

World Religions: Buddhism Unit

For Special Education

Preview



By Christa Joy

11 day
lesson
plan

World Religions: Buddhism

Lesson Plan for High School

Preparation

- Print out a vocabulary board for each student to use throughout unit
 - Laminate or place in page protector
- Book
 - Print out, laminate, and bind
 - OR your students can listen to the pre-recorded version
- Vocabulary cards
 - Print out a set of cards onto cardstock and laminate
 - Make one set for each student and one for the teacher to use in I Spy games

Preassessment (do day 1 before starting lesson)

- Choose the form of the assessment that best fits the learning level of your student
- Give the assessment to assess what your students may already know
- I cannot emphasize enough how important this step is. If you want to see growth, this preassessment is so important!!

Teaching Tips

1. **Color Coding:** this is a really easy way to add more structure to a matching activity. Outline or color in an empty box or sorting label. Outline or color in the corresponding picture symbols the same colors. Becomes a color matching task.
 - a. For more info, read more here: <https://specialneedsforspecialkids.org/2015/09/05/using-color-coding-for-differentiation/>
 - b. I also have a blog post on differentiating one activity 3 ways: <https://specialneedsforspecialkids.org/2018/10/22/differentiating-1-activity-3-ways-easily-and-effectively/>
2. **Make your own copies of the activities:** Every day I review the activity we did yesterday. For that reason:
 - a. I often complete the activity myself and often laminated it for easy review that I could use year after year.
 - b. My copies were also helpful as either a model for students who needed more support or as a way for more advanced students to self-check the



Quick Look

Day	Activity	Day	Activity
1	<ul style="list-style-type: none"> • Book • Vocab cards intro • Circle map 	7	<ul style="list-style-type: none"> • Book • Vocab cards cut • Word Search
2	<ul style="list-style-type: none"> • Book • Vocab cards activity • Collage of main beliefs 	8	<ul style="list-style-type: none"> • Book • Vocab cards cut • Close worksheet
3	<ul style="list-style-type: none"> • Book • Vocab cards activity • Collage of main beliefs 	9	<ul style="list-style-type: none"> • Book • Vocab cards activity • Close worksheet
4	<ul style="list-style-type: none"> • Book • Vocab cards activity • Sorting activity 	10	<ul style="list-style-type: none"> • Book • Vocab cards activity • Close worksheet
5	<ul style="list-style-type: none"> • Book • Vocab cards activity • Writing prompt 	11	<ul style="list-style-type: none"> • Assessment • Cooking activity
6	<ul style="list-style-type: none"> • Book • Vocab cards cut and paste • Sudoku puzzle 		

I wanted to give you some links to meditation exercises for kids that you might want to try.

- Mindful Meditation for Kids; Breathing Exercises (sitting on the floor): https://youtu.be/Bk_qU7I-fcU
- 5 Minutes Bodyscan Meditation for Kids and Adults (sitting in a chair): <https://youtu.be/9A0S54yAgEg>

Day 2

Activity	Notes	Materials
Read or listen to a recording of the book (10 minutes)	<ul style="list-style-type: none"> • Read through the story, asking lots of questions • Continue to make connections between book and vocabulary board 	<ul style="list-style-type: none"> • book • Vocabulary board
Vocabulary cards I Spy Game (10 minutes)	<ul style="list-style-type: none"> • I play this game, or variations of it the first few days <ul style="list-style-type: none"> ◦ Determine how many cards your students can handle in front of them. This can vary, some students may be able to have all the cards, so may only be able to handle a field of 3-5 • Since this is the first time playing this game, I make it easy. Hold up a card, and have students find the matching one and hold it up • Discuss relevant points on the card <ul style="list-style-type: none"> ◦ You can also play this game in this manner having them find the symbol on their vocabulary board 	<ul style="list-style-type: none"> • Vocabulary cards (student set and teacher set) • Vocabulary board
Circle map review (5 minutes)	<ul style="list-style-type: none"> • Review the worksheet completed yesterday 	<ul style="list-style-type: none"> • Worksheet completed yesterday
Main Beliefs Collage (10 minutes)	<ul style="list-style-type: none"> • Complete the collage depicting the Four Noble Truths of Buddhism • This is an errorless task. This will make a good review sheet. • Make connections to the book as necessary 	<ul style="list-style-type: none"> • Collage • Scissors • Glue • Crayons, markers
Sharing (10 minutes)	<ul style="list-style-type: none"> • Each student shares their finished worksheet with the group using the communication method of their choice 	<ul style="list-style-type: none"> • Completed worksheets • Communication devices



Buddhism is one of the fastest growing religions in the world today. More than 500 million people follow its teachings. Those who follow this religion are called **Buddhists**.



Buddhism also focuses a lot on the importance of meditation. The only way to be truly happy is to live a very simple life filled with detachment and meditation.



From a very young age, Buddhist children can become a monk. Monks will shave their heads and wear orange robes.



32 page book

Buddhism focuses a lot on the suffering in the world. Buddhists believe in the **Four Noble Truths**.



Buddhists belief in God is not very clear. They do not believe in a God like Christians do. Buddhists believe enlightenment or Nirvana comes from inside the person, not from God.



The **lotus flower** is an important symbol in Buddhism. It represents how goodness can come from suffering. In nature, the lotus flower grows up from the mud.





Vocabulary board




16 vocab cards

<p>enlightenment</p> <p>When a Buddhist receives spiritual answers and is released from the cycle of reincarnation.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>	<p>Buddha</p> <p>Person who has reached the state of enlightenment and teaches others.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>
<p>detachment</p> <p>No desire for money or objects.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>	<p>Four Noble Truths</p> <p>What Buddhists follow/believe as a way to gain enlightenment.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>

Cut & paste


Buddhism

One of the fastest growing religions focused on meditation and enlightenment.




Gautama

The original Buddha and founder of Buddhism.




Buddhist

Person who follows Buddhism.



meditate

Thinking very deeply for a period of time.




The teachings or truth taught by the Buddha.

Person who has reached the state of enlightenment and teaches others.


Buddhist (a man) who is seeking enlightenment and teaches. He gives up everything he owns.

The original Buddha and founder of Buddhism.


monk



shrine




lotus flower

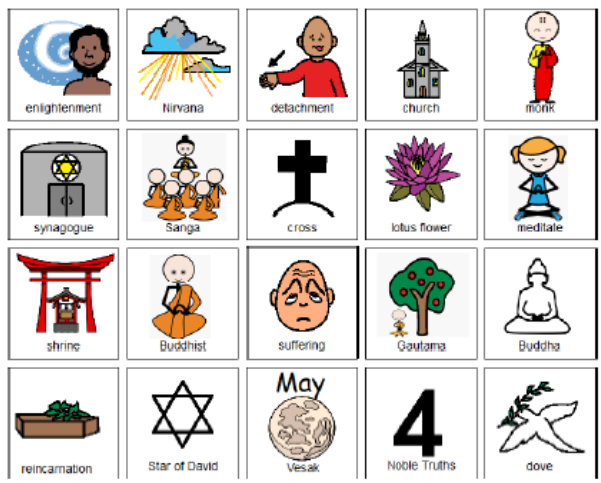


Vesak

May



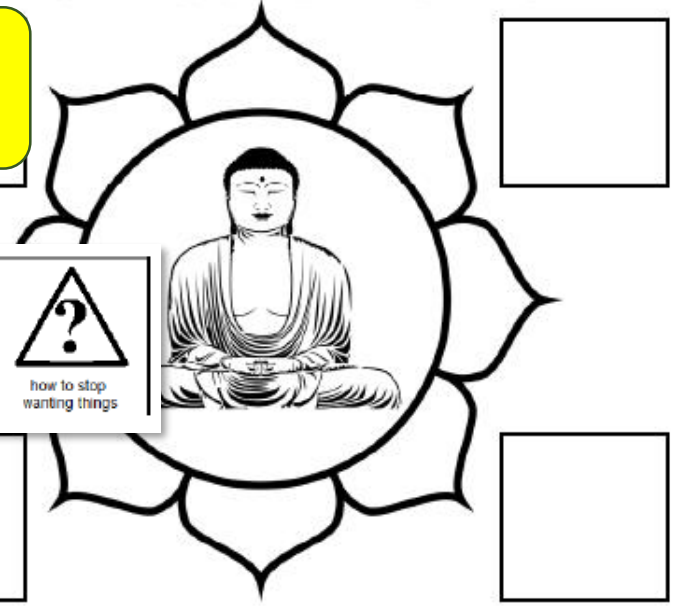
Circle map



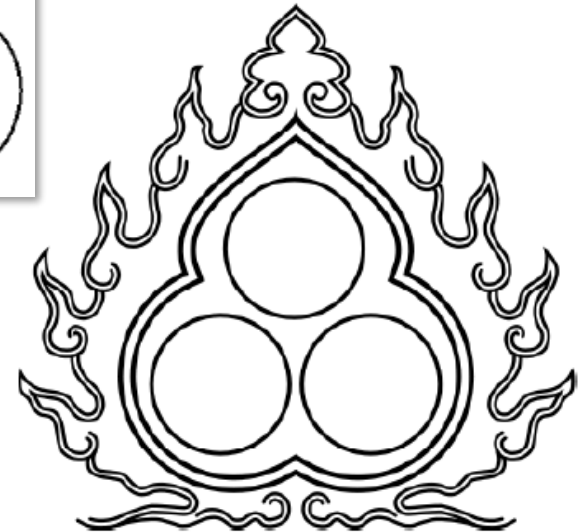
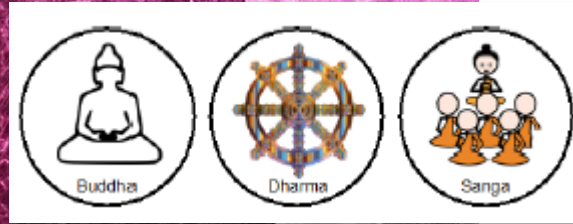
Collages of Beliefs



4 Noble Truths



The 3 Jewels



Errorless version



wants



needs



Sorting activity

lunch	water	movie	bicycle	clothes	jewelry
perfume	nail polish	football game	mall	McDonald's	sleep
breakfast	basketball shoes	medicine	party	dinner	video game
brush teeth	shower	wash hands	ice cream	cell phone	TV

Writing Prompt

My Enlightenment Experience

I experienced enlightenment when I went to the

I meditated for .

I saw and

I learned I did not need to be happy.

I learned I could end the suffering of others by .



Ingredient Labels

dates	syrup	oil
oats	flour	ginger
cinnamon	egg	milk

Picture Recipe

- oven 1. Preheat oven to 375
- food processor 2. Process dates oil syrup
- food processor 3. Add and process flour mixture oats
- roll 4. Roll into balls ball
- fork 5. Flatten with fork fork
- bake 6. Bake 12-15 minutes clock

mountain peak	river	North Pole	pond	prairie	rain forest
Su M T W Th F Sa weeks	days	nights	hours	only minutes	a long time
rainbows	stars	Nirvana	Buddha	Gautama	lotus flowers
riches	video games	things	new clothes	a TV	a computer
meditating	dreaming	singing	hiking	exercising	reading

Word search










Buddhism

R I Q F Q H H K T O E X P M Y
 E G S L O T U S F L O W E R S
 I O P O D S A N G A K U N E H
 N D E T A C H M E N T I I N R
 C Q V L T B W M B O B C R L I
 A E E T J Y X I U D U K V I N
 R X S Z D M M T D M D B A G E
 N W A P B O Z U D H D Q N H I
 A J K B D N X L H K H Z A T G
 T L B J N K B R A M I E O E D
 I P W T Y X E S Y T S H M N C
 O U K S I H I E N S M G C M F
 N D K I Y S D H A R M A L E O
 T V T M E D I T A T E I G N J
 N V A O R I G A U T A M A T J

















- | | | | |
|---------------|--------------|---------------|----------|
| reincarnation | lotus flower | detachment | Buddhism |
| meditate | Gautama | Buddha | Dharma |
| Sanga | Vesak | enlightenment | Nirvana |
| shrine | monk | | |
















Sudoku Puzzles

Buddhism

 enlightenment		 meditate	 Buddhist
 Buddhist	 meditate		 enlightenment
	 Buddhist	 enlightenment	
 suffering		 Buddhist	

Buddhism

				 meditate	
 suffering		 meditate	 lotus flower		
 Buddhist		 Nirvana	 detachment	 lotus flower	
 detachment			 Buddhist	 Nirvana	
	 Buddhist	 suffering	 Nirvana		 lotus flower
					 Buddhist

 Buddhist	 Buddhist	 Nirvana	 Nirvana	 suffering
 suffering	 suffering	 detachment	 detachment	 detachment
 meditate	 meditate	 meditate	 lotus flower	 lotus flower

4 Noble Truths

3 close worksheets

1. These teach Buddhists how to reach

2. The first truth, states there is a lot of

in the world.

3. The second truth, states suffering is caused by wanting

4. The third truth, states






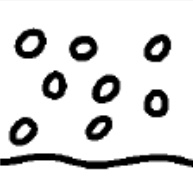
is the way to end suffering.

5. The fourth truth tells you

to stop wanting things.

4 Noble Truths



 <p>4 Noble Truths</p>	 <p>Bible</p>	 <p>Torah</p>
Q 6		
 <p>1st full moon</p>	 <p>spring</p>	 <p>snow storm</p>

7. Part of the Dharma is a group of Buddhists monks called a:

- A. choir
- B. team
- C. Sanga

8. Buddhists believe there is a lot of this in the world:

- A. excitement
- B. happiness
- C. suffering

9. An important practice in reaching enlightenment is to:

- A. pray
- B. meditate
- C. sing

10. True or False. Buddhism is one of the fastest growing religions in the world.

- A. true
- B. false
- C. I don't know

Assessments 3 versions

1. A symbol commonly used in Buddhism is the:



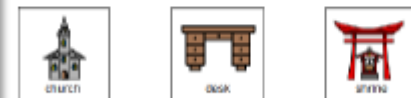
2. Buddhism is based on the teachings of the first Buddha:



3. The ultimate goal for Buddhists is:



Buddhists pray in a temple or have what in their home:



How do you explain the main beliefs of Buddhism:

