

LESSON UPDATE FOR THE YEAR 2017

Level 1

01/21/2017

STUPA

A stupa has Buddha's relics.

Draw a stupa.

Practice Sri Lankan Independence Day song " *Me rata Mage rata*".

02/04/2017

We celebrated the 69th Sri Lankan Independence Day. It was a great success with many of the students presenting material on Independence Day and Sri Lanka.

03/04/2017

Stupa craft

Practice "vandamichatyang " stupa Vandanā Gatha.

Lesson number 10

What is the Bodhi tree?

Practice "Yassa mule" Gatha.

Color the "Bo" leaves.

04/01/2017

Lesson 11 - Lotus flower

Lesson 12 - Dhamma Wheel

Lesson 24 - Sri Lankan New Year

04/29/2017

Meaning of Vesak

Practice Vandanā Gāthā

Craft: Vesak lantern

The second half of the school was spent practicing for the Vesak Celebrations scheduled for May 20th.

06/17/2017 and 06/24/2017

Worshipping my father

Practice Vandanā Gāthā

Kandy Procession - video / introduction

Color the picture

Count the picture

08/05/2017

Kindness

Meditation

How kindness relates to Buddhism

Loving Kindness

09/09/2017

Kindness

Draw an act of kindness

Take care of the environment

5-10 mins of meditation and practiced Gāthā

Bring in a small plant for next class, for the environment project, so that we can grow them in the garden.

09/23/2017

Lesson 20 - Taking care of the environment

We colored a picture of children raking the leaves and welcoming fall, and talked about recycling and taking care of the environment.

Most of the children brought in flowers and we planted the flowers in the temple garden

We mediated and practice Gāthā

10/14/2017

Lesson 21 Meditation

Basics of meditation

How to sit, right posture, and where do you feel you breath when you are breathing.
Activity for practice concentration calm

10/28/2017

What do we offer to Buddha?

Practice Gāthā

Offering flowers

Light

Incense

Watched a video about respecting others

11/11/2017

Assessments held.

Part 2 of the assessment was sent out last Tuesday. E-mail assessment are to be submitted on or before 11/26th.