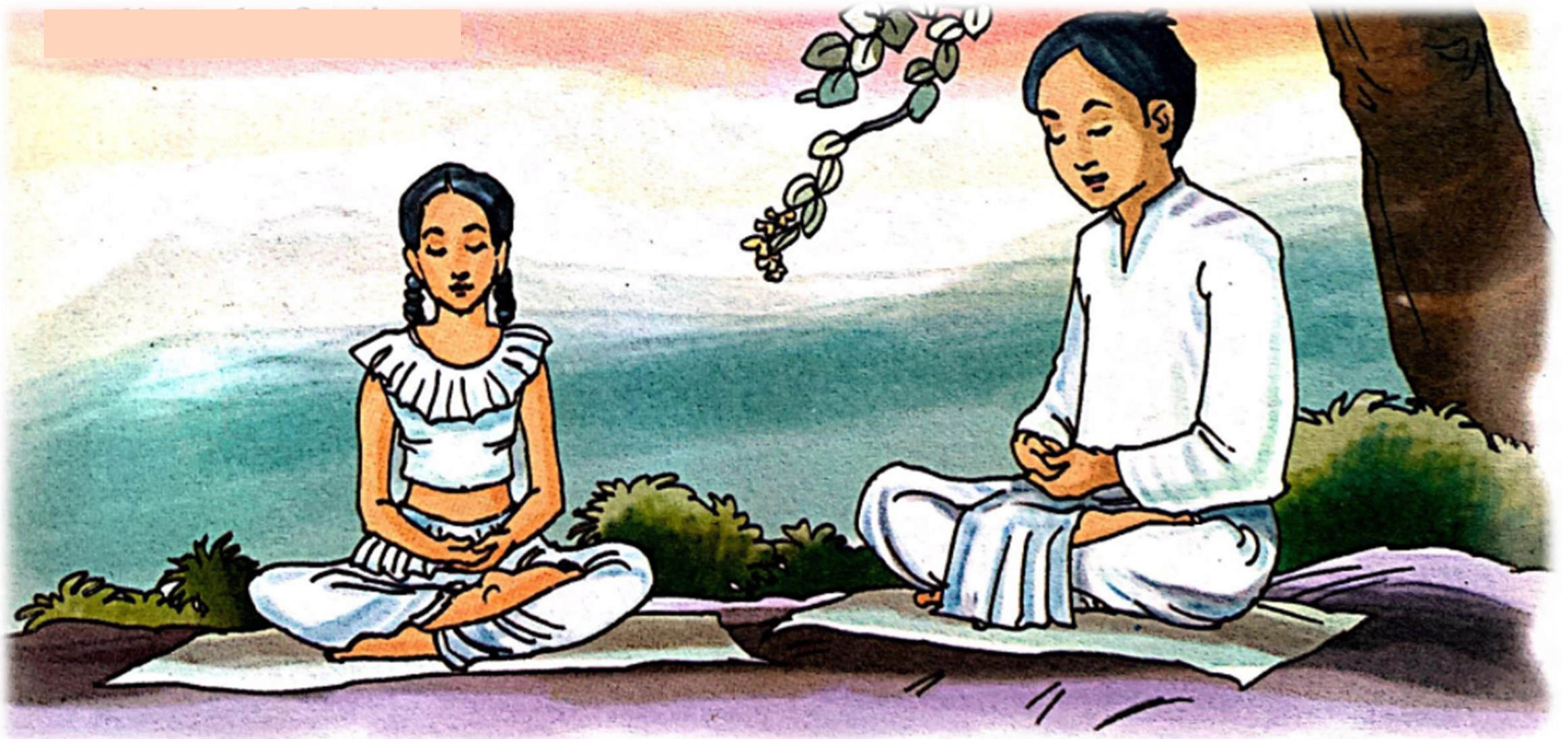
Let us take some flowers  
We walk around the Cetiya  
Walk with our right hand to the Cetiya  
Now let us offer flowers  
Next we walk round the Bodhi Tree,  
and offer flowers

Now let us go to the Shrine Room  
We will offer flowers to Lord Buddha  
Shall we chant gāthās together  
Sādhu! Sādhu!! Sādhu!!!





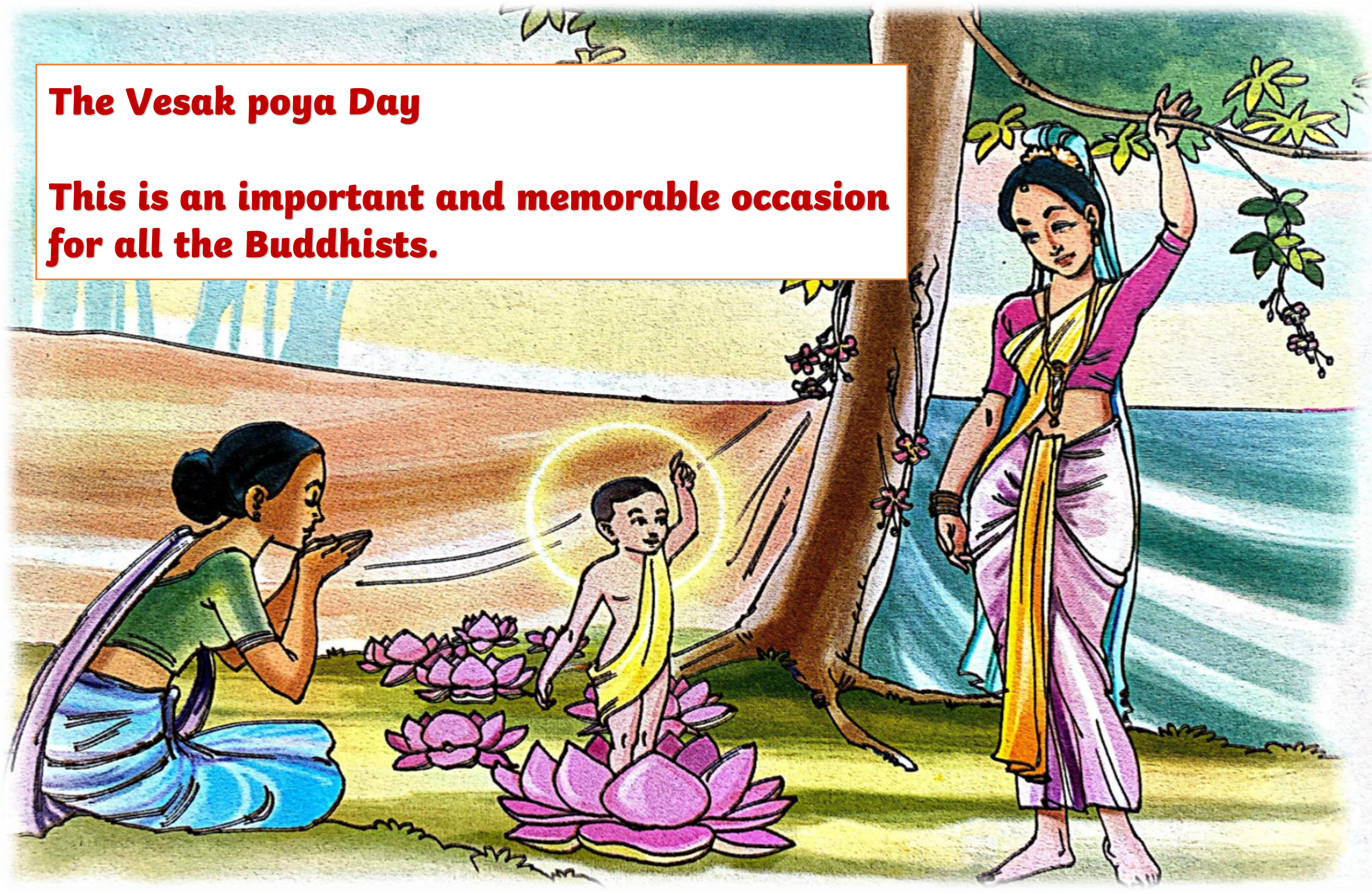
**We learn good things from our Buddhist Temple.**



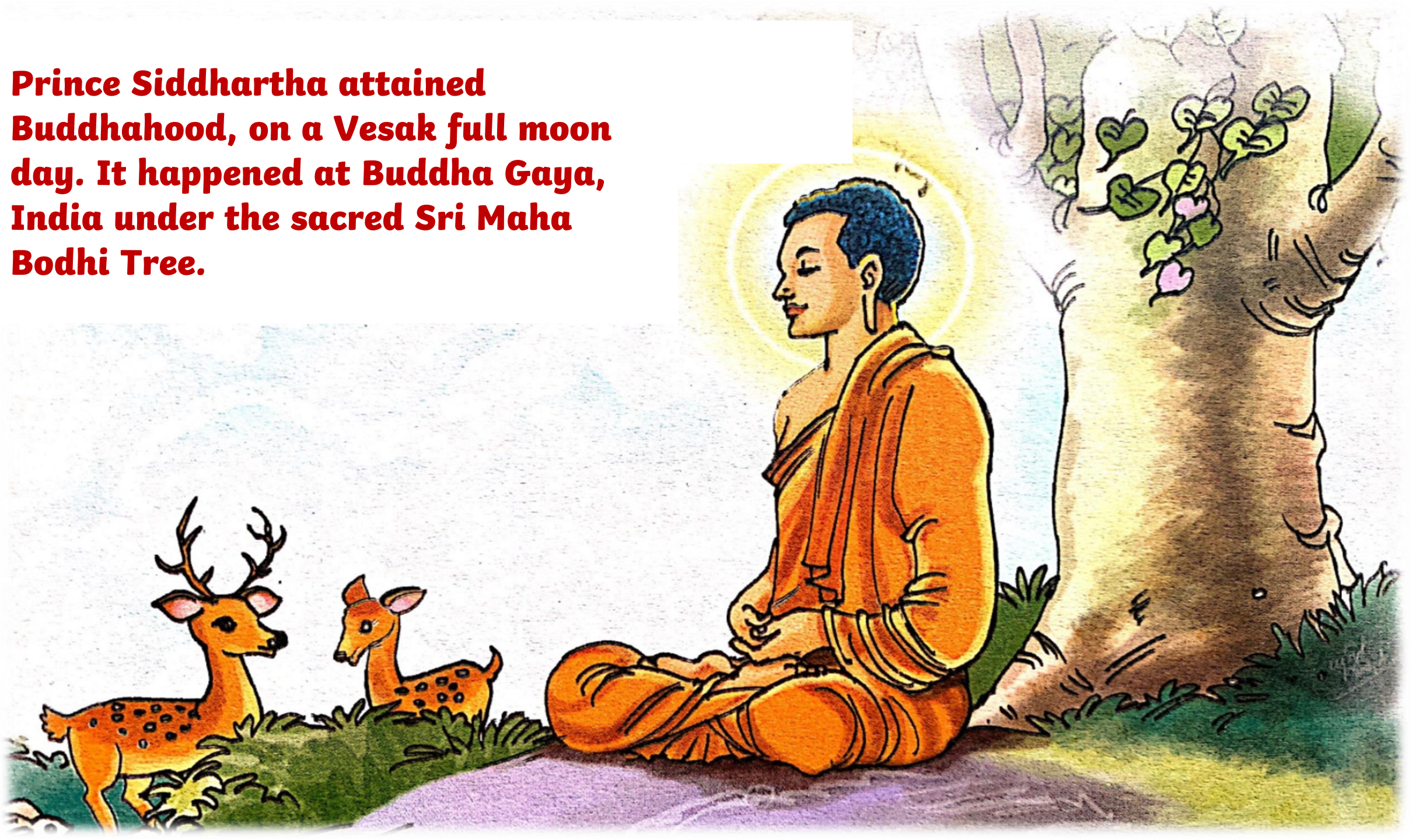
**As good Buddhists, We all must develop metta (loving Kindness) within Oueselves.**

## **The Vesak poya Day**

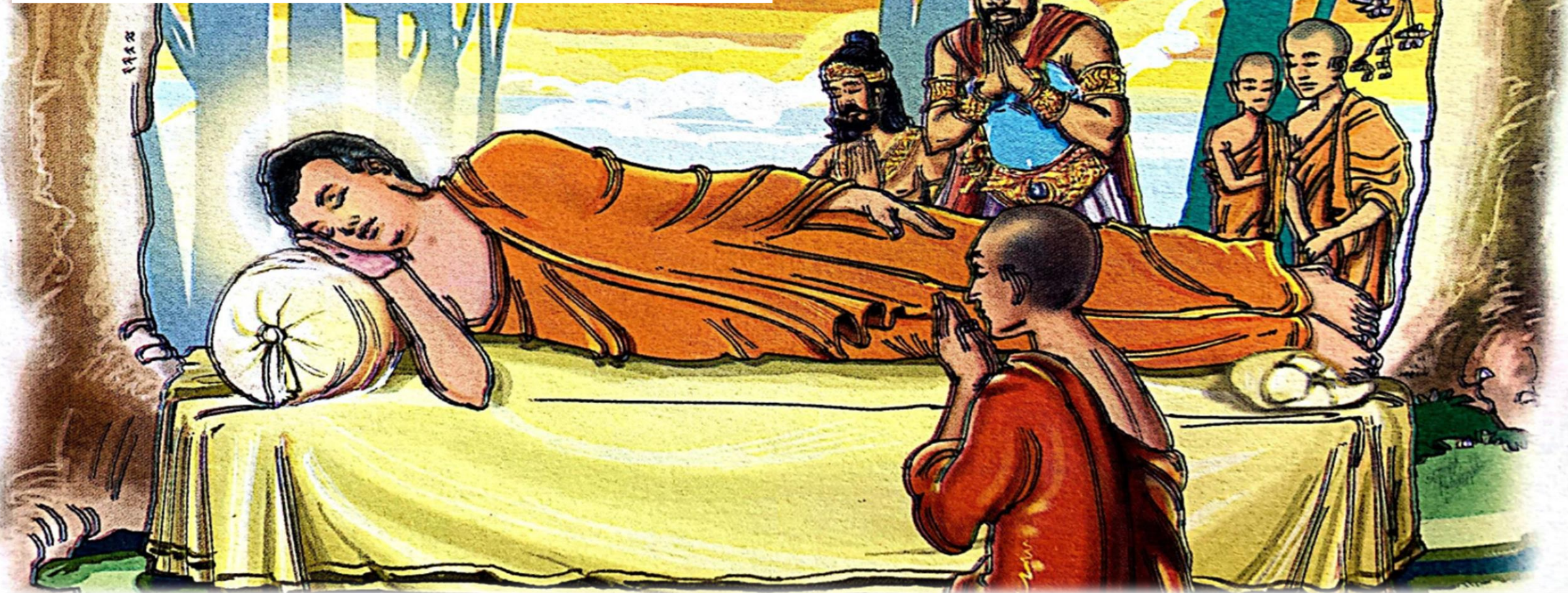
**This is an important and memorable occasion for all the Buddhists.**



**Prince Siddhartha attained Buddhahood, on a Vesak full moon day. It happened at Buddha Gaya, India under the sacred Sri Maha Bodhi Tree.**



**Lord Buddha attained Parinirvana, on a Vesak Day, at Kusinara under the shade of two sala trees in the Upawarhana Sal park.**



Our Parents  
should be respected.  
They are god like.  
They love us.  
They feed us.



**Do you remember the stanza for  
worshipping parents?**

# Worshiping Parents

*Worshiping Mother:*

**Dasa māsē urē kathva**

**Posēsi uddhi kāranan**

**Āyu dīgan vassa satan**

**Mātu pādan namāmahan**

O, my mother, let me worship your feet for keeping me ten months in the womb and nourishing me to bring me up. May you live long for a century.

*Worshiping Father:*

**Uddhikāro alingitva**

**Chumbitva piya puttakan**

**Rājamajjan supatitthan**

**Pitu pādan namāmahan**

O my father, let me worship your feet, for your loving hugs and giving me a royal life.



# Exercises

- 1. Name 3 Things You learnt from Dhamma School.**
- 2. Read the stanzas for worshiping mother.**
- 3. Read the stanzas for worshiping father.**
- 4. What do we pray when we do loving-kindness meditation?**
- 5. Draw a picture themed in Buddhism.**