



# Buddhist Way of Life - 2



**Shanthi Vihara Dhamma School**

Dhamma School Lessons for KS1/KS2

1. Let us go to the temple



***Good children visit the temple  
and become Good Buddhists.***

***When we visit the temple, we  
see Buddhist monks. They are  
our good friends.***

16. Sadhu, sadhu, sadhu, we take refuge in the Buddha,  
Dhamma and Sangha

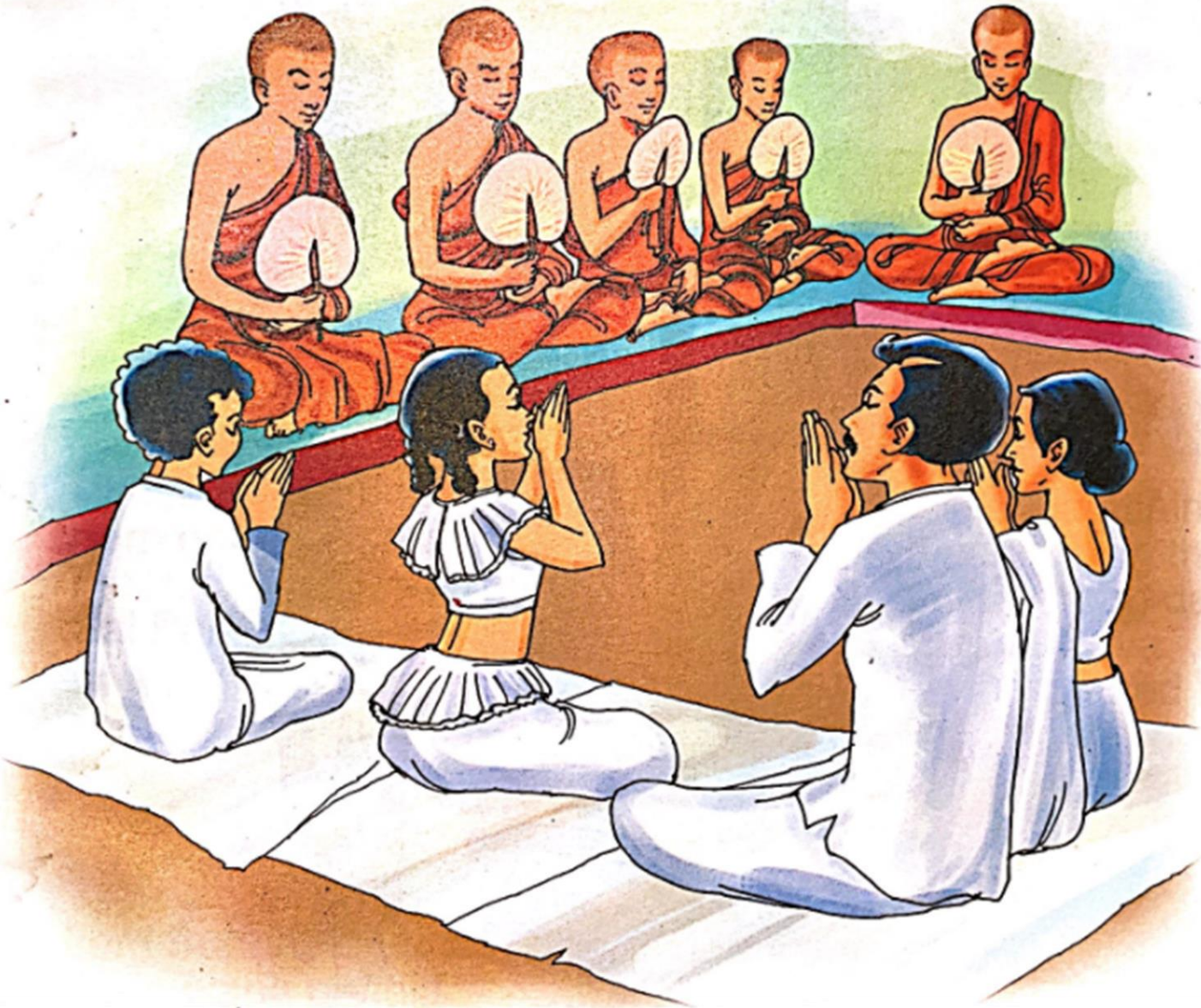


***Buddham saranam gacchami***  
I go to the Buddha for refuge.

***Dhammam saranam gacchami***  
I go to the Dhamma for refuge.

***Sangham saranam gacchami***  
I go to the Sangha for refuge.

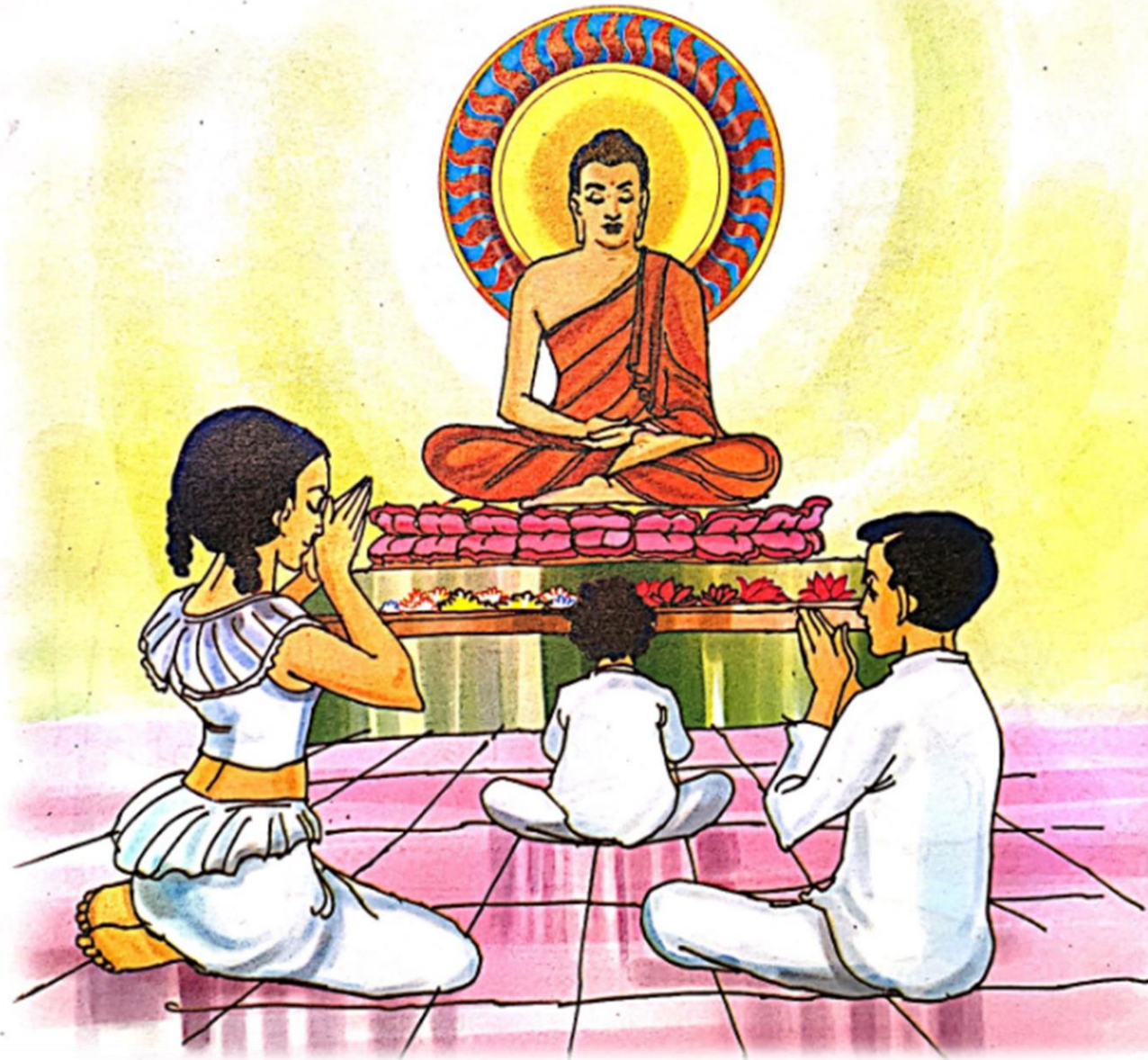
15. Buddhist monks who live in the temple teach us the Dhamma, bless us and chant seth pirith



***Pansale Hamuduruwo, The Buddhist monks in the Temple teach us good things.***

***They advice us to become a calm person who is generous and kind.***

13. We worship the Lord Buddha.



12. We light the oil lamps (Meti Pahan) and incense sticks



11. We offer flowers to the Buddha Statue





**Buddhist children observe Sil monthly.**

**They meditate daily for the peace and calmness of the mind.**

**So, Do not forget to mediate for at least 5 minutes daily.**

# Good Buddhists have to observe pansil (Five Precepts)

How do we observe Pansil

Each person has to promise himself

1. I will not kill or hurt any living being



## The Five Precepts:

Pānātipātā vēramanī  
sikkhāpadan samādiyāmi

Meaning:

I undertake the precept to  
refrain from destroying  
living creatures.



2. I will not steal or take anything that does not belong to me or that which is not given to me.

3. I will not misbehave my self, with others or act in a dishonourable way



4. I will not speak false speech



Let us develop brotherhood

**Adinnādānā vēramanī  
sikkhāpadan samādiyāmi**

I undertake the precept to refrain from taking that, which is not given.

**Kāmēsu micchācārā vēramanī  
sikkhāpadan samādiyāmi**

I undertake the precept to refrain from sexual misconduct.

**Musāvādā vēramanī sikkhāpadan  
samādiyāmi**

I undertake the precept to refrain from incorrect speech.

5. I will not take alcohol  
or use any other  
harmful drugs

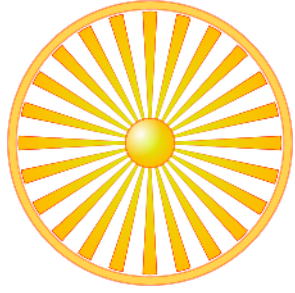
Let us have Tea



Surāmēraya majja  
pamādatthānā vēramanī  
sikkhāpadan samādiyāmi

I undertake the precept to  
refrain from intoxicating drinks  
and drugs which lead to  
carelessness.

**“I observe the five precepts daily and keep my  
promises all through out my life”**



# Exercises

1. **Why do you enjoy visiting the temple near you?**
2. **What is the first precept? Say it loud with the meaning.**
3. **What do you offer to the Buddha. Name 3 things.**
4. **Draw a picture of yourself helping your parents.**

