Year 5 RE – Summer 2

Week 1

Below is a quote from the ancient Buddhist text, the Dhammapada.

“If we are consumed by craving or aversion, we will experience the world very differently from the way we will experience it if we are overflowing with generosity and kindness.”

Task 1 – look up any words that you don’t understand in a dictionary. There are a number of online dictionaries if you don’t have a book at home.

Task 2 – Try to explain what you think the quote means.

Task 3 – Re-write the quote in your own words – EXTRA CHALLENGE – do it in 20 words or fewer.

Week 2

Task 1 – read the story below.

The Buddha was born as a parrot for one of his lives and lived in a fig tree. He enjoyed eating the ripe fruits of the tree and lived happily. After a few years, the fig tree became old and stopped bearing any fruit. Yet the parrot refused to leave the tree and go elsewhere like the other parrots had done. Sakka, the King of Gods, disguised himself as a goose and visited the parrot. He asked the parrot why he had not left the tree yet. “I cannot leave my friend who has fed me for so many years,” replied the parrot. Sakka was pleased to hear this and returning to his own form said, “I am impressed with your feelings for the tree. I will grant you anything you want.” The parrot then bowed his head in respect and said, “Lord, my friend has given me shelter for years. Let him be able to bear fruits throughout the year like before.” “So be it,” said Sakka and once again the fig tree became lively and full of fruits.

Task 2 – think about / discuss the questions below:

* Who is showing kindness?
* Did the story have a good ending for the tree?
* Did the story have a good ending for the parrot?
* What might have happened to the parrot if he had left the tree when there was no more fruit?
* What might have happened to the tree after the parrot had left?
* Think back to the quote you studied last week - how does this quote apply to the story you have just read?

Week 3

Watch this video - <https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks1-the-buddhist-story-of-siddhartha-and-the-swan-and-the-monkey-king/zfkcwty>

How are these two stories related to the story you studied last week?

Why do you think religions have stories like these?

Try to write a short story of your own that could teach a younger brother, sister, cousin or friend why it is important to be kind.

Week 4

Buddhists believe that meditation or mindfulness helps them to keep their minds focused and this helps them to stay kind and avoid being greedy or mean.

Do some research to find out about Buddhist meditation or mindfulness. Some questions you could ask are:

* Is there a special time or place when Buddhists meditate?
* How do they meditate?
* What does mindfulness mean?
* Are ‘meditation’ and ‘mindfulness’ different things?

Week 5

Try to do some form of meditation or mindfulness every day this week for at least five minutes. After each session, write a few words or phrases to:

* Describe how it made you feel
* Did you find it difficult? If so, why was it difficult.

There are some mindfulness resources to download here (breathing exercises, colouring sheets, mindfulness challenge tasks). There are also lots of meditation videos on the internet, some useful ones are:

<https://www.youtube.com/watch?v=Bk_qU7l-fcU>

<https://www.youtube.com/watch?v=DWOHcGF1Tmc>

<https://www.headspace.com/meditation/kids> (is free but requires an adult to sign up)

You don’t have to follow the videos though – a simple technique is to find a quiet place to sit and just focus on your breath for a few minutes. If other thoughts come into your head, just notice them and then come back to thinking about your breathing.

You can stick with the same technique through the week, or try out a few different ones.

Week 6

Prepare a presentation / booklet / poster all about Buddhist meditation. Make sure you include the following:

* explain why Buddhists think it is important to be calm and kind. Include a short story of your own similar to the stories above that explains the reasons.
* Gives some information about meditation and Buddhism.
* Describe your own experience of meditation and what you thought of it.