INFORMATION FOR TEACHERS

COURSE OF LESSON – SECONDARY LEVEL I

OBJECTIVES

The students will be able to:

- explain the Liberating Actions as a Buddhist method for achieving happiness.
- understand the connection between a fulfilled life and one's own actions.
- demonstrate the effect of Liberating Actions in everyday situations.

REFLECTING	The Six Liberating Actions - Happiness in Life	Students take a point of view Students draw cartoon
DEEPENING KNOWLEDGE 2	The benefits of meditation and wisdom	**WS 3 B (Meditation)** Students observe their experiences **WS 3 C (Wisdom)** Students reflect on experiences
DEEPENING KNOWLEDGE 1	The benefits of the First Four Liberating Actions in everyday Life	**WS 3 A** Students discuss everyday situations and present results
EXERCISE	The Buddhist Way - The Six Liberating Actions	**WS 2** **Answers to WS 2** Students work out and discuss contents
INTRO	What is happiness? Life timelines and photo album	**WS 1** **Material 1** Students draw and compare

BASIS

What might interest the students in the topic:

- How does one become happy?
- Can I bring happiness into the world?
- How can I make the right choices for my life?