INFORMATION FOR TEACHERS

COURSE OF LESSON – SECONDARY LEVEL I

OBJECTIVES

The students will be able to:

- explain Buddha's teachings on the Four Noble Truths.
- relate them to the reality of their own lives.
- understand that lasting happiness is not achieved through externals.

Since the content of this topic is very extensive, this lesson is designed as a double lesson.

APPLICATION	Engage in an experience or just listen quietly.	**Material 5** Breath-Meditation Students meditate and share their experience
EXERCISE4	Buddha's teachings on the Fourth Noble Truth: There is a way to the end of suffering.	**WS 4 and Answers to WS 4** Students formulate key statements
EXERCISE 3	Buddha's teachings on the Third Noble Truth: There is an end to suffering.	**WS 3 and Answers to WS 3** Students act out the metaphor of climbing a mountain
EXERCISE 2	Buddha's teachings on the Second Noble Truth: There is a cause of suffering.	**Material 4** **WS 2 und Answers to WS 2** Students work on the tasks and find their own examples
NOTE	Aliens wonder: Don't they know?	**Material 3** Students make assumptions
EXERCISE 1	Buddha's teaching on the First Noble Truth: There is suffering.	**Material 2** **WS 1 and Answers to WS 1** Students work out contents Students ask questions
INTRO	Aliens with a research mission: "Suffering on Earth".	**Material 1** Students reflect

BASIS

What might interest the students about the topic:

- Is there lasting happiness?
- What is suffering and where does it come from?
- Is a life without suffering attainable?