

Rising Nalanda – Sample Buddhist Ethics Curriculum

Curriculum Title: Foundations of Buddhist Ethics for Children and Youth\ **Target Classes:** 3rd to 10th Standard\ **Duration:** 1 academic year (32–36 weekly sessions)

Core Objectives:

- To reconnect students with the principles of Dhamma through age-appropriate discussion and reflection.
 - To instill values of compassion, mindfulness, non-violence, and equality.
 - To encourage rational thinking and ethical decision-making.
 - To foster awareness of social justice, human dignity, and responsible living.
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Structure:

Each session (approx. 45–60 minutes) includes:

- A short story or real-life example
 - A Dhamma-based value or teaching
 - Class discussion or journaling prompt
 - Activity (drawing, group talk, essay on buddha life, etc.)
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Class-Wise Module Breakdown

Classes 3–5 (Foundational Level):

1. Who Was the Buddha? (Life Story, early teachings)
2. What Is Kindness? — Metta (Loving-kindness)
3. Why Is Telling the Truth Important? — Right Speech
4. Respect for All Beings (Animals, plants, people)
5. Sharing and Not Hurting (Ahimsa)
6. Gratitude Practice (For parents, food, teachers)
7. Mindfulness through Breathing
8. Circle of Compassion — Seeing Beyond Caste & Religion
9. What Is a Good Friend?
10. The Importance of Learning — Education as Liberation

Classes 6–8 (Awareness Level):

1. The Noble Eightfold Path (Intro)
2. Right View & Right Intention — Understanding Choices
3. The Value of Silence and Listening
4. Mindful Consumption — Ethical Use of Resources

5. Dhamma vs Superstition
6. Equality in Action — School, Home, Society
7. Dealing with Anger — Karuna & Patience
8. Ethics in Everyday Life — Food, Money, Media
9. Meditation for Self-Awareness
10. Caste & Discrimination — Buddhist Response to Injustice

Classes 9–10 (Engaged Ethics Level):

1. Buddha as a Social Reformer
 2. Ambedkar and Navayana Buddhism
 3. Role of Ethics in Science, Law, and Business
 4. Challenging Injustice Peacefully (Inspired by Ashoka)
 5. Buddhist Environmental Ethics
 6. Designing a Moral Code — Students Create a Classroom Constitution
 7. Leadership with Compassion
 8. Social Service Project Planning (Local Action)
 9. Practicing Mindfulness under Pressure (Exams, Conflict)
 10. Final Reflection Project — "What Kind of Human Am I Becoming?"
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Assessment & Engagement

- Short group presentations and reflections
 - Poster-making and story-rewriting based on Dhamma themes
 - Role-play ethics dilemmas
 - Community interviews and reports
 - End-of-year reflection: "How Buddhist Ethics Changed Me"
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Outcome:

By the end of this course, students will:

- Understand core Buddhist values and how to live them daily.
- Apply ethical thinking in school, family, and social decisions.
- Develop compassion, resilience, and mindfulness in personal behavior.
- Grow as socially conscious, responsible young citizens.