INFORMATION FOR TEACHERS

COURSE OF LESSON – SECONDARY LEVEL II

OBJECTIVES

The students will be able to:

- name the characteristics, effects and aims of Buddhist meditation and distinguish them from each other.
- place the effects of Buddhist meditation in the context of scientific research.
- relate their theoretical knowledge to the practical experience of Buddhist meditation.
- reflect on whether and to what extent Buddhist meditations can have a practical benefit in everyday life.

KNOWLEDGE TRANSFER	The benefits of Buddhist meditation in everyday life	**WS 2** **Answers to WS 2** Students discuss everyday situations and present results
APPLICATION	Meditation on the Buddha	**Material 3** Meditation (optional)
SECURING KNOWLEDGE	Effect of Meditation in scientific research	Students research scientific sources Students make posters, flipcharts
EXERCISE	What is Buddhist meditation? Differentiate by characteristics, effect, sitting posture, ways and goals.	**Material 2 A, B,C** **WS 1 A, B, C** **Answers to WS 1 A, B, C** Students identify technical terms and communicate them in a contextualized manner.
INTRO	What do you know about meditation?	**Material 1** Students discuss knowledge in groups

BASIS

The students encounter the term meditation in the media and in their surroundings and have different associations with it. In many ways, meditation is associated with a content and balanced life, without any well-founded knowledge underlying this topic.