

LESSON UPDATE FOR THE YEAR 2017

Level 3

01/21/2017

Welcome back discussion.

Reviewed various sitting postures on the rug with cushions.

Practiced breath awareness meditation.

Read and discussed lesson 1 as a group.

Well wishes and homework.

Students can review and complete homework for lesson 1 on page 6. Also, they can continue practicing breath awareness meditation at home.

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

Posture with cushion review

Practiced body scan

Practiced breath awareness meditation

Read and discussed lesson 2 as a group

Well wishes

**For homework, students are finishing the lesson 2 activity, reading lesson 3, and answering the following questions:*

Why are the precepts important?

If someone asked you what Buddhist monks do and why, what would you tell them?

Students can also continue practicing breath awareness meditation at home.

04/01/2017

1.) Posture with cushion review.

2.) Practiced body scan.

3.) Practiced breath awareness meditation.

4.) Reviewed homework for lessons two and three.

5.) Read and discussed lesson four: The Dream of Queen Mahā Maya (pgs. 10-12).

6.) Well wishes.

**For homework, students are finishing the lesson 4 activity, drawing a picture to illustrate generosity, and answering the following questions:*

1.) How is feeding and clothing the poor a way to celebrate?

2.) What is generosity?

3.) How can we know when generosity is happening?

4.) What factors help create generosity?

5.) Is it ever important to be careful about being generous? When and why?

Students can also continue practicing breath awareness meditation at home.

04/29/2017

1.) Discussion of continuity of mindfulness.

2.) Practiced mindful movement.

3.) Practiced body and breath awareness meditation.

4.) Reviewed homework for lesson four.

5.) Read and discussed lessons six and seven: The Naming Ceremony and The Ploughing Festival (pgs. 16-20).

6.) Brief discussion and practice of choiceless awareness meditation.

7.) Well wishes.

For homework students are reviewing and finishing homework for lessons five, six, and seven on pages 13-20. They are also drawing a picture and answering the following questions:

1.) What is important about the birth of the Buddha to us?

2.) What does one being overcoming ignorance do for other beings?

3.) Draw a picture of a time someone wise helped you by using something they had learned in their life.

Students can also continue practicing breath awareness meditation at home.

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

06/17/2017 and 06/24/2017

Lesson 9 and 10

Posture

- stilling the body
- having eyes closed
- focusing on breath
- what to do with distractions

The students' also shared any new learning they had from sitting.

Homework is to practice 5 additional minutes of meditation a day. They can share their experiences when school reopens

08/05/2017

- 1) Meditation and Practiced the sitting Meditation posture
- 2) Eye - Pictures and Thought
Ear - Sounds and Thought
Nose - Smells and Thought
Tongue - Tastes and Thought
Body - Touch and Thought

09/09/2017

Part 1:

Speaking, listening, and posture practice with group sharing about the summer.

Meditation on breath

Lesson 13, The First Sermon, pages 39-41

Discussion on the first noble truth and the etymology of dukkha

Part 2:

Shake yoga and paring attention with body exercise

Dana and meritorious deeds discussion

Metta meditation for self, loved one, indifferent person, those impacted by hurricanes, and all beings.

Homework:

1 to 5 minutes of meditation a day, around the same time, in a supportive environment

Page 42 in the book

with parents, have a short discussion on the four noble truths, and be ready to share something you learned or found interesting with the class

09/23/2017

- 1.) Discussion of four noble truths and lesson 13, The First Sermon.
- 2.) Completed lesson 14, The First Sixty Monks, as a class.
- 3.) Handed out meditation journals, practiced meditation on the breath, and recorded observations from the sit.
- 4.) Well wishes and goodbyes.

For homework:

1). Students are writing themselves a letter of intention and well wishes for their practice and life on the first page of their journal.

2.) Students are meditating on the breath for five minutes per day, at around the same time of day, and journaling a reflection on their sit. They record any obstacles, learnings, or other observations that strikes them, as well as how they deal with them. They record any missed days, as a one line entry.

- 1.) Welcome and review of meditation journaling
- 2.) Discussion of mindfulness of body, mental states, and feeling tones.
- 3.) Posture review and breath awareness meditation.
- 4.) Discussion of obstacles, solutions, and insights during meditation.
- 5.) Metta meditation with level fours, and journal entries.
- 6.) Closing and well wishes.

For homework:

1.) Breath awareness meditation for five minutes a day, at around the same time, and with a journal entry. Record missed days as such by noting them in a one line entry in the journal.

2.) Read and review the first five lessons in the book. A cumulative test will be given in November.

10/28/2017

- 1.) Welcome.
- 2.) Sitting meditation and journaling.
- 3.) Brief discussion of dependent origination.
- 4.) Discussion of upcoming exam.
- 5.) Review of content from earlier lessons.
- 6.) Walking meditation and journaling.
- 7.) Homework and well wishes.

For homework:

1.) Students review up to lesson 28. Students can also review the rest of the book if they like.

2.) Students practice lesson 15 & 16 recitations. Students can also practice recitations from lesson 17 if they like to.

3.) Students practice sitting meditation and journaling, with the goal of 5 minutes per day and an entry that captures their obstacles and insights

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