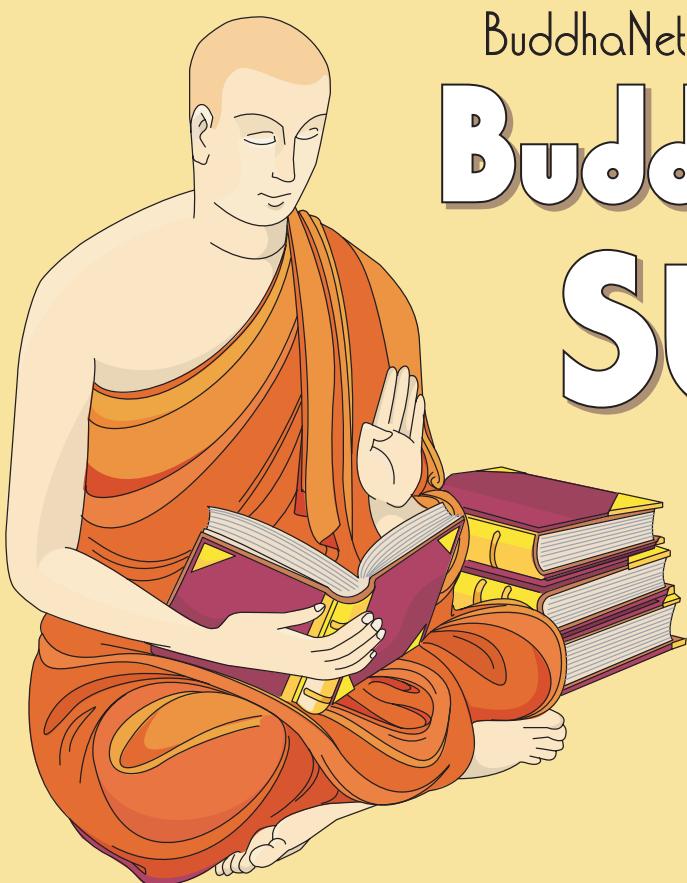


Buddhism

[Key Stage One]

Buddhist Education Association (UK)



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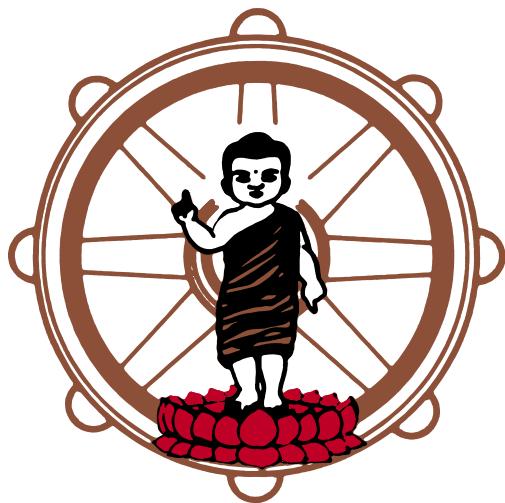
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Buddha Dharma Education Association Inc.

Buddhism

Key Stage 1

By
Jing Yin
Ken Hudson



Published by
Buddhist Education Foundation (UK)
Registered Charity No.: 1073008
2000



**First published in Great Britain in 2000
by**

Buddhist Education Foundation (UK)

**This is a complimentary Buddhist textbook,
which can be obtained from**

The Buddhist Education Foundation (UK)

BCM 9459

London WC1N 3XX

United Kingdom

www.buddhisteducation.co.uk

info@buddhisteducation.co.uk

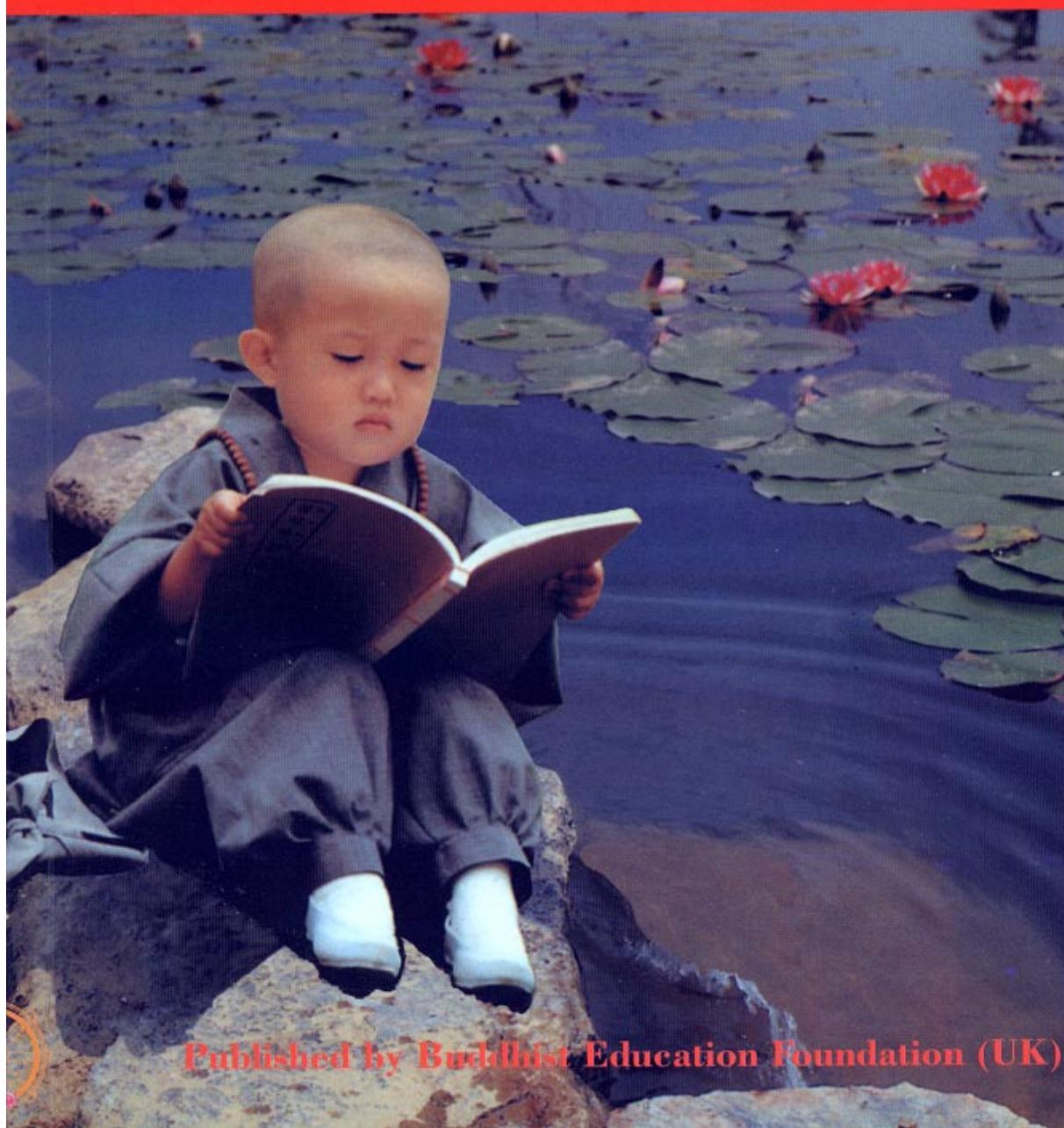
Registered Charity No.: 1073008

ISBN 0 9536928 0 9

**Illustrated by Yanfeng Liu
Produced by media 2000**

BUDDHISM

Key Stage 1



Published by Buddhist Education Foundation (UK)

Preface

The present publication constitutes the first out of four textbooks on Buddhism devised for children between five and seven years of age. The primary aims of these textbooks are to help young pupils to acquire the essential knowledge about the life of the Buddha, his fundamental teaching and the historical development of Buddhism. The information is basically factual, although it places a marked emphasis on the salient character of Buddhist morality and its constructive attitude towards people and society.

Buddhism for Key Stage One provides an introduction to the basic concept of the Triple Gem, namely the Buddha, the Dharma and the Sangha. These three elements constitute the three pillars of Buddhism. The Buddha is the founder and teacher, the Dharma represents the Buddha's teachings, and the Sangha denotes the Buddhist community as a whole, living in accordance with the Buddha's teachings. In addition to these three elements covered in separate chapters, the textbook also includes ten selected Buddhist stories, which are to serve as additional aids to help the pupils gain a better grasp of Buddhist principles and see their application in various contexts.

The accompanying Pupil's Workbook contains various types of exercises based on standard teaching methods. They are intended for revision purposes and should be used at the discretion of the teacher. The

English grammar and vocabulary are adapted to the level of an average pupil of Key Stage One. However, some pupils may need further assistance with the reading of this book. All Buddhist terms, printed in **blue**, (which are hyperlinked in this PDF) are listed in the glossary.

The subjects covered in this and the remaining issues of this series are in accordance with the syllabus prescribed in the UK by the revised National Curriculum in 1994.

This textbook is produced by the Buddhist Education Foundation. It is a charitable organisation which aims to promote the education of Buddhism in this country.

The authors of the text are Jing Yin and Ken Hudson. Jing Yin is a Buddhist monk from China. He studied Buddhism in China and Sri Lanka. Currently he is in his final year of his Ph.D. programme at the School of Oriental and African Studies, University of London. He is being supervised by Dr T. Skorupski, who has also been consulted in matters relating to this textbook. Ken Hudson has taught in Australia, Canada and England for more than 20 years. Liu Yanfeng, a professional artist, has done the illustrations.

We would appreciate receiving feedback from both teachers and pupils about this first edition with a view to improving the material for the next edition

A handwritten signature in black ink, appearing to read "M. Wilson". A horizontal line extends from the end of the signature, and a diagonal line extends downwards from the bottom of the horizontal line.

President
The Buddhist Education Foundation (UK)

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The Buddha

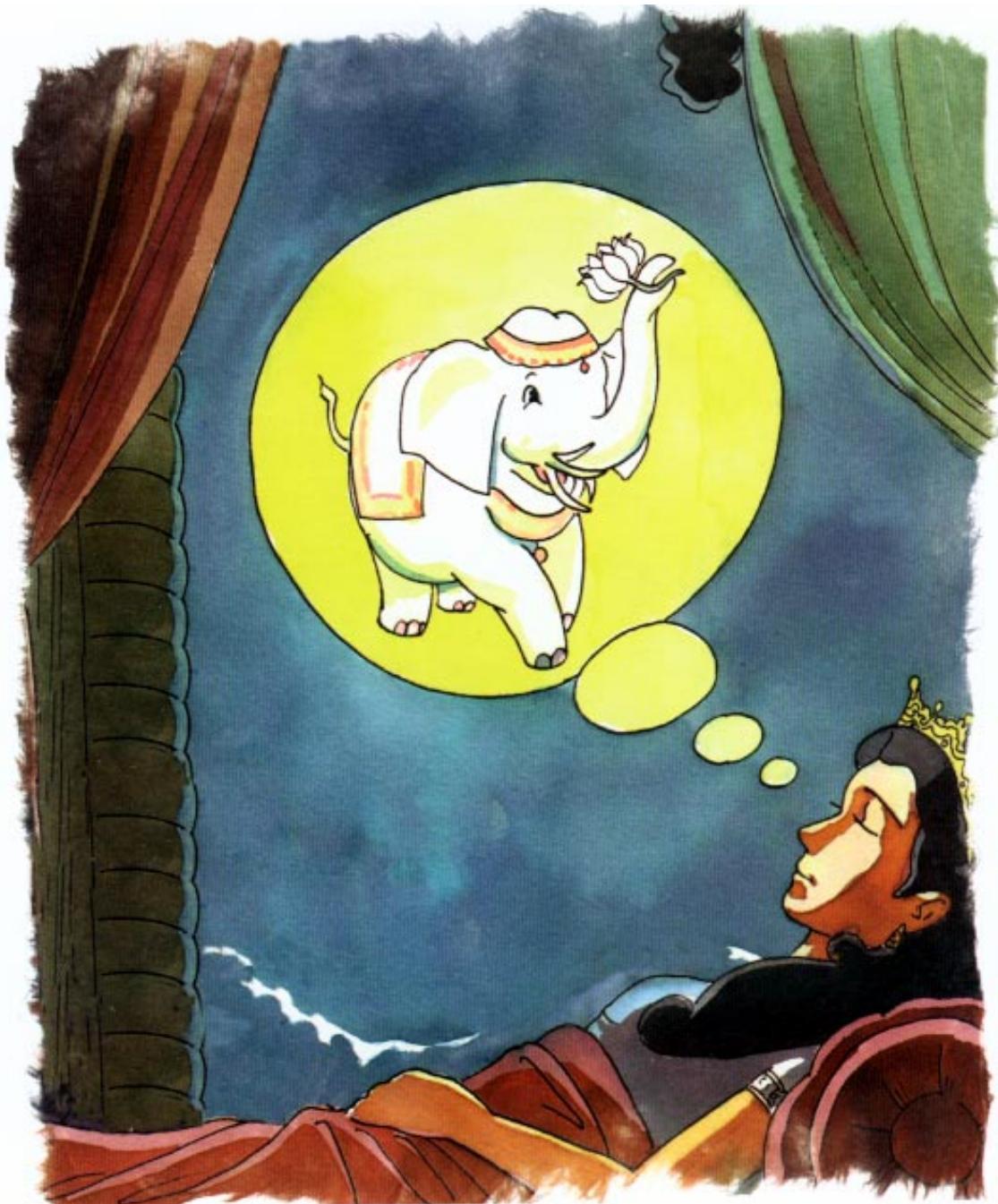
Tian Tan Buddha Statue in Po Lin Monastery Hong Kong



Buddhism is the teachings of the **Buddha**. He was a wise teacher. His teachings help people to live wisely and happily. Today, more than 500 million people in the world follow his teachings. In this unit, we are going to tell you the story of the Buddha.



About 2,600 years ago, there lived a great king named **Suddhodana**. He had a pretty wife called **Maya**. They lived at the bottom of the Himalayan Mountains in northern India.



One night, Queen Maya had a wonderful dream. She saw a huge white elephant come into her room. It was holding a lotus flower. The elephant blew its trunk as it was walking round her bed three times.



In the morning, the king asked his wise men about the queen's dream. They said, "Oh King! A great son will be born to Queen Maya." The king and queen were very happy with this news.



Queen Maya gave birth to Prince **Siddhartha** in a pretty royal park. It was the full-moon day of May. All the trees were in flower. The bees were humming around the fresh flowers. The birds were singing sweetly. Everyone was happy because a prince had been born.



The prince was very kind. He never hurt anything, not even the smallest animals.



One day, his cousin shot a swan. It fell to the ground and was badly hurt. The prince felt sorry for it. He picked it up and looked after it. He knew that all animals wanted to live. They did not want to die.



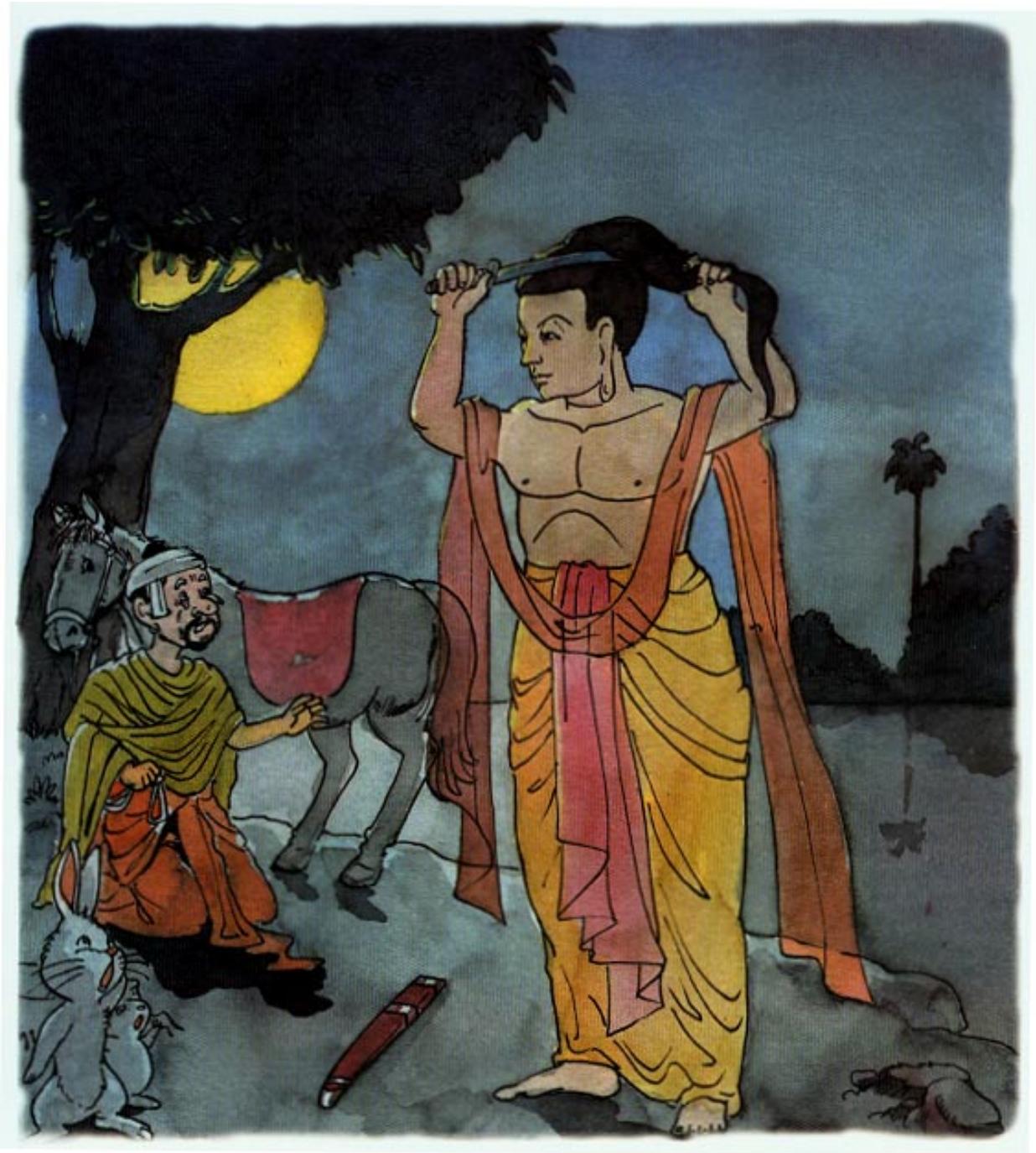
In the palace, the prince had many teachers. He was a very good student. His father wished that one day he would become a great king.



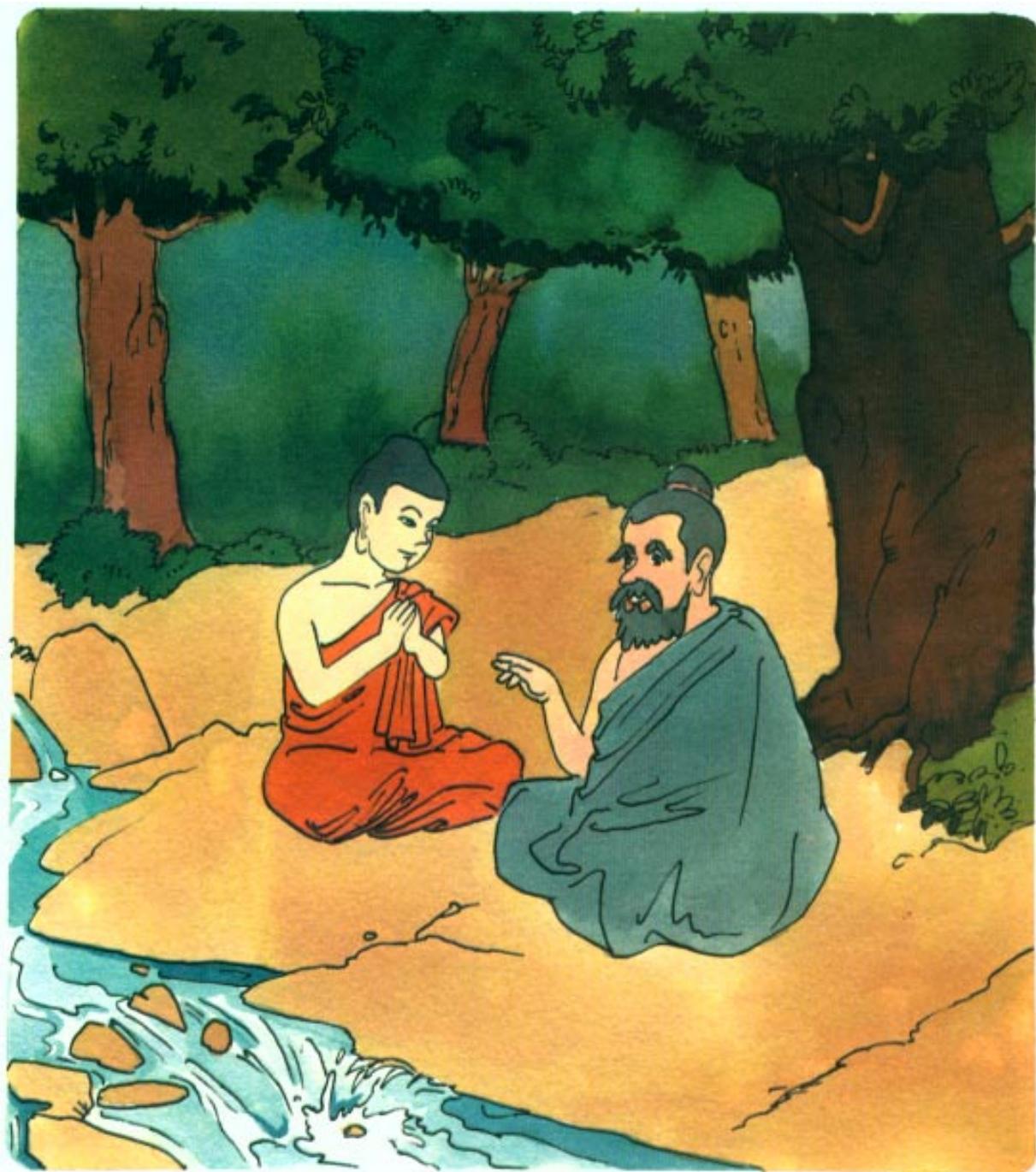
The prince grew up to be a strong, handsome, young man. He married a beautiful girl. They lived happily together.



One day, when the prince visited a village, he saw four people: one sick, one old, one dead and a holy man. The first three made him very sad. The holy man made him think about what it meant to be happy.



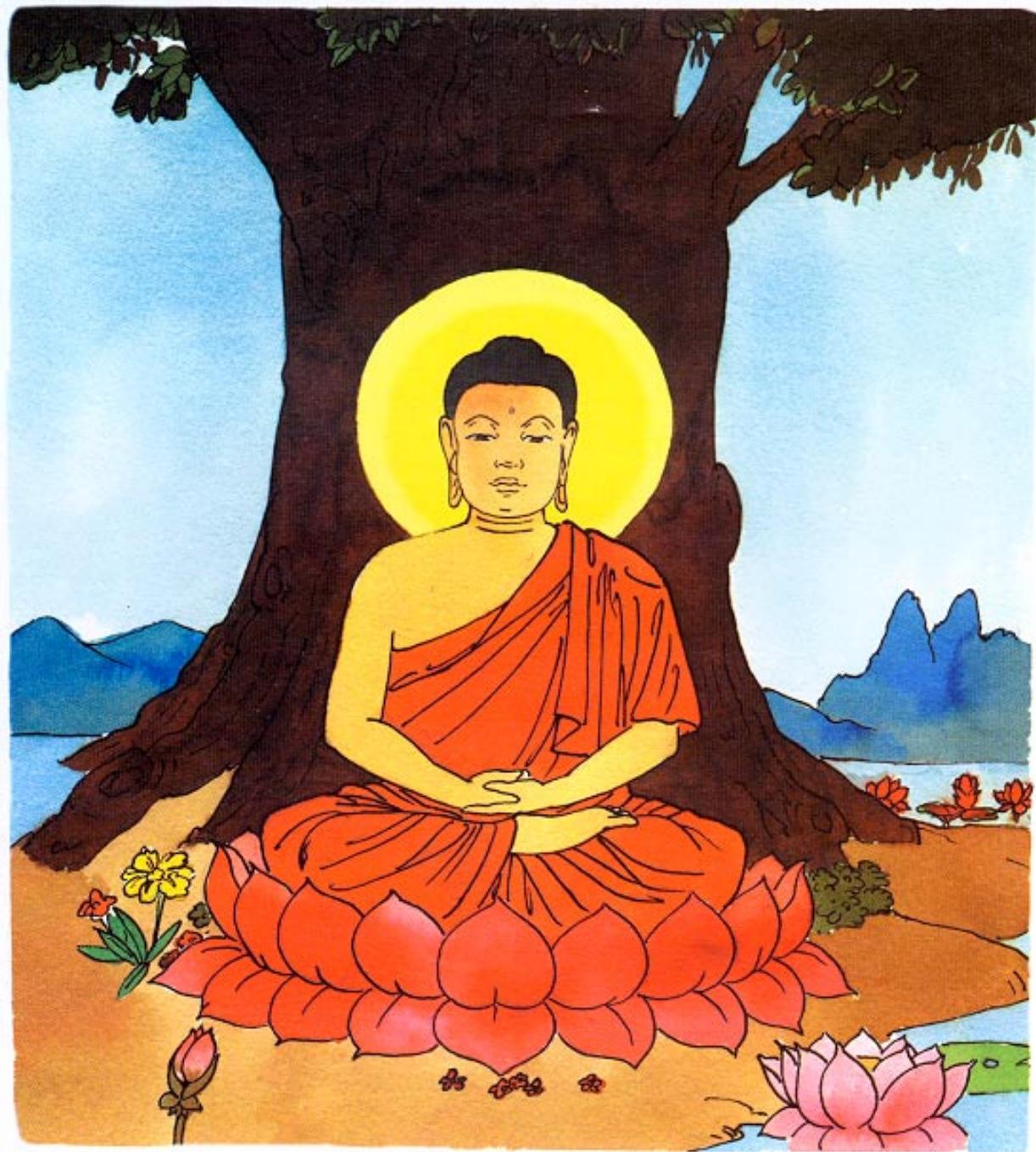
At the age of twenty-nine, the prince gave up his palace life. He left his family to find a way to make everyone happy.



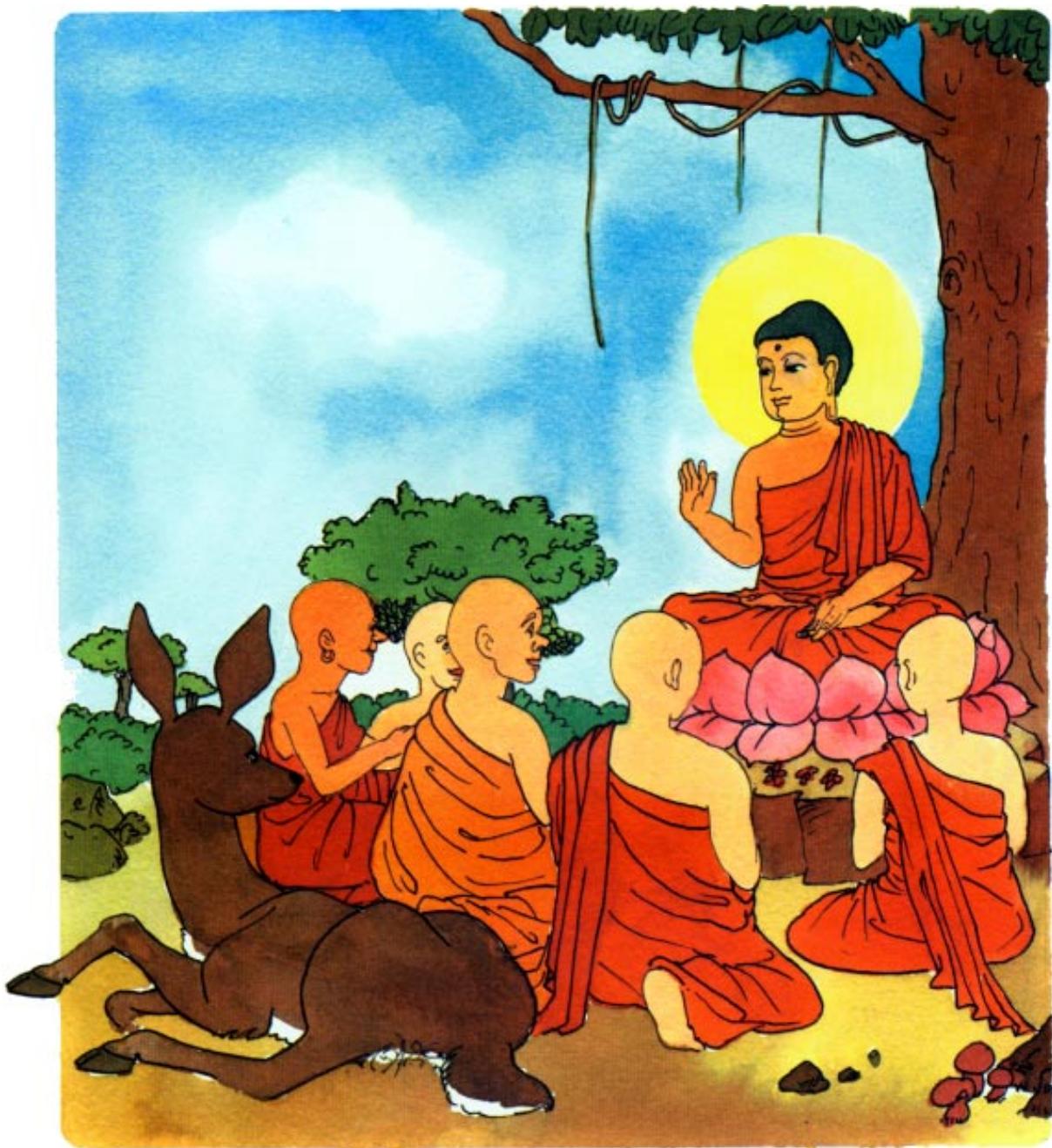
For the next six years, he went from place to place. He learnt from many wise teachers. He had a lot of hardship, but he did not give up. He kept looking for a way to get rid of sadness in the world. He became wiser day by day.



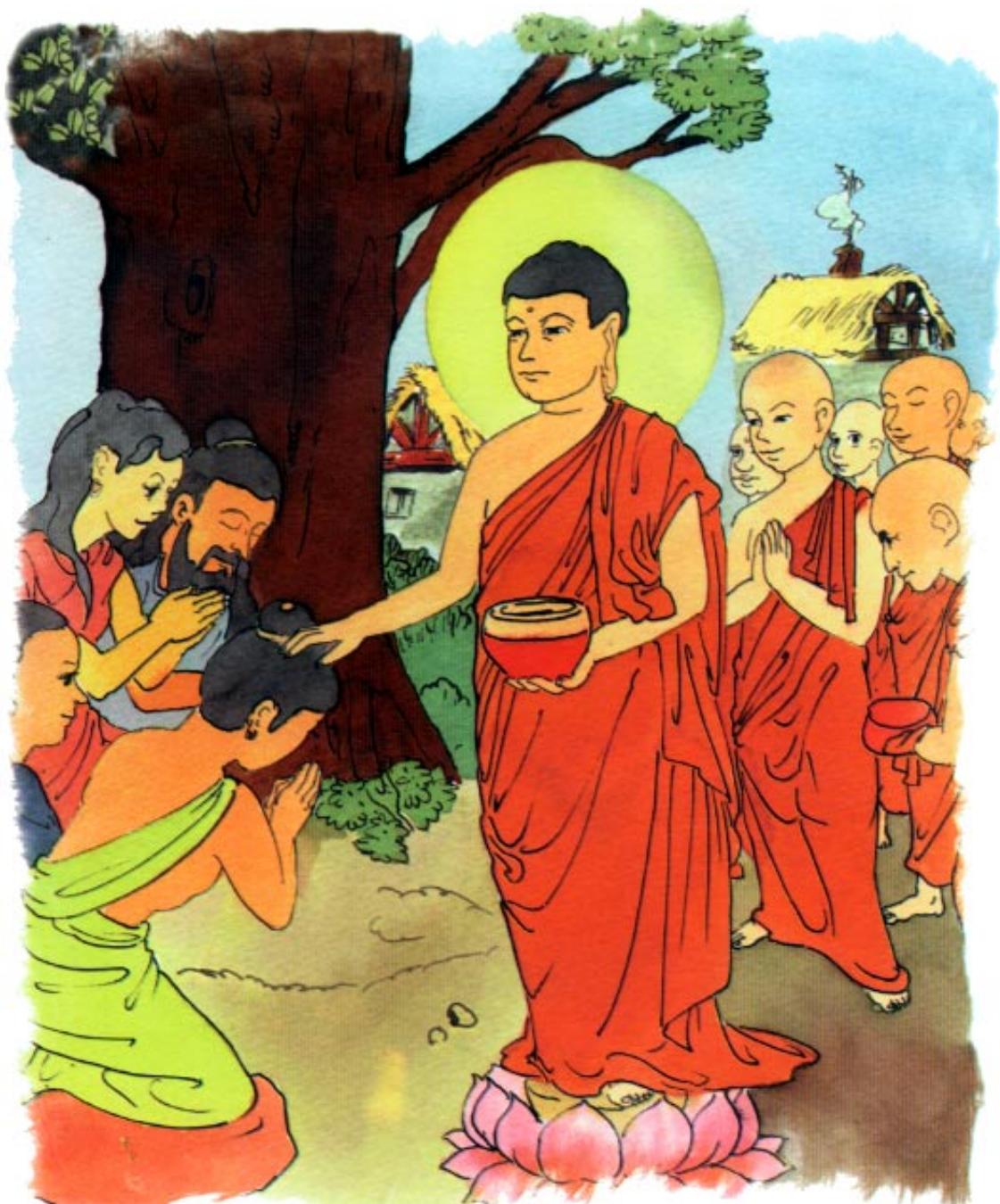
At last, he sat under a huge **Bodhi Tree**. He meditated over and over on these questions, “*Why do people suffer? How can I help them to be happy?*”



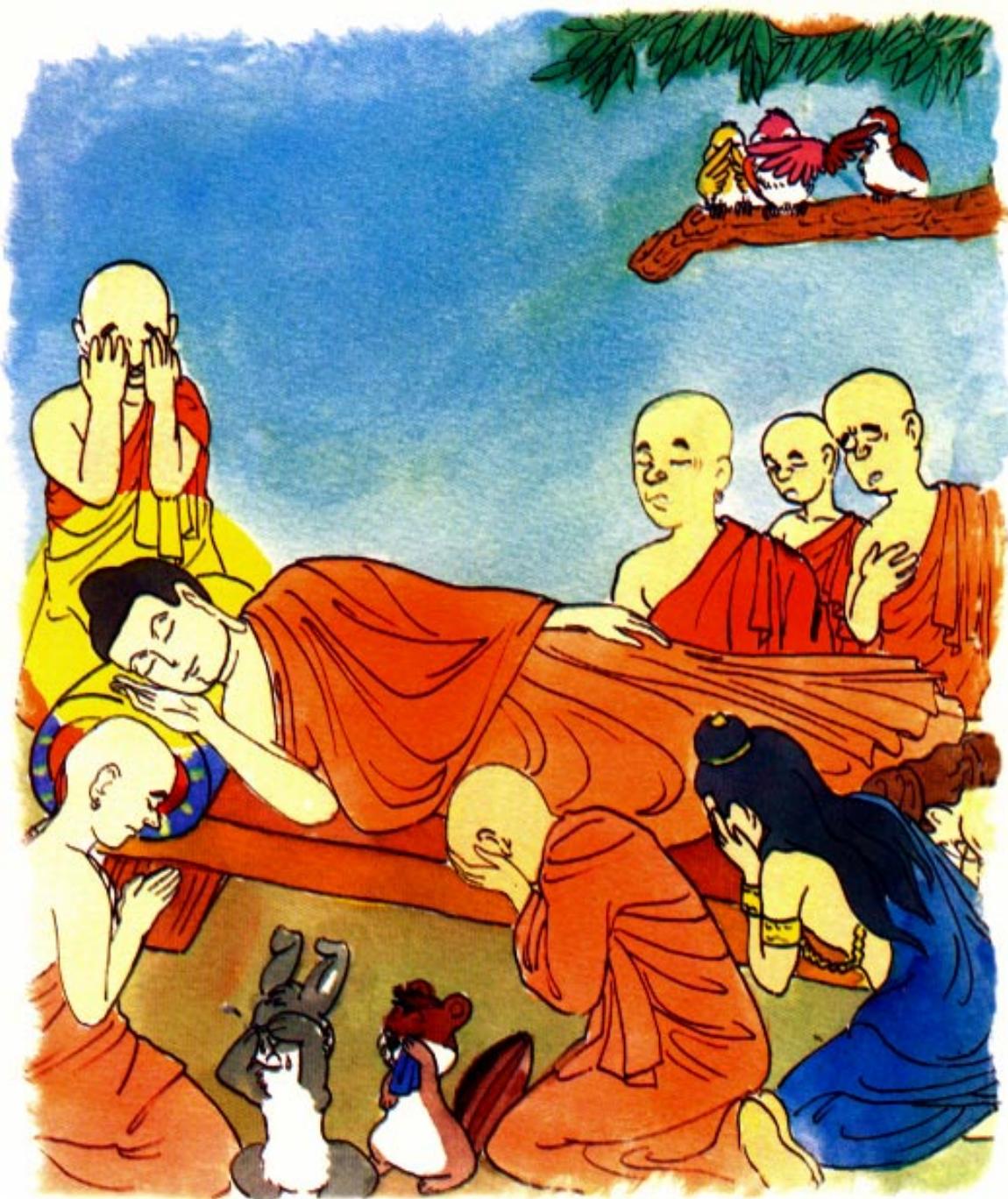
At the age of thirty-five, he found a way for people to end their pain and sadness. From then on, he was called the Buddha.



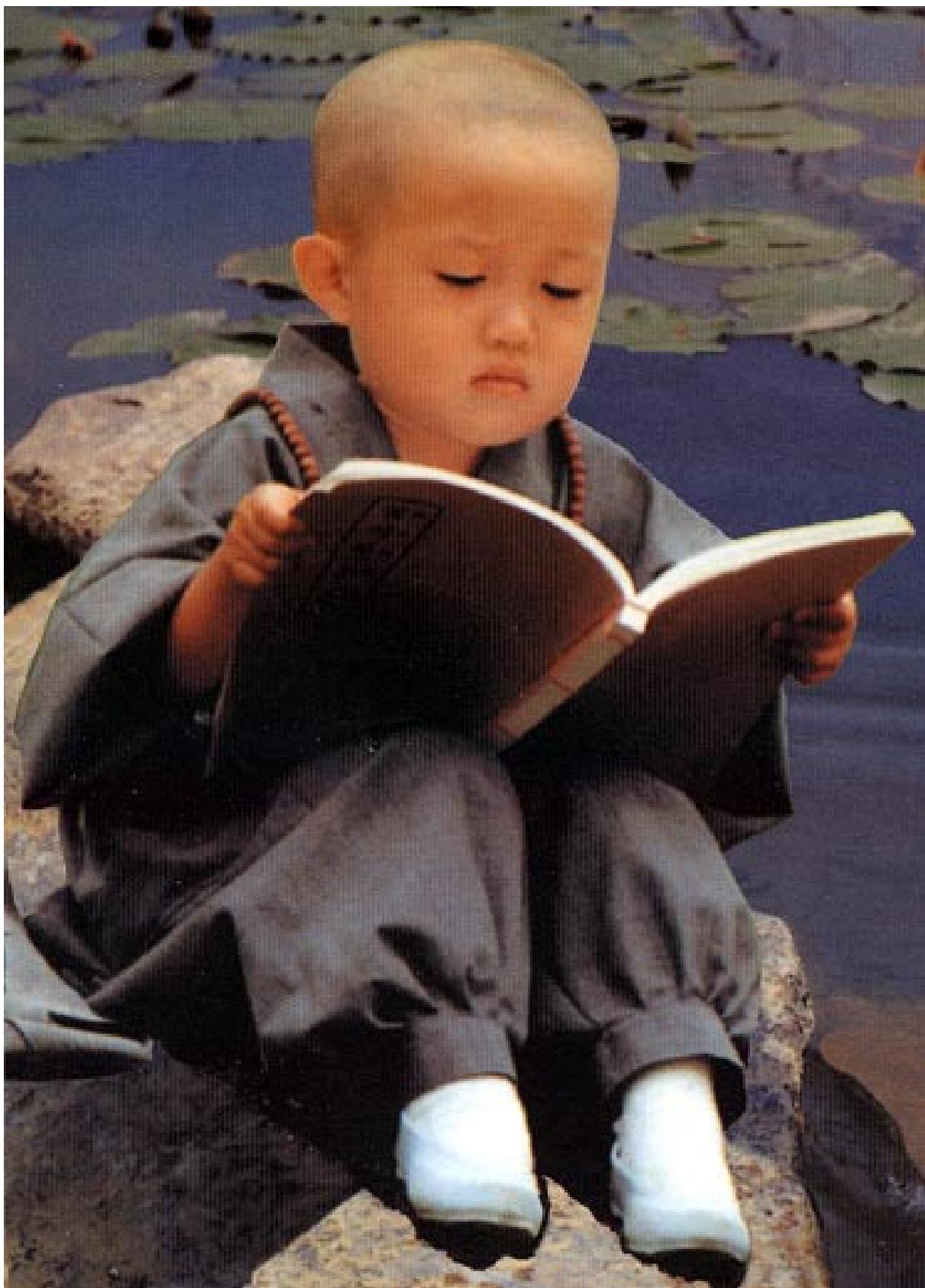
The Buddha first told his ideas to five monks, “*There are problems in all our lives. These problems come from being selfish. If we get rid of being selfish, we could be wise and happy.*”



For the next forty-five years, many people, rich and poor, young and old, came to listen to the Buddha's teachings, "We should always think about what we do. If we do good, good things will happen to us. If we do bad, bad things will happen to us."



At the age of eighty, the Buddha passed away.



The Dharma

The main teachings of the Buddha are:

- Do NOT Do Bad**
- Do Good**
- Keep Your Mind Clean**

Monks & nuns from Fa Yue Buddhist Monastery in Birmingham, UK teaching Dharma to school children



Dharma is the teachings of the Buddha. It teaches us how to live wisely and happily. It tells us how to face and solve problems. When we follow the Dharma, it brings much happiness and peace.

Do NOT Do Bad



Killing animals and being cruel to them is bad. Like us, animals do not want to get hurt. We should not harm them; not even just for fun.

Do NOT Do Bad



Stealing is bad. People who have their money or things stolen will be very sad. Those who steal will be punished for it.

Do NOT Do Bad



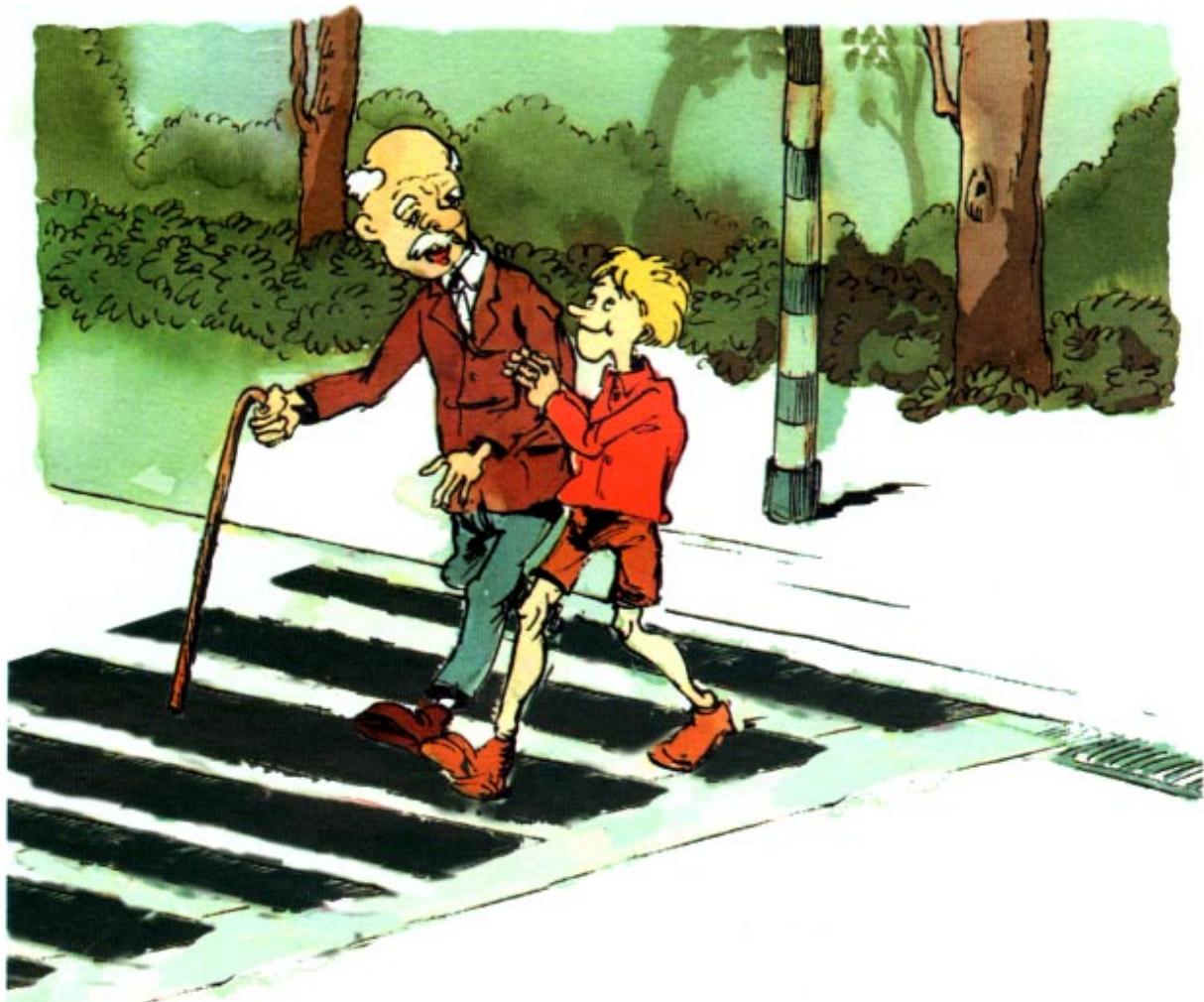
Telling lies is bad. Telling lies even for fun may get people into trouble. We should always tell the truth.

Do GOOD



We should respect our parents and teachers. They are ready to help us and give us good advice. They deserve our respect.

Do GOOD



We should help one another. Everyone needs help at times. Helping each other will make everybody happy.

Do GOOD



We should make friends with good people.
They will help us to become better people.
It is best to keep away from people who do
bad.

Keep Your Mind Clean

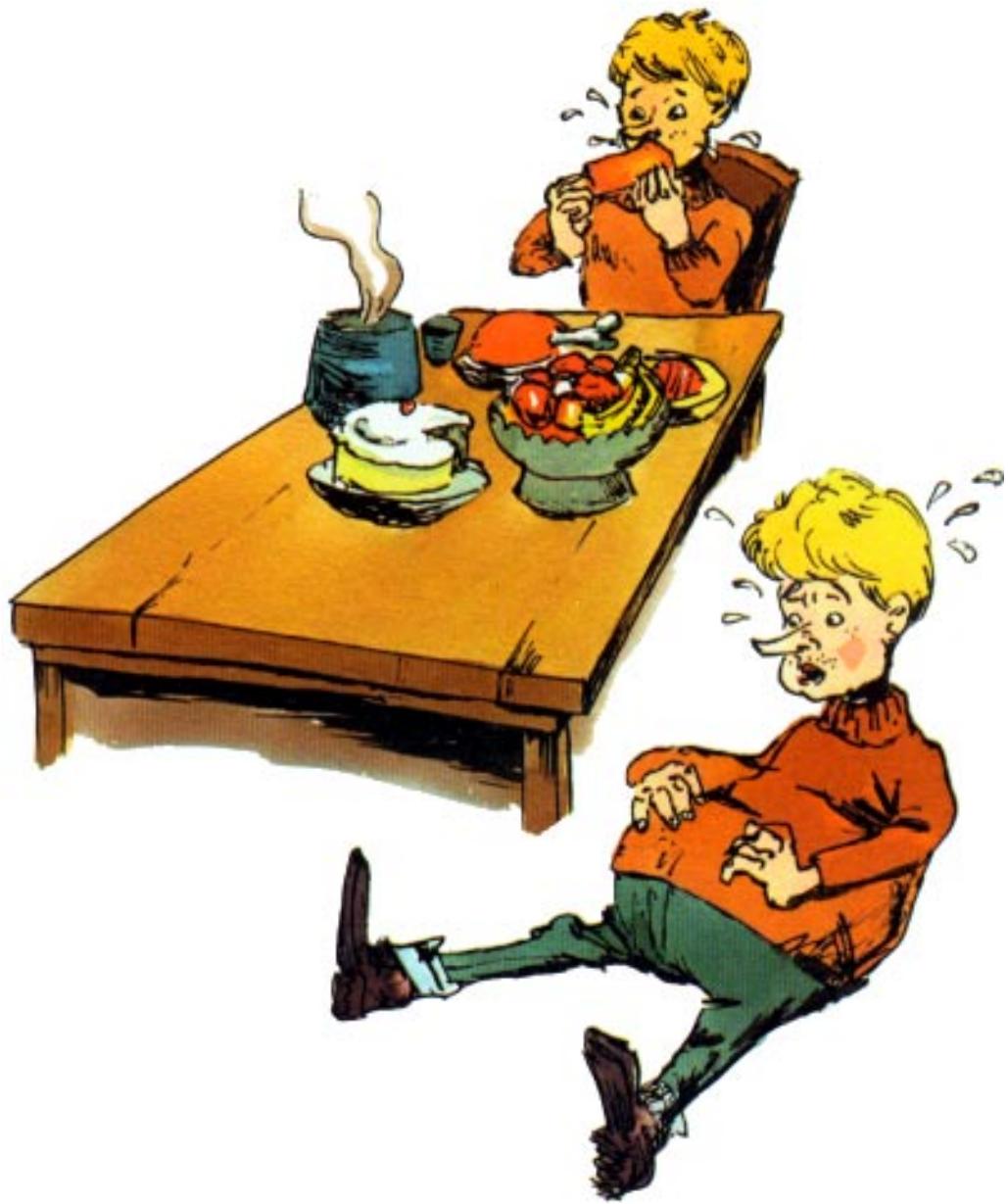


If I can't play, I will hide it
so nobody can play.



Selfish thoughts make your mind unclean. When people are selfish, they only think about themselves. No one likes selfish people. We should not have selfish thoughts.

Keep Your Mind Clean



Don't be greedy as it makes your mind unclean. When a greedy boy eats too much, he gets ill and feels terrible. In the same way, wanting too much of anything, such as toys and games, is not good for us. We should not have greedy thoughts.

Keep Your Mind Clean



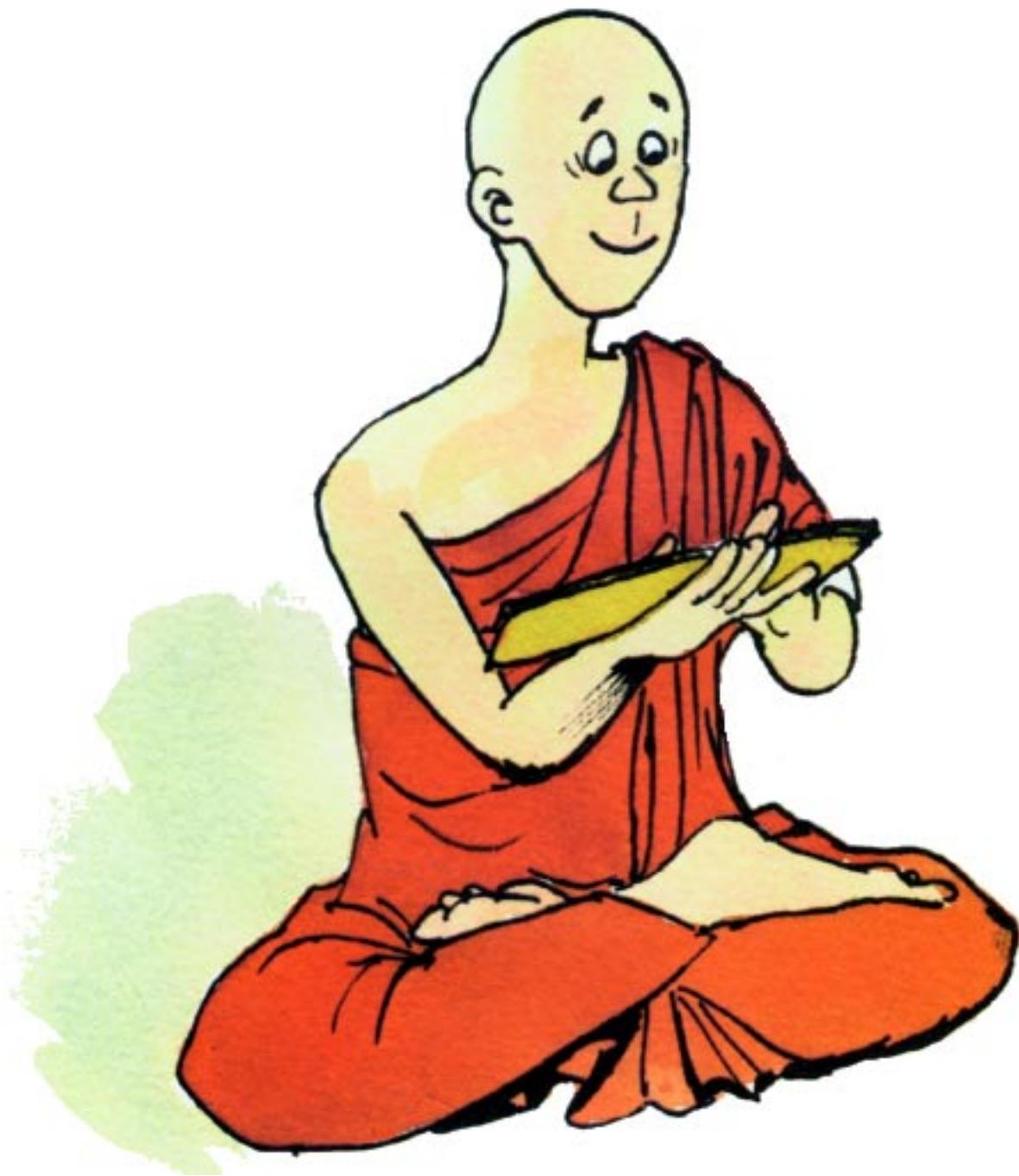
Angry thoughts make your mind unclean. When we lose our temper easily, we upset other people. Then no one wants to be our friend and we will be sad. So we should not have angry thoughts.

The Sangha

Monks & nuns from Amaravati Buddhist Monastery, Hemel Hempstead, U.K.



The **Sangha** is a group of **monks** or **nuns**. They practise the Dharma. They hope that the Buddha's teachings can help to make people become happier and wiser. They want everyone to live a good and happy life.



Men can become monks. Monks usually get up at 5 o'clock in the morning. They study the Buddha's teachings after breakfast. Sometimes, they teach Dharma to people in the afternoon. In the evening, they meditate. They keep their minds clean and have kind hearts.



Women can become nuns. They also shave their heads. They usually wear robes of brown, yellow or grey. They live simple lives and work hard for the happiness of people. They are wise and cheerful, just like the monks.



Daddy is doing meditation,
it helps him to relax after
a hard day's work.



People who are not monks or nuns can also study the Buddha's teachings. They are called **lay people**. They respect the Buddha, the Dharma and the Sangha. They are friendly and peaceful to everybody.



When lay people have problems, they go to monks and nuns for advice. To thank them for their good advice, lay people offer monks and nuns food and clothing as a sign of respect. They treat monks and nuns as special people.

The Triple Gem



The Buddha, the Dharma and the Sangha are called the **Triple Gem**. The Triple Gem is very special to Buddhists. They pay respect to the Buddha, learn the Dharma, and follow the advice of the Sangha. By doing this, Buddhists believe they can become wise and happy.



The Buddha is the first gem for Buddhists.

- He is the founder of Buddhism.**
- He found the Truth.**
- He is the most honoured person in Buddhism.**
- He represents wisdom.**
- He taught us how to find happiness through wisdom and love.**



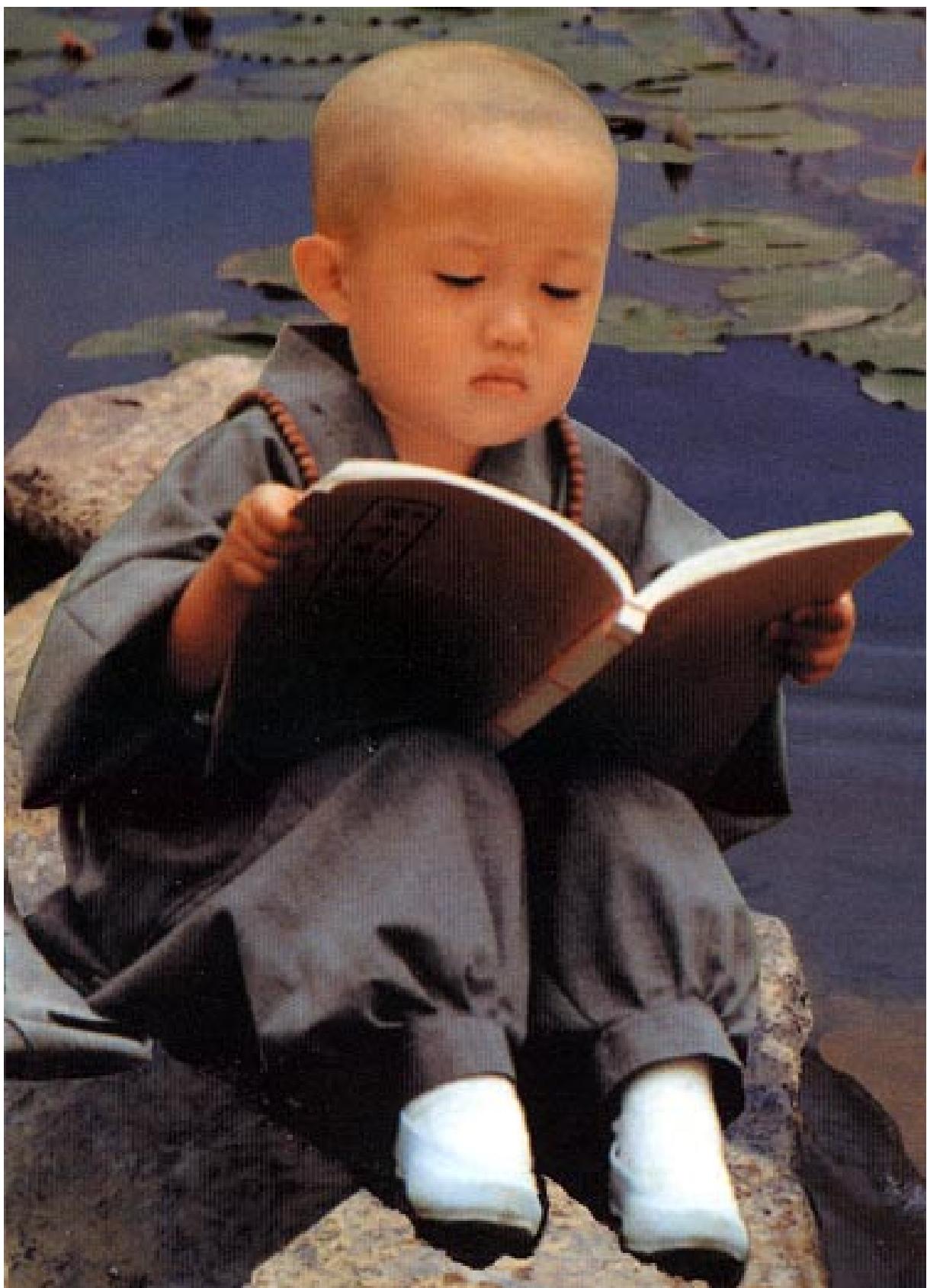
Sutras

The Dharma is the second gem for Buddhists.
– *It is the teachings of the Buddha.*
– *It shows the Truth.*
– *It helps us to gain happiness.*



The Sangha is the third gem for Buddhists.

- *It is a group of monks or nuns.*
- *It represents purity.*
- *It sets a good example for Buddhists to follow.*



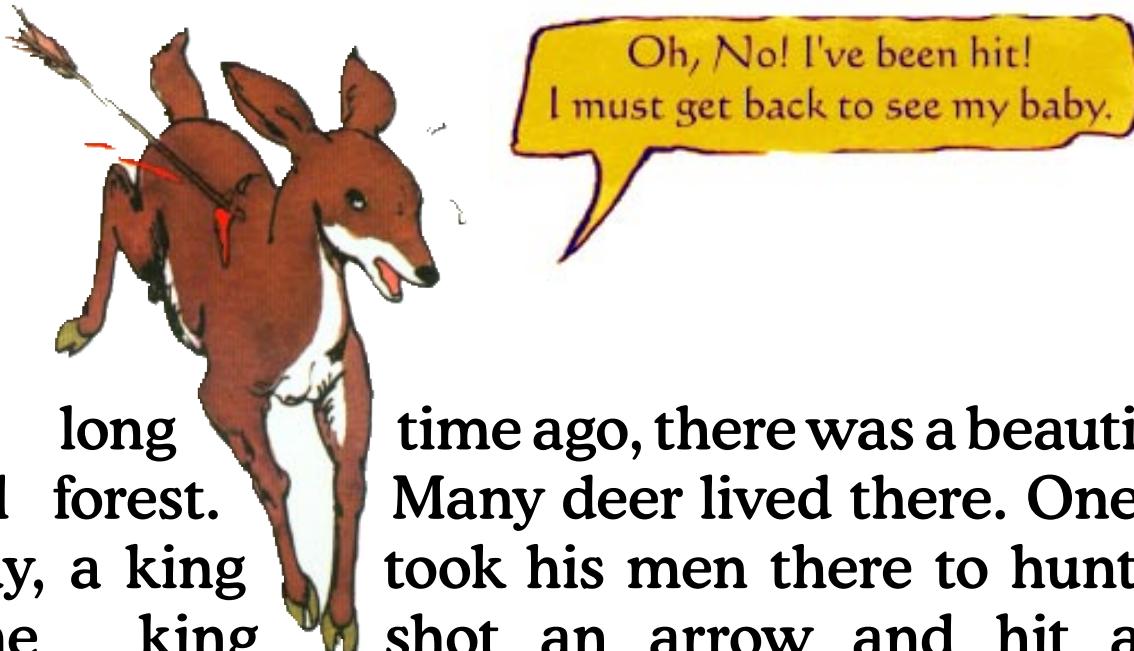
Buddhist Stories



Some of the Buddha's teachings are very deep and difficult to understand. So when the Buddha was alive, he often used stories to help people to understand his teachings. The following ten stories will help you understand better his teachings in this book.

Wild Deer Park

No killing



A long time ago, there was a beautiful forest. Many deer lived there. One day, a king took his men there to hunt. The king shot an arrow and hit a mother deer. She ran away in pain. Later the king found her hiding in some bushes with her baby deer. Even though she was bleeding and had tears in her eyes, she still fed her baby with milk. She soon died.

The king felt very sorry. He picked up the baby deer and said to it, "*I will now care for you.*" He then broke his bow in two. He said, "*I'll never hunt again.*"

To remember that day, he named the forest Wild Deer Park.

Like people, animals also have feelings. We should not kill them for fun or sport. It is unkind and selfish.



The Moon is Looking at You

No stealing

Once there was a very poor family. They often went to their neighbour's garden to steal some vegetables.

One night, the father took along his little son into their neighbour's garden to steal some carrots. While the father was pulling out some carrots, his little boy stood beside him. Suddenly, his son whispered, "Daddy, someone is looking at us."

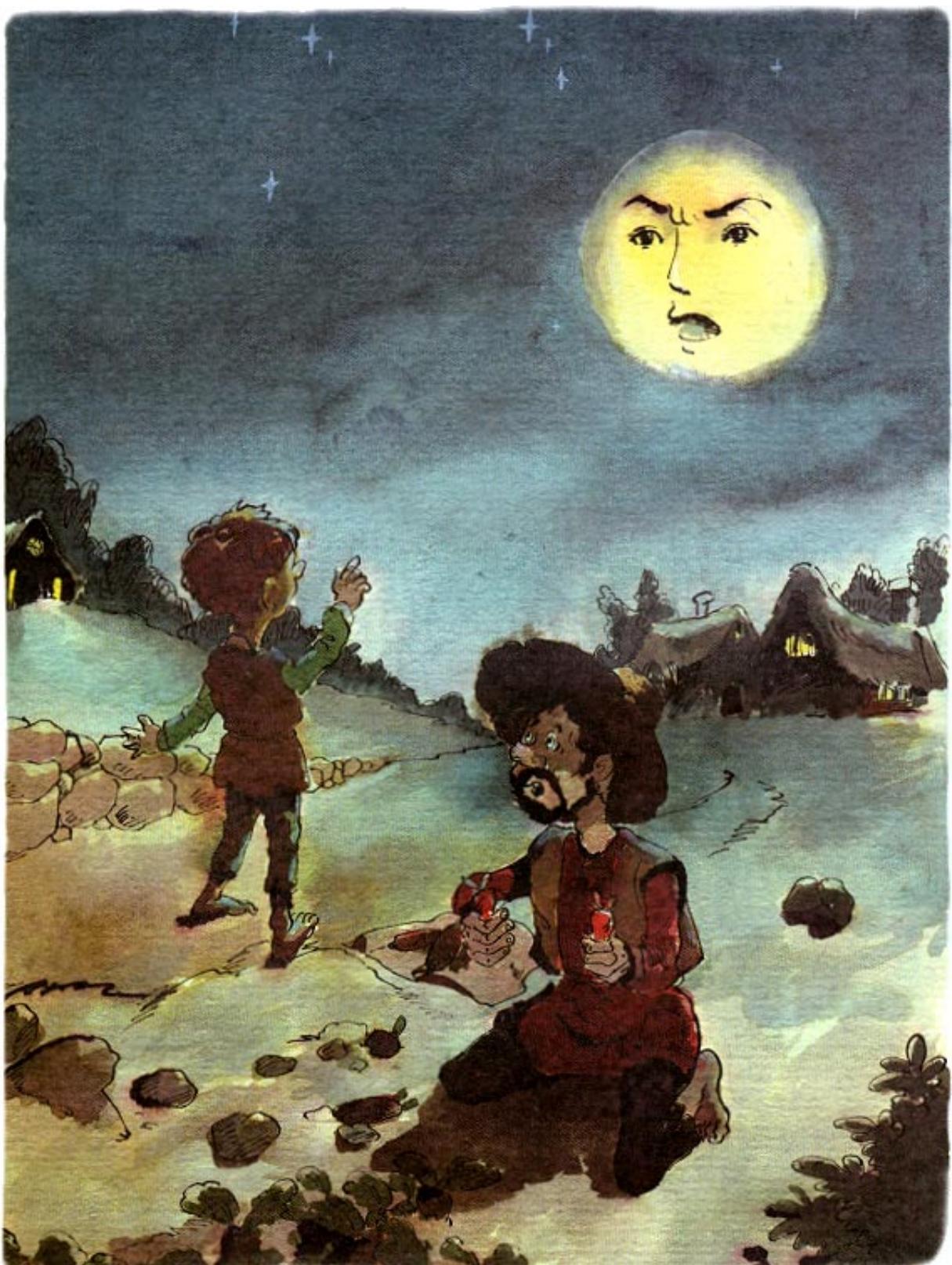
The father became afraid. He quickly looked around but he could not see anyone. "Where? Who?" he asked.

The son pointed at the sky, "There, Daddy. It's the moon. The moon is looking at us."

The father was shocked by what his son said. He thought that nobody could see what he was doing at night. His son's words made him feel ashamed.

He threw the carrots down and took his son by the hand. They both walked back home in the moonlight. After that he never stole anything again.

If we steal, people will know.



The Buddha and Rahula

No lying



Rahula, the only son of the Buddha, became a monk. He was the youngest in the Sangha. All the monks loved and spoiled him. Rahula did whatever he liked. Sometimes he told lies just for the fun of it.

One day, the Buddha said to Rahula, “Please bring me a basin of water. I want to wash my feet.” He washed his feet in the basin of water and asked Rahula, “Would you drink this water?”

“No, it’s *dirty*!” Rahula replied.

Then the Buddha asked Rahula to throw the water away.

The Buddha told Rahula, “When water gets *dirty*, no one wants it. It is the same for those who tell lies, no one cares for them anymore.”

Tears of shame come to Rahula’s eyes. He never told another lie.

We should always tell the truth.



The Young Deer that Played Dead

Respecting Teachers



A wise deer taught all the young deer how to escape from the hunters. One of them was a very good pupil. He was never bad in class. He also thanked the teacher after every lesson.

One day, this young deer was caught in a trap. The others ran away in fright. They ran to tell his mother. She cried when she heard about this.

The teacher comforted her, “Don’t worry. Your son is such a good pupil, he will come back safely.”

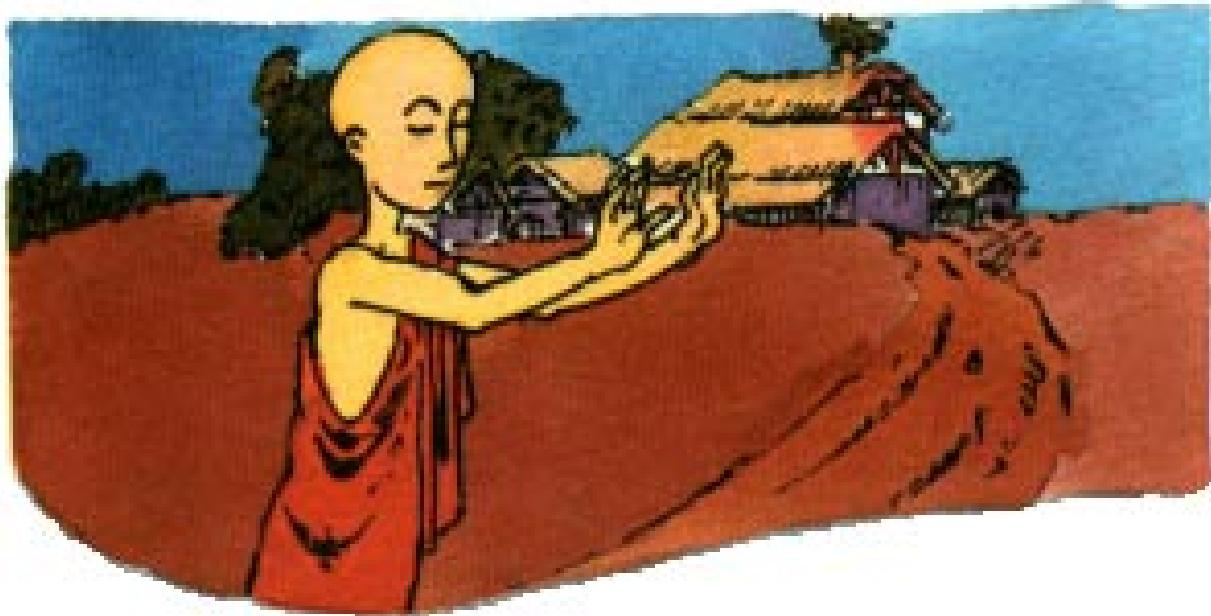
As he was caught in the trap, the young deer remembered what the teacher had taught him. He pretended to be dead by sticking out his tongue and lying still. This made the hunter believe that the deer was really dead. When the hunter was preparing to cook the deer, it jumped up and ran away like the wind. His friends were so happy to see him back. They thanked the wise teacher for teaching him so well.

Being a good pupil brings great rewards.



The Buddha Threading the Needle

Helping each other

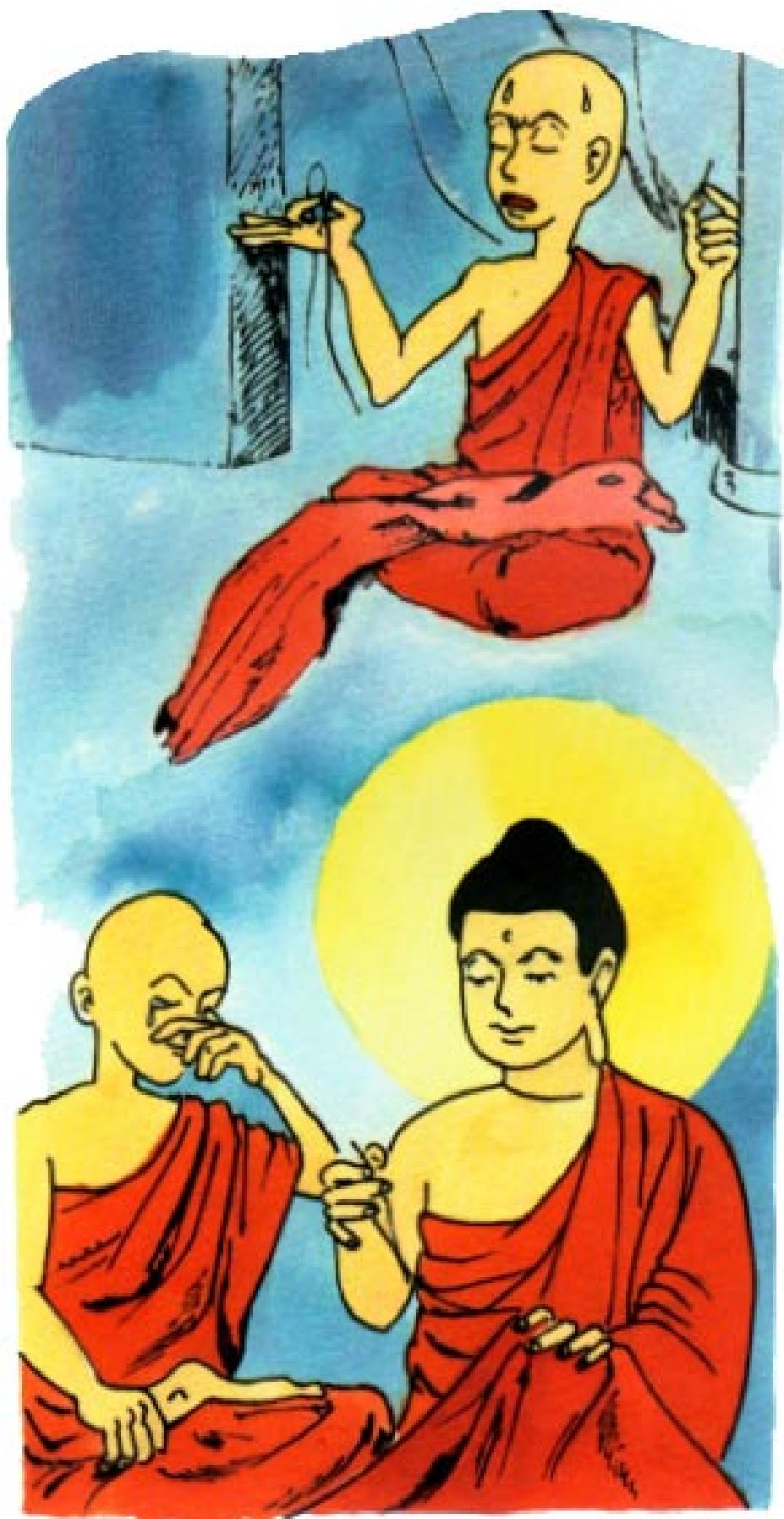


Anuruddha was a very good pupil, but he was blind. He did not feel sorry for himself because he was blind and kept up with his practice.

One day, he felt a hole in his robe. He tried to mend it, but found it very difficult. He could not even thread the needle. The Buddha came to his room to thread the needle for him. “Who is threading the needle for me?” Anuruddha asked.

“It is the Buddha,” the Buddha replied while he was mending the robe. Anuruddha felt really happy and was moved to tears.

Always help those who need it.



The Crippled Man & the Blind Man

Helping each other



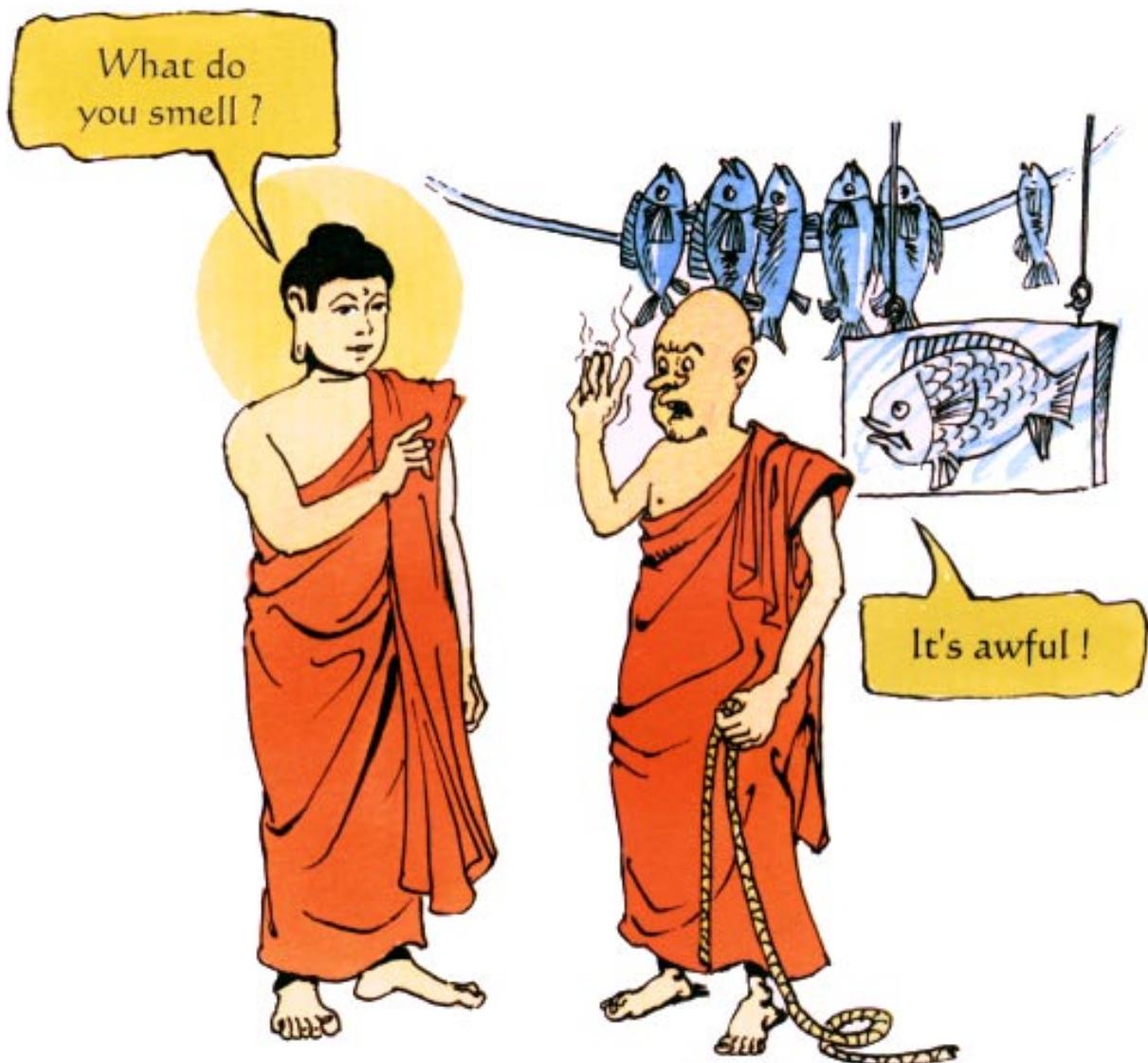
A crippled man and a blind man were left alone in a house. A fire broke out. Both were very scared. The blind man could not see the way out. The crippled man could not walk to it.



They decided to help each other. The blind man carried the crippled man on his back. The crippled man told the blind man where to go. Together, they got out of the burning house.

If we help each other, we will all win.

The Fishmonger's Making good friends



The Buddha and **Ananda** were begging in a city. They passed a fishmonger's. The Buddha said, “Ananda, touch the rope where the fish are hanging and smell your fingers.”

Ananda did this and said, “It smells awful!”

The Buddha said, “This is the same with making friends, if you mix with bad people, you will become bad. This is like the smell from the rope in the fishmonger’s.”

Next, they passed a spice shop. The Buddha said, “Ananda, touch the spice wrapper and then smell your fingers.”

Ananda did this and said, “My fingers smell very nice.”

The Buddha said, “This is the same with making friends. If you mix with good people, you will be a good person. This is like the nice smell you got from the spice wrappers.”

If you mix with good and honest people, you will be a good person.

If you mix with lazy and bad people, you will be a bad person.



The Fox and the Otters

Do not be selfish



A fox's wife wanted to eat some fresh fish. The fox tried to find some for her near the river. He saw two otters at the river dragging along a big fish. Both wanted the best parts of the fish. The fox watched them for a short time. Then he went up to ask if he could divide the fish for them. The otters were delighted.



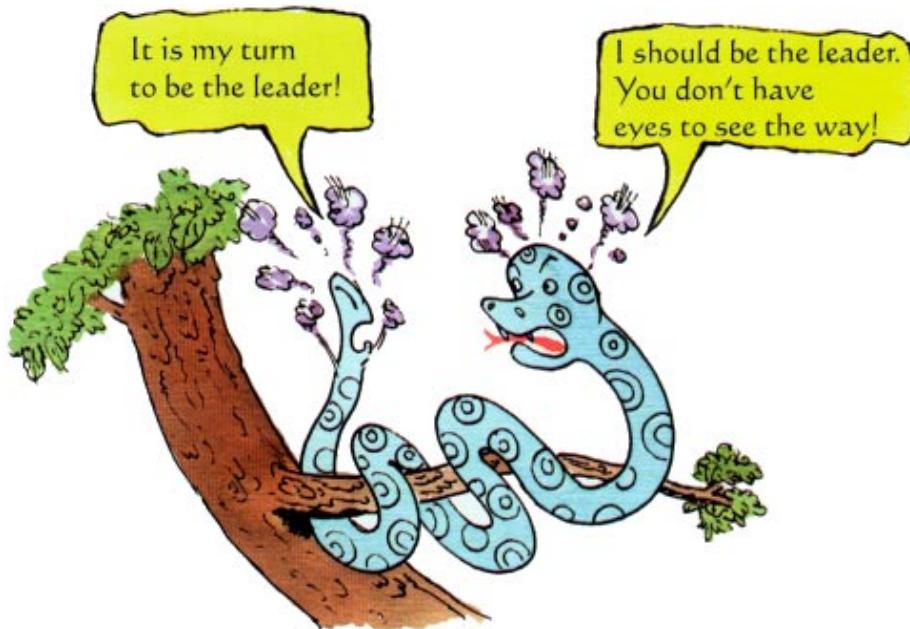
The fox divided the fish into three pieces. He gave the head to one otter and the tail to the other. While the otters were thinking how the fox would divide the best part of the fish, the fox ran away with it. The otters had only themselves to blame for being so selfish.

Do not be selfish, share with others.



The Snake's Head and Tail

Do not fight with each other



The snake's tail had a fight with its head. The tail said, “*You have led me for so long. Now it's time for me to lead you.*”

The head said, “*I should be the leader. I have eyes and a mouth.*”

The tail said, “*You need me to move. Without me, you can't go anywhere.*”

Then the tail grabbed a tree branch and would not let go. The snake's head gave up and let the tail be the leader. The head did not want to help the tail. The tail could not see where it was going. Then, it fell into a fire pit. The snake was burnt to death.

It hurts both sides when you quarrel.



The Cleaning Woman

Clean mind

A woman worked very hard cleaning the streets. As her clothes were dirty and smelly, all the people ran away from her when they saw her. When the Buddha talked to her nicely, the people were surprised.





They asked the Buddha, “You always ask us to be clean. Why are you talking to this smelly woman?”

The Buddha replied, “Although this woman is smelly, her mind is clean. She is polite and she works hard for others. Some people look clean and tidy, but their minds are full of bad thoughts!”

Having a clean mind is more important than wearing clean clothes.

Glossary

Ananda	a monk who had a good memory
Anuruddha	a monk who went blind
Bodhi Tree	the tree under which Prince Siddhartha became the Buddha
Buddha	a wise teacher
Dharma	the teachings of the Buddha
Lay people	Buddhists who are not monks & nuns
Maya	the Buddha's mother
Monk	a male Buddhist who has left home to live and practise in a monastery
Nun	a female Buddhist who has left home to live and practise in a nunnery
Rahula	the Buddha's son
Sangha	a group of Buddhist monks or nuns
Siddhartha	the name of the prince before he became the Buddha
Suddhodana	the Buddha's father
Sutras	talks given by the Buddha
Triple Gem	the Buddha, the Dharma & the Sangha

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ISBN 0-9536928-0-9

A standard linear barcode representing the ISBN 0-9536928-0-9.

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