INFORMATION FOR TEACHERS

COURSE OF LESSON – SECONDARY LEVEL II

OBJECTIVES

The students will be able to:

- recognize causes of happiness.
- identify what constitutes the path of the Bodhisattva.
- understand the central importance of compassion and wisdom.
- test that wisdom and compassion applied in one's own life bring about a change in behavior.

(OPTIONAL) TRANSFER	Venture cultivating compassion and wisdom in your own life during a test week.	Students observe and write blog / diary entries
DEEPENING KNOWLEDGE	Buddha forms expressing compassion and wisdom	**Material 2** Students learn about enlightened expression of compassion and wisdom
EXERCISE 2	What do compassion and wisdom mean in the Buddhist path of the Bodhisattva? What is the importance of meditation?	**WS 2** **Answers to WS 2** Students work on terms and understanding
EXERCISE 1	How does one attain happiness? Is one's own happiness related to the happiness of others?	**WS 1** **Answers to WS 1** Students evaluate quotes and texts on happiness research Students draw conclusions
INTRO	What is happiness? And how do you achieve it?	**Material 1** Students do free association with cartoons

BASIS

What might interest the students about the topic:

- Is it really possible to be happy permanently?
- What kind of attitude creates happiness?