

# OUR DHAMMA SCHOOL

## GRADE 01



## **The National Anthem of Sri Lanka**

Sri Lanka Matha

Apa Sri Lanka Namo Namo Namo Namo Matha

Sundara siri barinee, surendi athi sobamana Lanka

Dhanya dhanaya neka mal palaturu piri jaya bhoomiya ramya

Apa hata sepa siri setha sadana jeewanaye matha

Piliganu mena apa bhakthi pooja

Namo Namo Matha

Apa Sri Lanka Namo Namo Namo Namo Matha

Oba we apa vidya - Obamaya apa sathya

Oba we apa shakthi - Apa hada thulā bhakthi

Oba apa aloke - Apage anuprane

Oba apa jeevana we - Apa mukthiya oba we

Navā jeevana demine, nithina apa pubudukaran matha

Gnana veerya vadawamina regena yanu mana jaya bhoomi kara

Eka mavakage daru kela bevina

Yamu yamu vee nopama

Prema vada sema bheda durerada Namo Namo Matha

Apa Sri Lanka Namo Namo Namo Namo Matha

**Composed by Ananda Samarakoon**

## **The Dhamma School Song**

Sambudu himige sadaham sisilen

senehena apa sirilak daruvo //

Daham pāsale sevanehi vedemin

uāra guṇa dam sita deruvo //

Pas pav - dasa akusal duralā

isi - ko - man hema binda heralā

meth - karuṇā muditādī muni guṇa

sapurā piliveth maga sarasā //

Somi uvanin duṭu duṭuvan pinavana

piya tepulin esu esuvan sanahana

hada betiyen niti - teruvan namadina

udāra guṇa dam sita deruvo

api vemu sirilaka bodu darovo ///

**Composed by Somapala Rajakaruna**

# **DHAMMA SCHOOL**

## **Grade 1**

### **Board of Writers**

Ven. Ganthune Assaji Thera (M.A.)

Ven. Gonaduve Gunananda Thera (M.A.)

Dr. Dharmasena Hettiaracchi (Ph.D.)

Mr. Gunasena Mahatantrige (M.A.)

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# **DHAMMA SCHOOL GRADE 1 (First Print)**

## **Translated by**

Mr. Sanath Nanayakkara

## **Guidance**

Ven. Prof. Wegama Piyaratana Thera

Vice Chancellor

Buddhist and Pali University of Sri Lanka

## **Supervision**

Prof. Oliver Abeynayake (Buddhist and Pali University)

Prof. P. D. Premasiri (University of Peradeniya)

Prof. Asanga Thilakaratne (University of Kelaniya)

Ven. Dr. Nabirittankadawara Gnanaratana Thera

(University of Kelaniya)

Mr. Olcott Gunasekara ( Chairman, Dharmavijaya Foundation)

## **Co - ordination**

Ms. J. P. Chamila Rohini Jayalath

## **Illustrations**

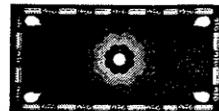
Mr. S. H. Ranga Samarawickrema

## **Printing work Co - ordination**

Mr. K. S. Ashoka Manjula Bandara

## **Printing**

Department of Government Printing, Sri Lanka



## **Message of His Excellency the President of Sri Lanka**

Learning takes a child to a higher level by enhancing one's skills, strengths and qualities. It is well accepted that developing a child with good understanding cannot be achieved by school education alone. The focus of the Dhamma School is to lead a child on the correct path of life in keeping with the teachings of the Dhamma.

While it is the responsibility of parents to provide their children with good education and other skills, there should also be parental action to guide the child towards a righteous path rich in moral values.

The Dhamma School service, founded in 1895 by the leaders dedicated to the building of a good society, has, over the years, produced generations of children who enriched the country with their knowledge of the Dhamma and ethical values.

Our gratitude should go to Dhamma School teachers who voluntarily commit their time and energy, towards gifting society with generations of children raised with the knowledge of the Dhamma. In addition, Dhamma Schools also perform a valuable role in building discipline and personality among children through meditation.

My dear child, I wish you will make the best use of this valuable book given to you to gain knowledge of the Dhamma, and that it will help you overcome all life's hardships and challenges in the future!

**May you be blessed by the Noble Triple Gem!**

**Maithripala Sirisena**  
President  
Democratic Socialist Republic of Sri Lanka

March 16, 2015.

## **PREFACE**

The view that the Grade System that operates in Dhamma Schools should be on par with the Grade System operating in normal Government Schools arose from amongst the Dhamma Schools themselves. Hence from now on there will not be a primary Grade in Dhamma Schools. Instead , the Primary Grade will be known as Grade I. The text book that had been in use for Grade I will be the text book for Grade II from the year 2006. The text books of other Grades also would be changed accordingly. From the year 2006, this particular text book will be used as the prescribed text for Grade 1.

The lessons of this new text have been designed in a simple format each lesson consisting of an illustration and few related sentences. However, the lessons should not be confined to what is given in the text. The teachers should be innovative and make use of the illustrations and appropriately develop each lesson by engaging in a constructive dialogue with students. It is hoped to provide a teachers' handbook to facilitate teaching.

It is necessary that the students be given the opportunity to actively participate in the learning process by chanting stanzas, reciting poems and even by enacting particular events and episodes. These exercises will not only enrich the lessons but also will enable the teachers to communicate the messages embodied in the lessons more effectively and in a lively manner.

The students should also be taught how they should conduct themselves in the presence of sacred objects such as the stupa, Bodhi tree, Buddha-image, and pay homage to them.

It is the teachers' responsibility to make the Dhamma School a pleasant place, generating trust and confidence in the new entrants.

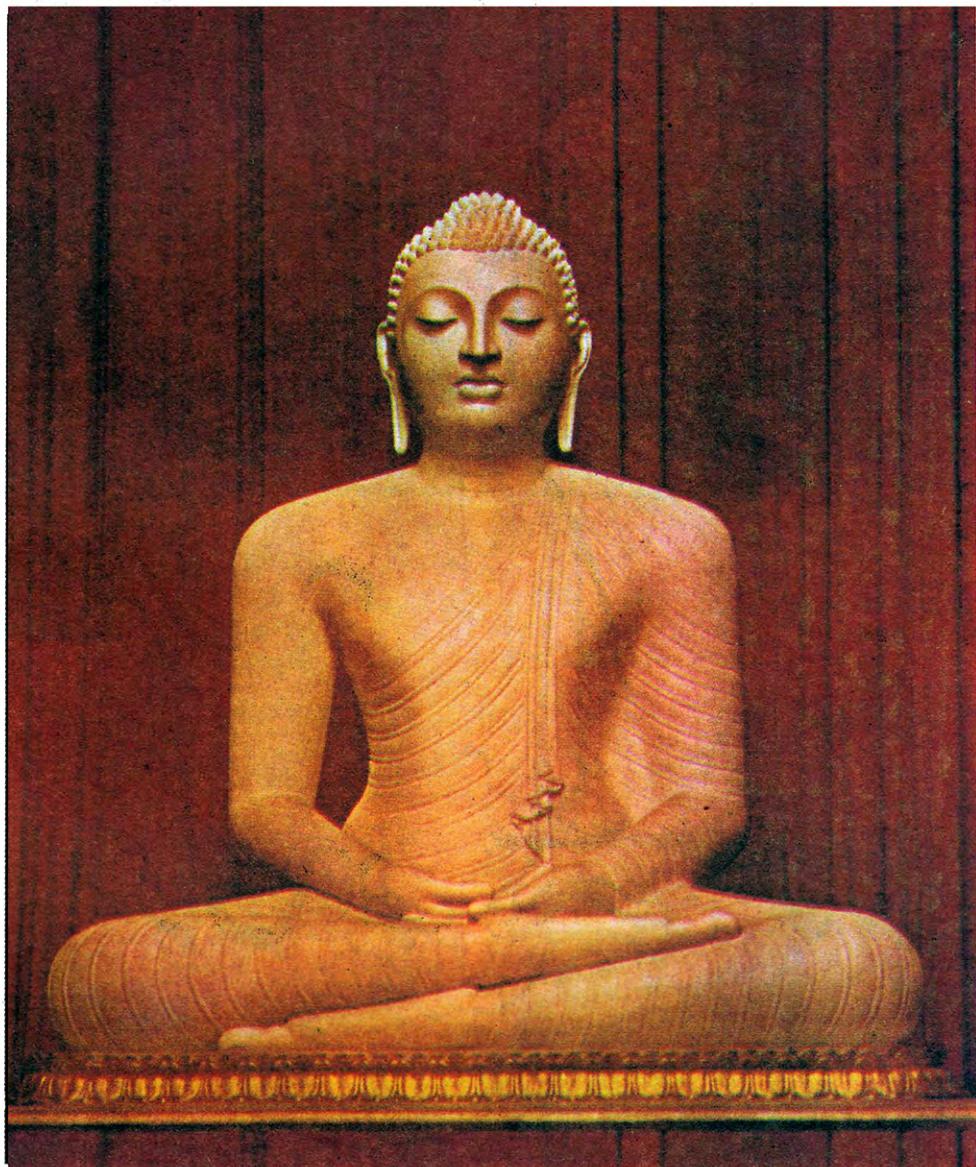
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## LESSON 01

### Our Buddha



Sādhu ! Sādhu ! Sādhu !

## LESSON 02

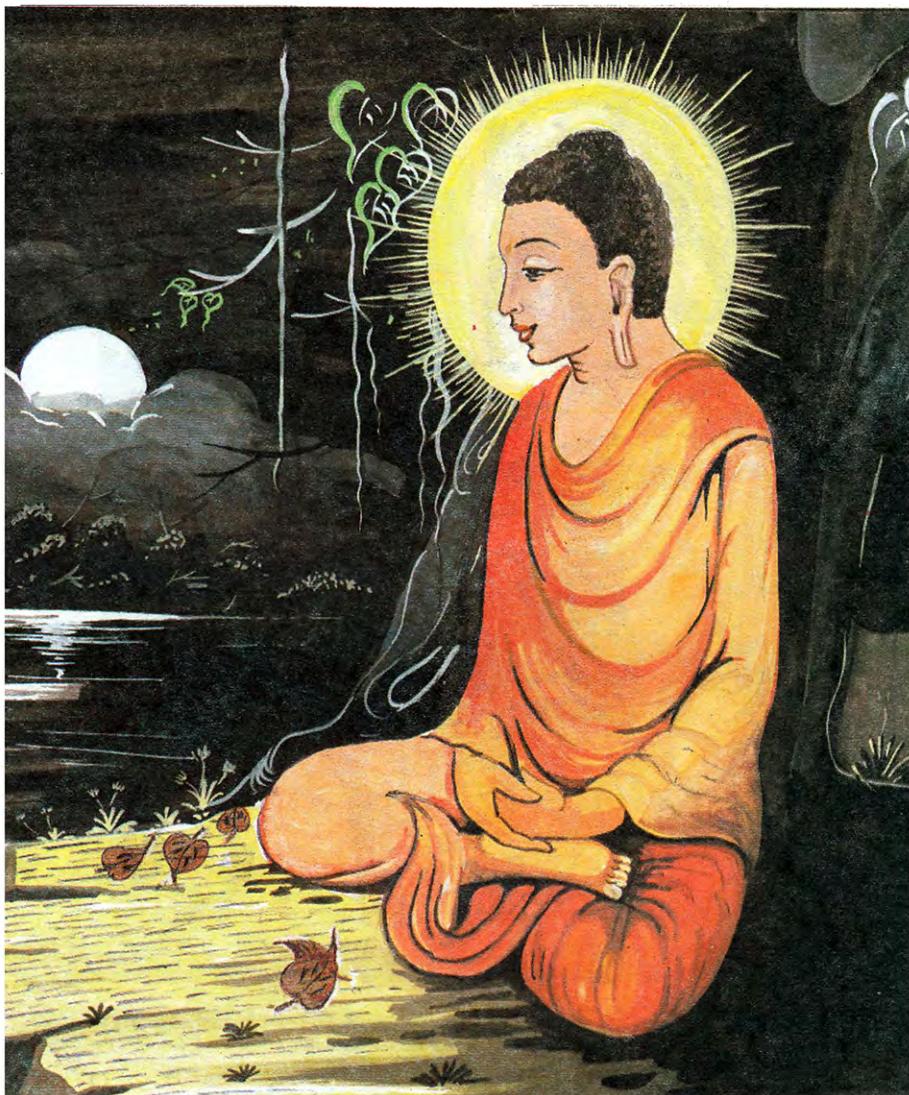
# The Birth of Bodhisatva Siddhartha



Prince Siddhartha was born on the  
Vesak Full Moon day.

## LESSON 03

### The Attainment of Buddhahood



The Bodhisatva attained Buddhahood  
on the Vesak Full Moon day.

## LESSON 04

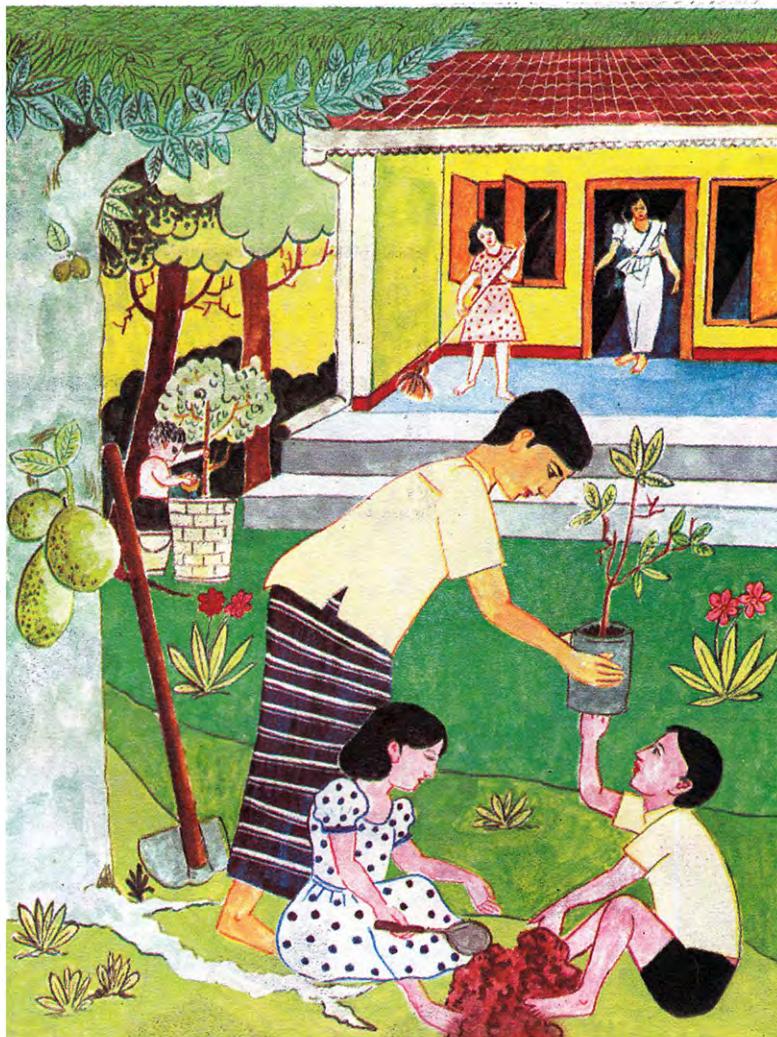
# Our Home



Our mother loves us.  
Our father loves us.  
We also love our mother and father.

## LESSON 05

### Others at Our Home



Elder brother, elder sister, younger  
sister, younger brother together we  
keep the home clean and tidy.

## LESSON 06

# We worship the Triple Gem



Daily in the morning and evening  
we all worship the Triple Gem.

## LESSON 07

### We worship the Parents



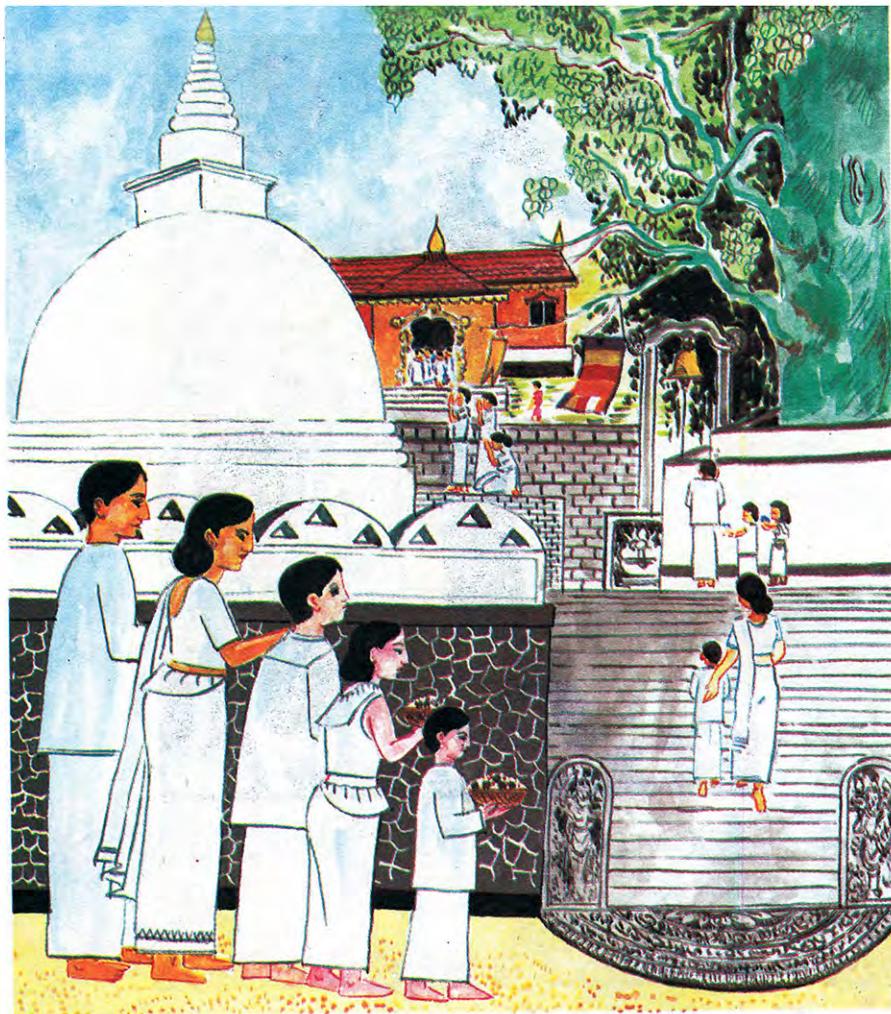
We worship mother and father before going to school.

Mother and father wish us the protection of the Triple Gem.

We go to bed at night only after worshipping mother and father.

## LESSON 08

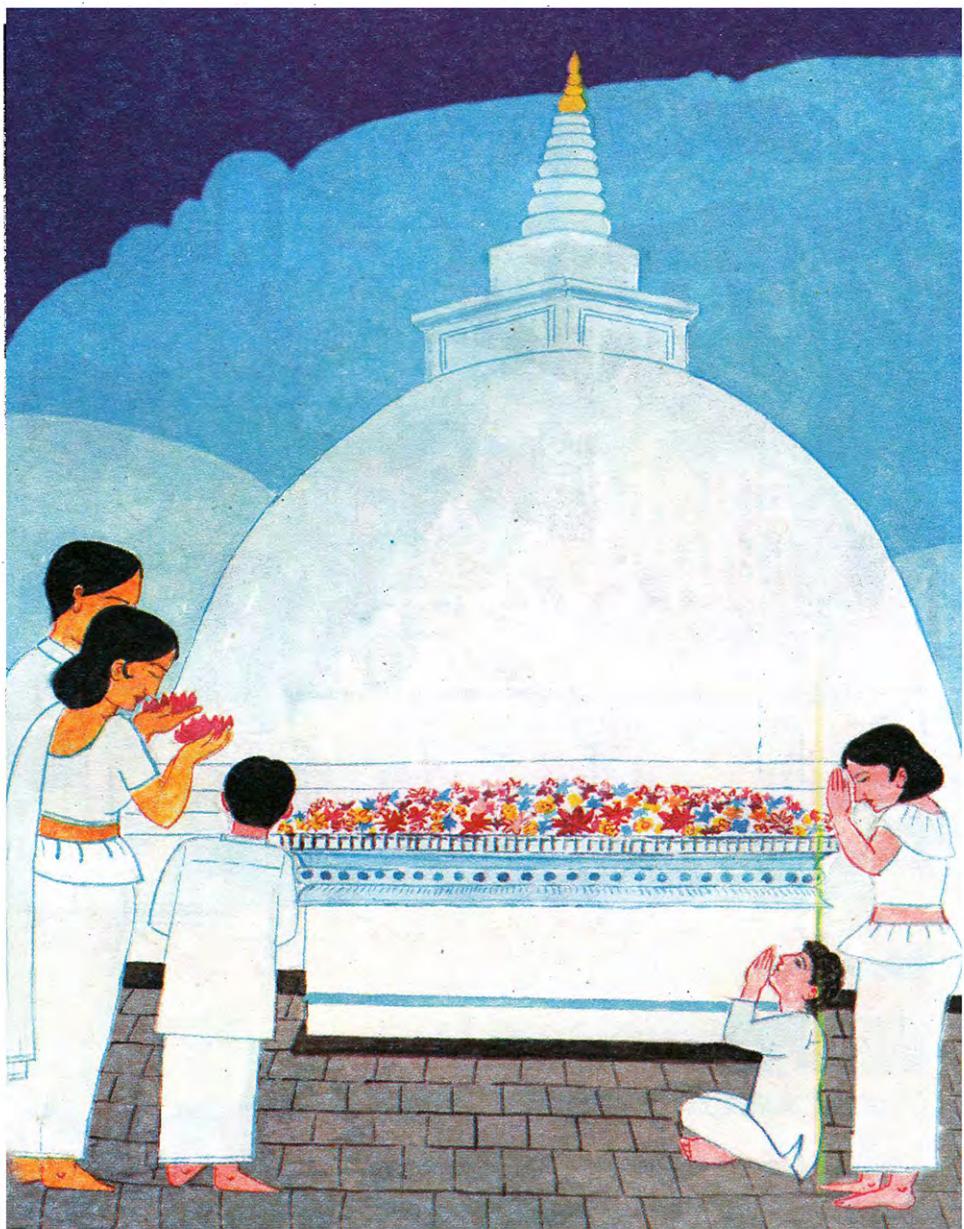
### We go to the Temple



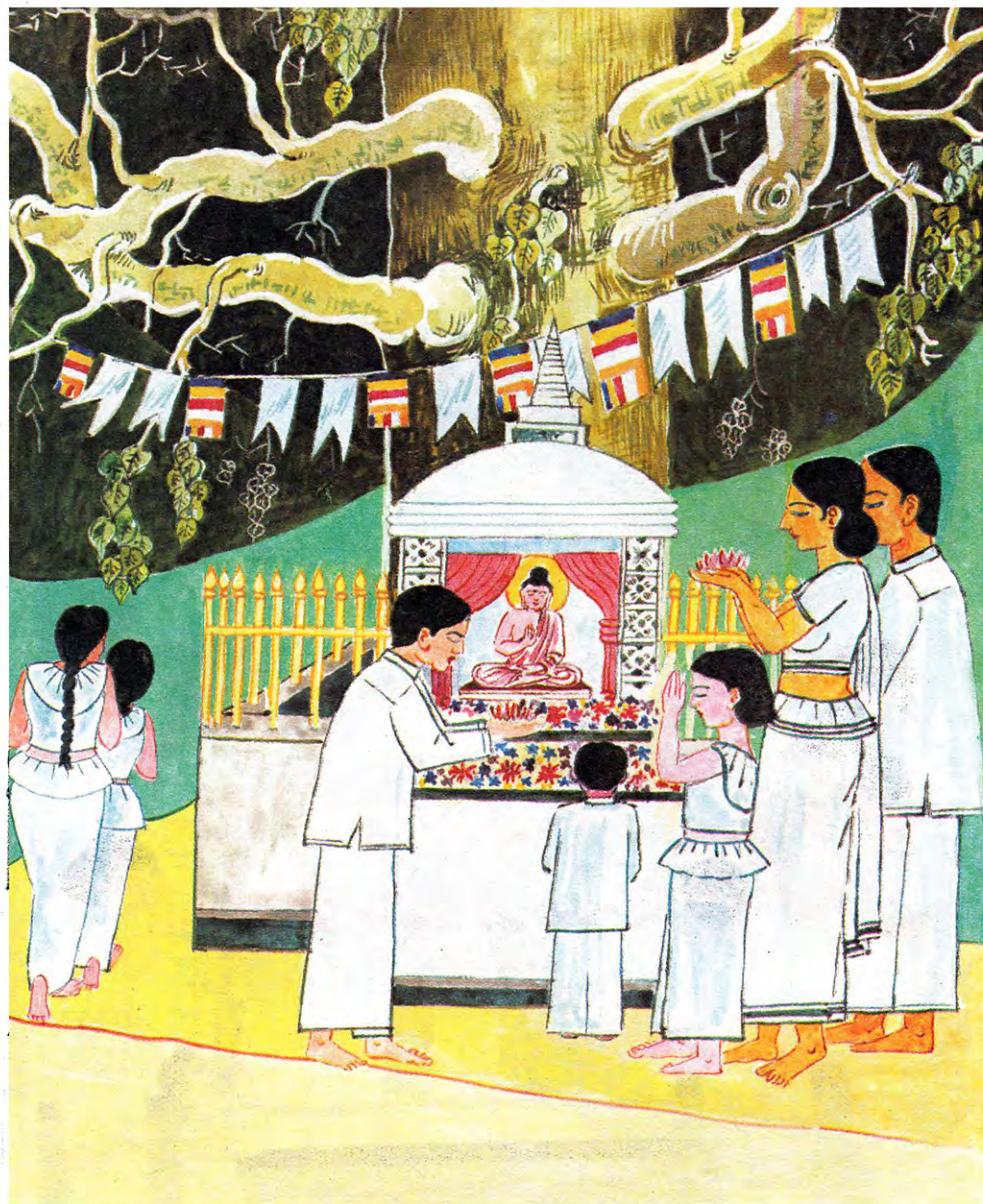
We wash our body and clean ourselves.  
We get dressed in white clothes.  
Taking oil and flowers we go to the  
temple.

## LESSON 09

# Our Temple



We worship the Sacred Stupa.



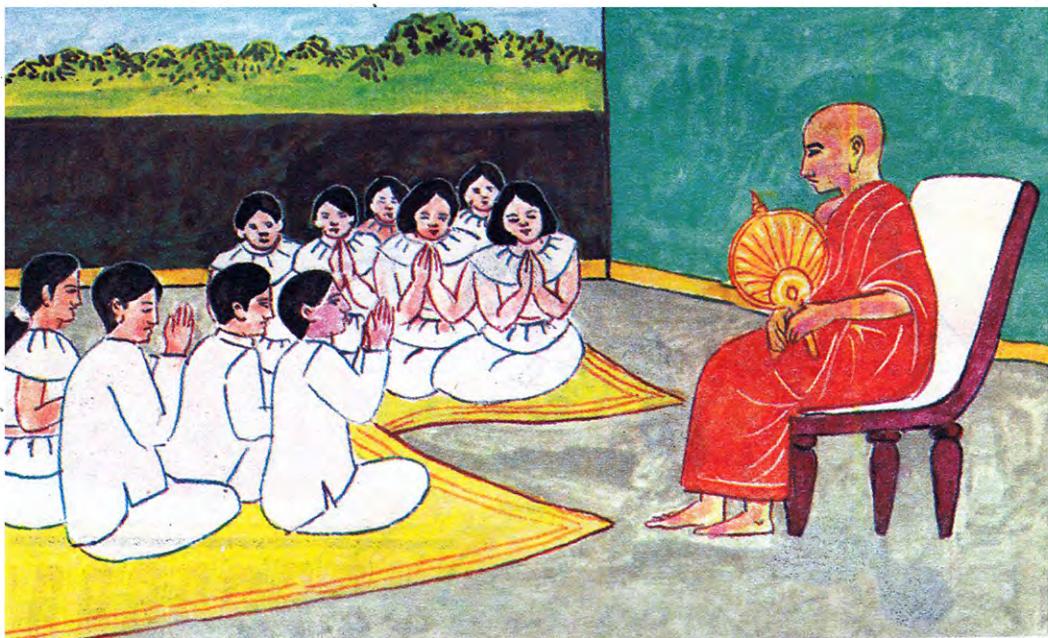
We worship the Sacred Bodhi-tree.



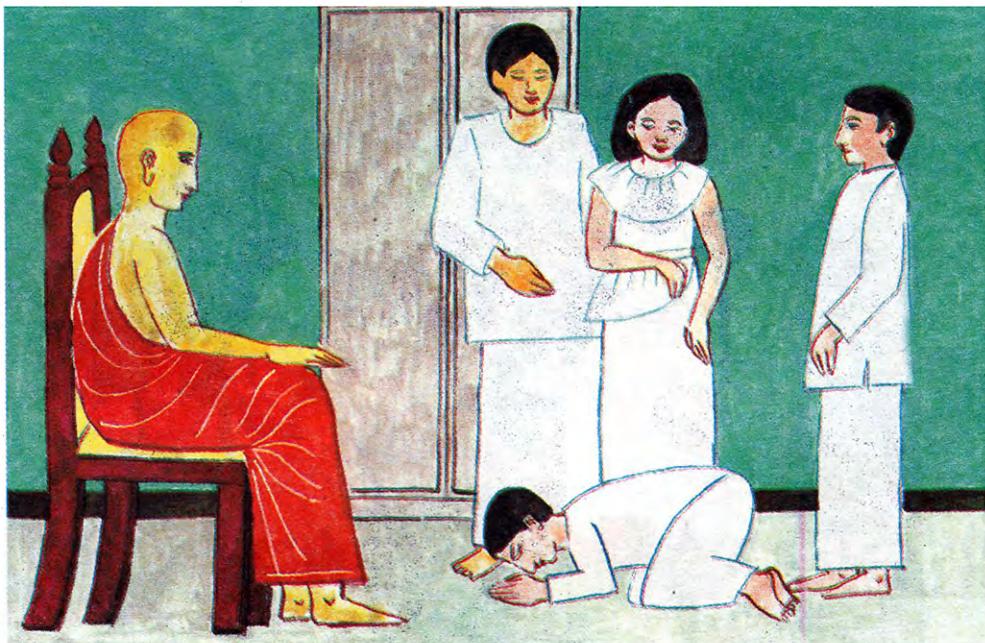
We worship the Sacred Buddha image.

## LESSON 10

### Our Monk



The monk resides in the Temple.  
The monk is very kind to us.  
He tells us religious stories.



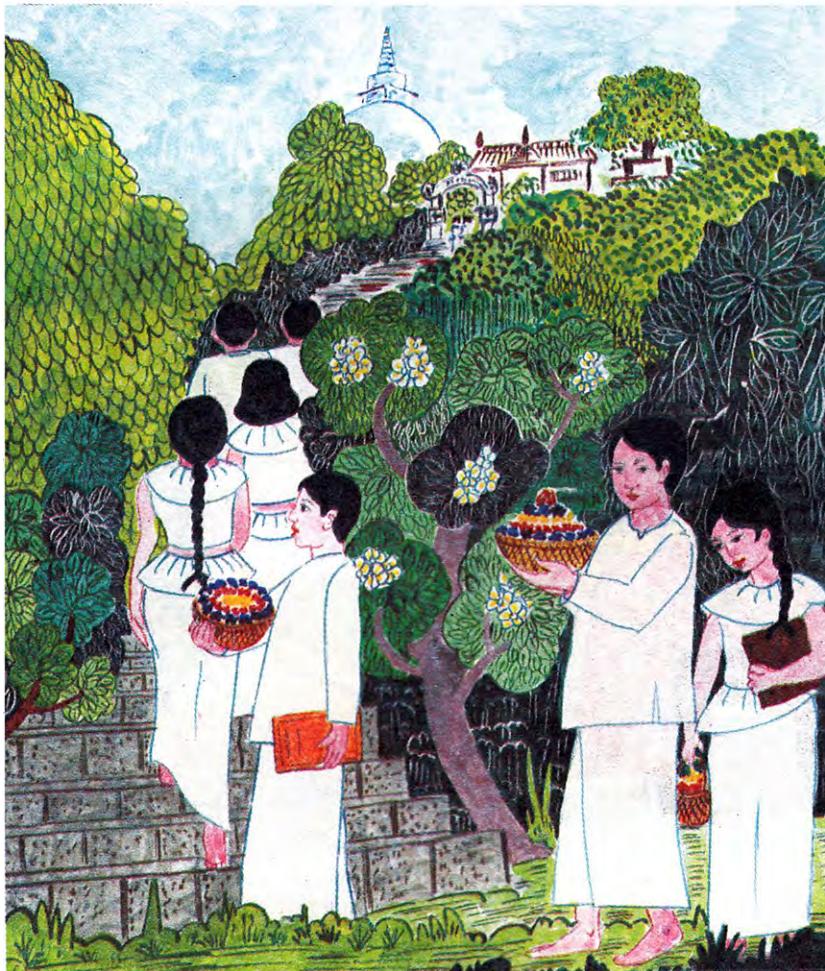
He teaches us how to become good  
children.

We worship the monk.

**Sādhu ! Sādhu ! Sādhu !**

## LESSON 11

### We go to the Dhamma School

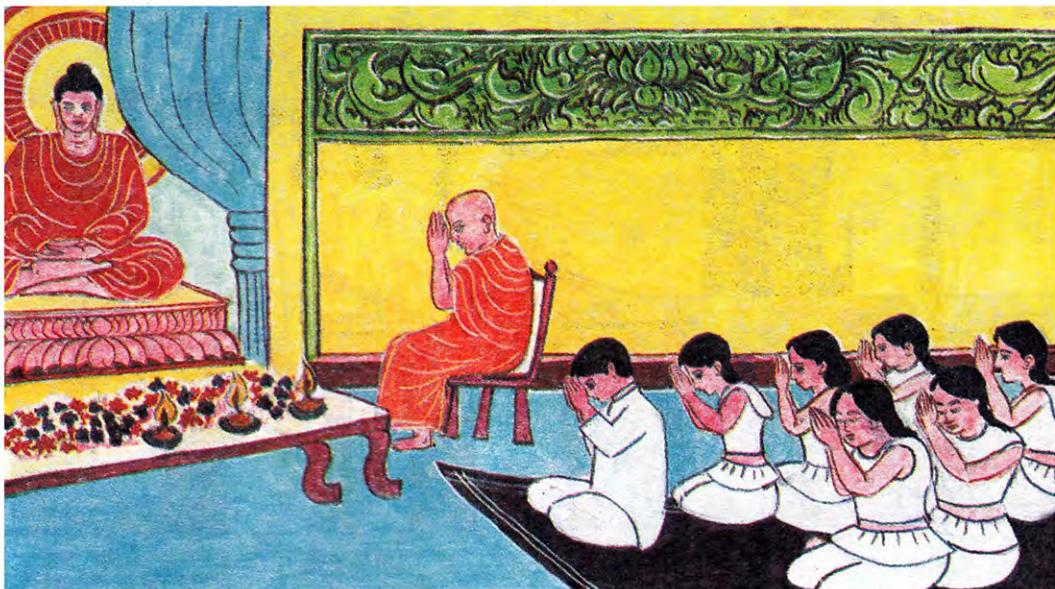


We rise up early; wash our face and clean  
ourselves.

Dressed in white, taking flowers  
We go to the Dhamma School.

## LESSON 12

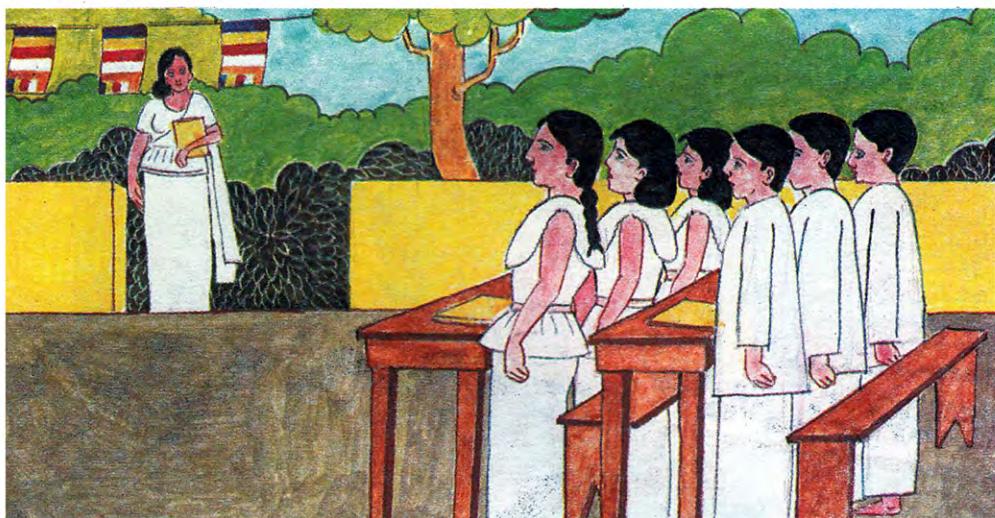
### We worship the Triple Gem at the Dhamma School



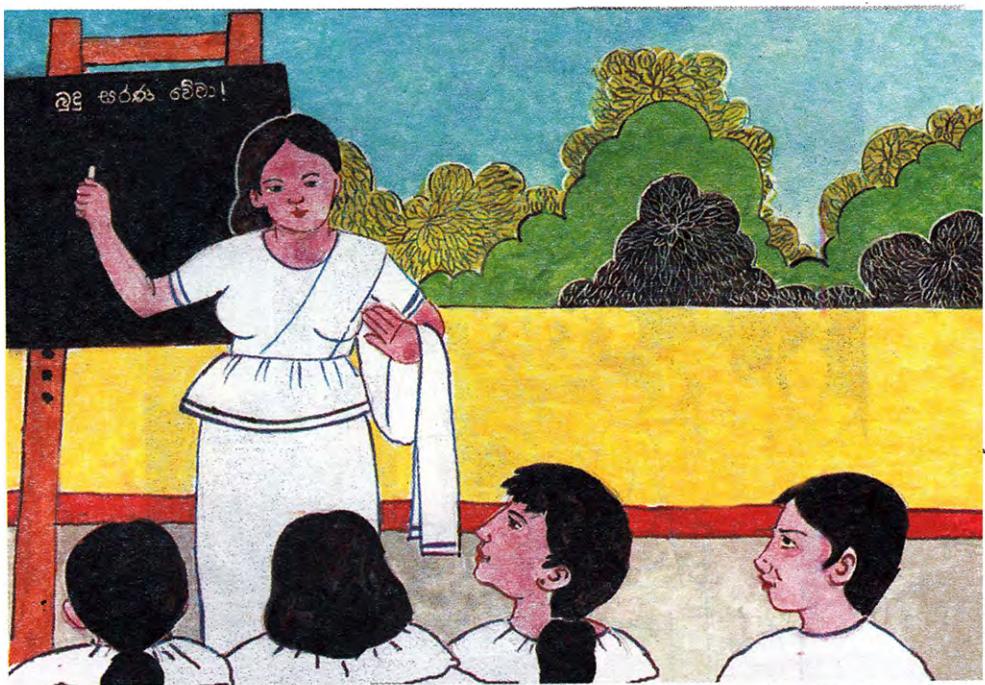
We wash our hands.  
We sprinkle the flowers with water.  
We offer flowers.  
We worship the Triple Gem.

## LESSON 13

### Our Class



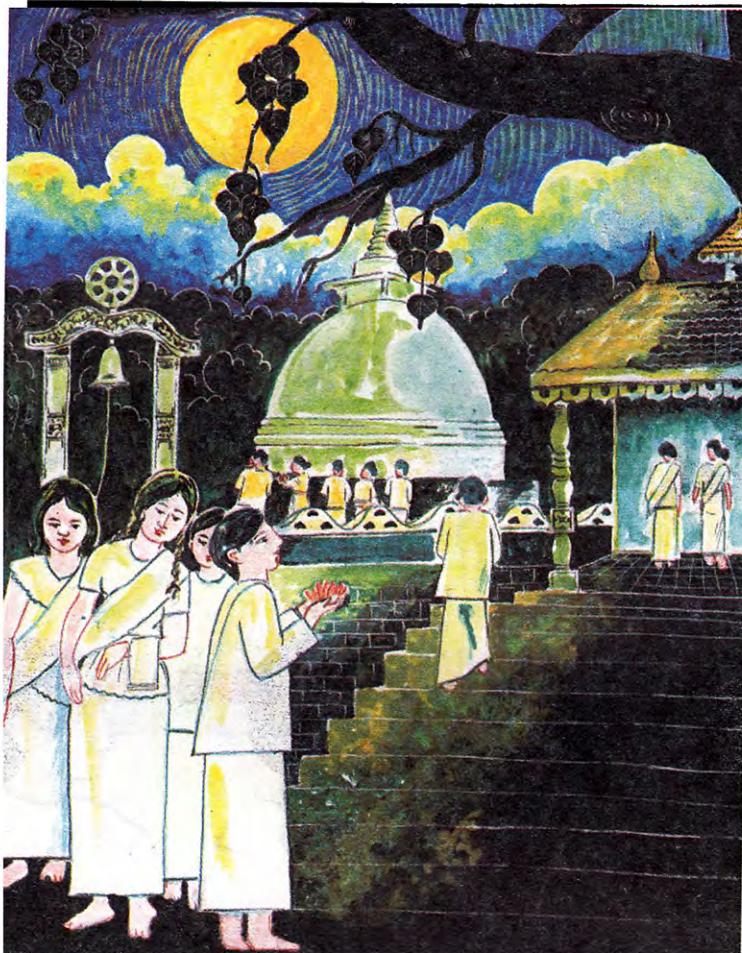
There comes our teacher.  
We all rise up.  
We wish her the blessings of the Triple  
Gem.



Our teacher teaches us good things.  
She tells us religious stories.

## LESSON 14

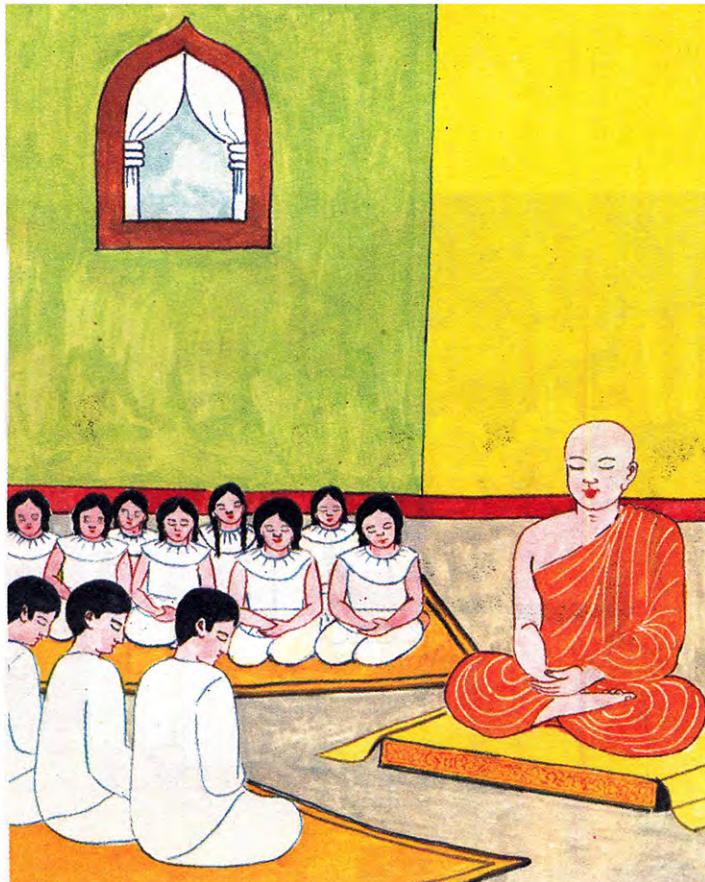
### The Full Moon Day



Today is the full moon day.  
All of us observe sil.  
We shine in white.  
The moonlight has spread all over.  
The temple is beautiful.

## LESSON 15

# We Develop Friendliness

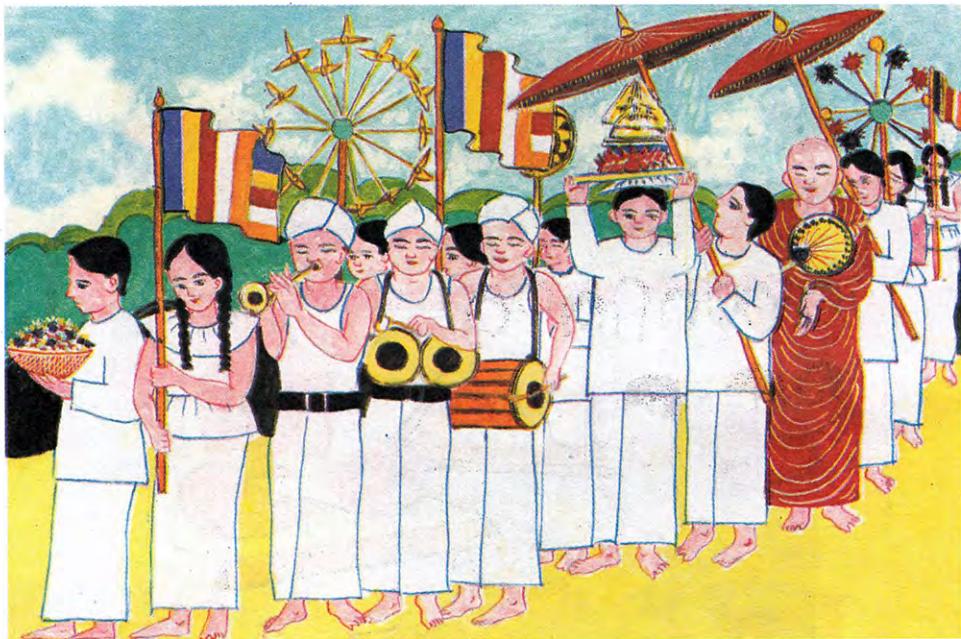


We develop friendliness.

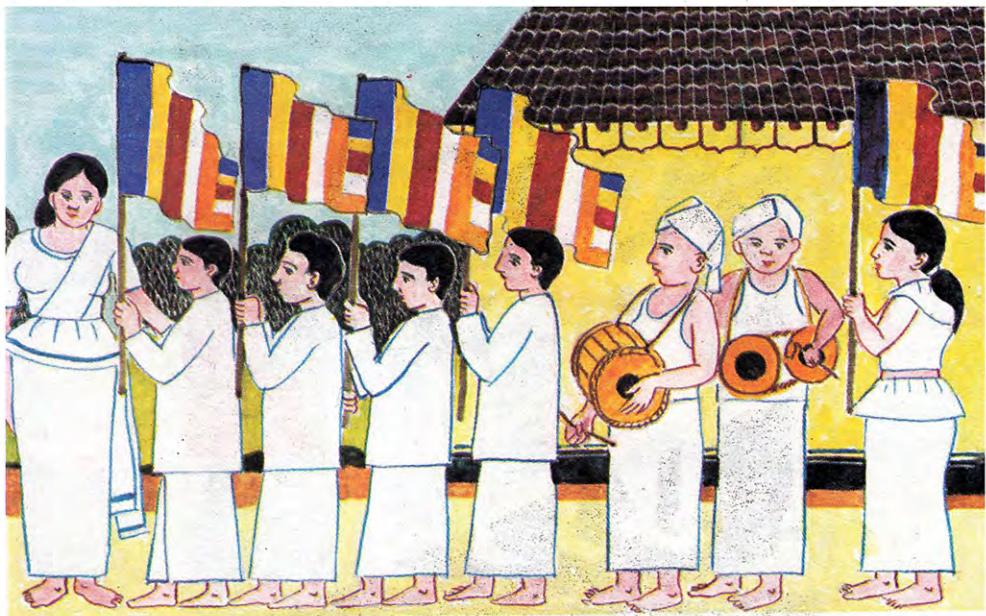
May all beings be happy !  
May all beings be healthy !  
May all beings be well !

## LESSON 16

### The Procession



We form into lines.  
Taking flags and flowers we go in  
procession.



Tom-tom-to-tom-tom  
Tom-tom-to-tom-tom

This is the Buddhist procession in our  
village.

**Sādhu ! Sādhu ! Sādhu !**

## LESSON 17

### Our Friends

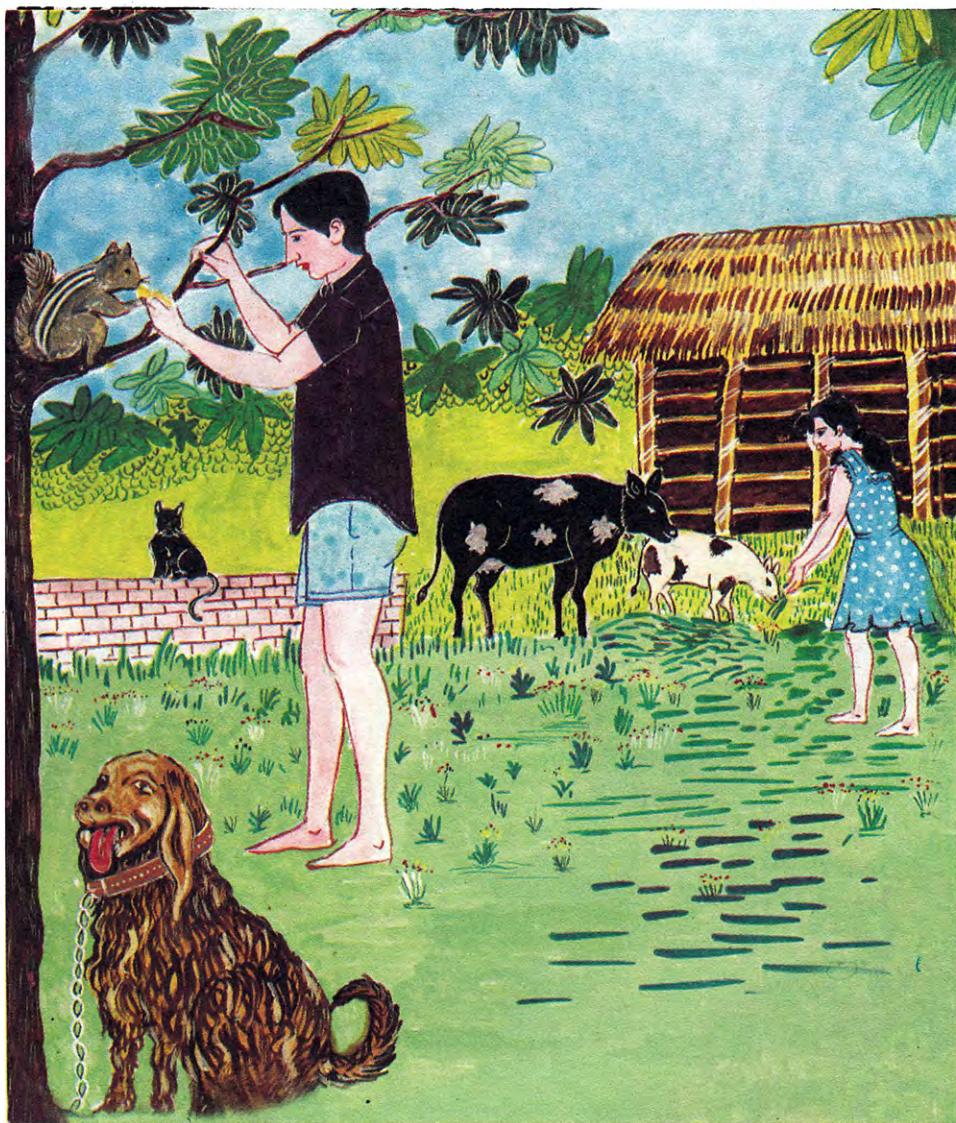


Thilini, Saman, Sandunika  
Dumindu, Malithi, Piyumika  
We are all friends.

We eat this mango sharing  
together.

## LESSON 18

# Our Other Friends



Here are our other friends.  
We love them, too.

## LESSON 19

# Good Practices



We keep our home and garden clean.  
We make them beautiful.

## LESSON 20

# Good Habits



We wash our hands before taking meals.

We brush our teeth before going to bed.

We wash our face, also.

# Musical Notations

## Song 1

Western musical notation prepared by Dulip Gabadamudali

**FOR FREE DISTRIBUTION TO  
DHAMMA SCHOOL STUDENTS**