INFORMATION FOR TEACHERS

COURSE OF LESSON – SECONDARY LEVEL II

OBJECTIVES

The students will be able to:

- recognize that different ways of acting produce different effects.
- apply the first four Liberating Actions in connection with wisdom as a Buddhist method to an everyday situation.
- understand the liberating aspect of the Liberating Actions and relate them to the Bodhisattva Way.
- understand meditation as a method of developing clarity and peace of mind.

AAPPLICATION	The Liberating Action of Meditation	**WS 3** Students observe and share their experience with one another
SECURING KNOWLEDGE	The Path of the Bodhisattvas	**Material 1** Students read text and check their understanding
(OPTIONAL) DEEPENING	What are the immediate and broader impacts of positive action?	**Excerpt from the series "How I met your mother", season 3 "The chain of screaming"**
EXERCISE	Why are the actions liberating? The Buddhist path – The Six Liberating Actions	**WS 2** **Answers to WS 2** Students develop basics and secure understanding through transfer
INTRO	How can you defuse a tense everyday situation?	**WS 1** Students comment on the situation and make suggestions

BASIS

What might interest the students in the topic:

- How can I react in the best possible way in everyday situations?
- Can I bring happiness into the world?
- How can I make the right decisions for my life?