INFORMATION FOR TEACHERS

COURSE OF LESSON – SECONDARY LEVEL I

OBJECTIVES

The students will be able to:

- bring in their previous knowledge about meditation and acquire knowledge about Buddhist meditation.
- discuss how Buddhist meditation has practical benefits in everyday life.
- have a practical experience of a simple Buddhist meditation.

APPLICATION	Meditation on the breath	**Material 3** Optional offering to meditate
KNOWLEDGE TRANSFER	The benefits of Buddhist meditation in everyday life	**WS 2** **Answers to WS 2** Students discuss everyday situations and present results
EXERCISE	What is Buddhist meditation? Elaborates effect, sitting posture, ways, goals.	**Material 2** **WS 1** and **Answers to WS 1** Students work according to methodology
INTRO	What do you know about meditation?	**Material 1** Students discuss prior knowledge in groups

BASIS

The students hear the term meditation both in the media and in their environment and associate different things with it. Meditation is associated with a content and balanced life, without this topic being based on sound knowledge. Meditations are offered in many spiritual circles.