



Buddhist teachings and living with an awareness of Buddhism

Key Stage 1 (ages 5 – 7)

Adiccabandhu (2006) "**My Buddhist Faith**" (My Faith Series). Evans Brothers Ltd. [Includes notes for parents/teachers].

Lynne Broadbent & John Logan (2000) "**Under the Bodhi Tree: A Story for Wesak: Pupils' Book**" (Times to Remember Series). Religious and Moral Education Press.

Key Stage 2 (ages 7 - 11)

Cath Senker (2003) "**My Buddhist Year**" (Year of Religious Festivals Series). Hodder Wayland.

Holly Wallace (2006) "**This Is My Faith: Buddhism: Yuranan's Story**" (This Is My Faith Books). Barrons Educational Publishing.

Key Stage 2 and Key Stage 3 (11 – 14)

Alison Cooper (2004) "**The Facts About Buddhism**" (Facts About Religions series). Hodder Children's Books.

Anita Ganeri (2003) "**Buddhist (Beliefs & Culture)**". Franklin Watts publishing.

Anita Ganeri (2003) "**Buddhist Festivals Through the Year**" (Year of Festivals Series). Franklin Watts publishing.

Thich Nhat Hanh (2001) "**A Pebble for Your Pocket**". Plum Blossom Books.

Key Stage 4 (ages 14 - 16)

Jack Kornfield (1994) "**Buddha's Little Instruction Book**". Random House Publishing. [sayings from the Buddha].

Franz Aubrey Metcalf (2003) "**Buddha in Your Backpack: Everyday Buddhism for Teens**". Ulysees Press.

Paramananda (1996) "**Change Your Mind: A Practical Guide to Buddhist Meditation**". Windhorse Publishing.

Chris Pauling (1990) "**Introducing Buddhism**", Windhorse Publishing.



Diana Winston (2003) "**Wide Awake: A Buddhist Guide for Teens**". The Berkeley Publishing Group.

Visual Resources:

A wall chart showing the traditional eight Buddhist symbols

Four discs (20cm diameter) depicting:

- The eight traditional Buddhist symbols
- The thousand armed Avalokitesvara
- The 5 Buddha mandala with Akshobya in the centre of the mandala
- The Tibetan wheel of life

5 postcards of the following figures:

- Green Tara, Vajrayogini, Padmasambhava, Shakyamuni Buddha and the Five female Buddhas.

Audio visual materials:

DVDs

"What is Buddhism?" DVD. An introduction to Buddhism showing its richness and diversity. The DVD explores the life of the Buddha, the Dharma, including the 4 Noble Truths and 8 fold path, the Sangha (Buddhist community) and meditation and devotion in Buddhism. Running time 57 minutes. Produced by the Clear Vision Trust (www.clear-vision.org).