INFORMATION FOR TEACHERS

COURSE OF LESSON – SECONDARY LEVEL II

OBJECTIVES

The students will be able to:

- explain Buddha's teachings on the Four Noble Truths.
- understand the path from suffering to liberation and enlightenment.
- relate the Buddhist explanations to the reality of their own lives.

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

APPLICATION	Present possible behavioral variations.	Students present role plays
EXERCISE 4	Buddha's teachings on the Fourth Noble Truth: There is a way.	**WS 5 and Answers to WS 5** Students read the text and prepare role plays
EXERCISE 3	Buddha's teachings on the Third Noble Truth: There is an end to suffering.	**WS 4 and Answers to WS 4** Students reflect on liberation and enlightenment
DEEP DIVE	The story with the hammer - example of a chain of projections	**WS 3 and Answers to WS 3** Students analyze causes of behavior and make references to Buddhist teachings
EXERCISE 2	Buddha's teachings on the Second Noble Truth: There is a cause of suffering.	**WS 2 and Answers to WS 2** Students transfer central Buddhist terms into a diagram
(OPTIONAL) NOTE	Do you manage to be happy at least for a minute?	**Experiment** Students do a self-experiment
EXERCISE 1	Buddha's teaching on the First Noble Truth: There is suffering.	**WS 1 and Answers to WS 1** Students work out the contents Exchange ideas about the solutions
INTRO	Can you think of anyone who is happy? Why is he happy? Do you think he is always so happy?	**Material 1** Students reflect

BASIS

What might interest the students about the topic:

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