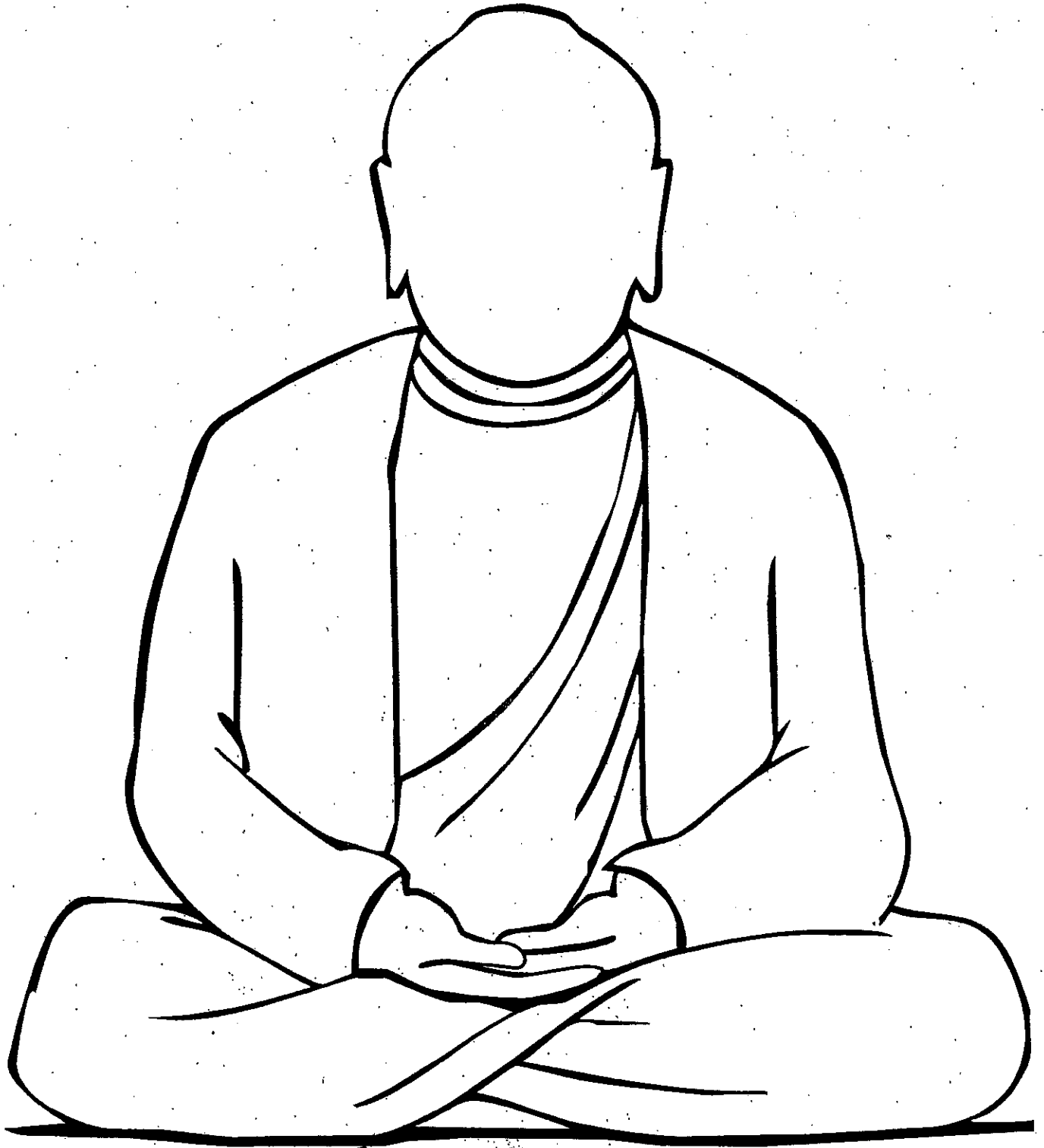


Face of Buddha



Outline of Buddha





Background Information on Buddhism

Directions: This information will help your group create a character collage of Buddha. Take turns reading sections of the handout aloud and leading a discussion of the questions after that section.

Buddhism is a belief system based on the teachings of Siddhartha Gautama, known as Buddha. Gautama was a prince who lived in India from 563 to 483 B.C. Gautama led a life of comfort, or *luxury*, in his palace. He never suffered or saw other people suffer. Then one day he saw three men: a man who was very sick, a man who was old and feeble, and a dead man. Gautama's comfortable life was shattered. He wanted to learn what causes suffering and how to escape it. He left the palace to search for the answers to these questions. For six years, Gautama tried to find wisdom by living without any comforts. For days at a time, he ate only one grain of rice a day. But this did not help him to find the answers to his questions. Finally, he sat down under a tree to think deeply, or *meditate*. He meditated deeply for many days, and then he saw the truth about life. After that, he was known as the Buddha, or the "Enlightened One" (one who sees the truth).



- Who was Buddha?
- Why did Gautama leave the palace?
- How did he learn the truth about life?

Buddhism is based on four main ideas, called the Four Noble Truths.

- **First Noble Truth** Life is suffering. This means that people everywhere experience unhappiness, pain, sickness, and death.
- **Second Noble Truth** The cause of suffering is people's self-centered desires. People want things they do not have and do not want things they do have. If they get something they want, it does not last. Either way, they are disappointed and unhappy.
- **Third Noble Truth** The way to escape suffering is to get rid of self-centered desires. When people do this, they become free from pain and selfishness, or reach *enlightenment*.
- **Fourth Noble Truth** People can get rid of self-centered desires by living a life that is neither luxurious nor harsh. The Buddha called this the Middle Path. The Middle Path has three parts: moral discipline, mental discipline, and wisdom. Moral discipline means acting, speaking, and earning one's living in ways that are not self-centered. Mental discipline means trying hard to follow the Middle Path, controlling one's emotions, and examining one's thoughts. Wisdom means seeing how life really is and then wanting to act on what one sees.

The Buddha also believed that after one dies, one is reborn in another body. One is reborn over and over, and suffers over and over, until one reaches enlightenment, or *nirvana*. The way to end one's suffering and reach enlightenment is to follow the Middle Path.

Stop Here
& Discuss



- Describe the Four Noble Truths in your own words.
- According to Buddhism, what is the cause of suffering?
- What is the Middle Path?

After Buddha died, Buddhism changed in two important ways. First, Buddhism slowly became a religion. Today, many Buddhists worship the Buddha as a God. They pray to him, asking him to help them reach enlightenment. Second, travelers and missionaries spread Buddhism throughout Central and East Asia. Buddhist monks and traders brought Buddhism to China in A.D. 200. In the centuries that followed, Buddhism gradually became as popular as China's two other important belief systems—Confucianism and Daoism.

Starting in 1949, the Communist government tried to stop people from practicing Buddhism. Buddhist monks and priests were arrested, and Buddhist temples were closed or destroyed. But Buddhism continues to be an important religion in China. In the mid 1970s, the Chinese government let the Buddhists reopen a few of their temples. Today Buddhist ceremonies, or *rituals*, are used on many important occasions.

Stop Here
& Discuss



- How did Buddhism change after Buddha died?
- When and how did Buddhism reach China?
- What role does Buddhism play in China today?

Quotes from the Teachings of Buddha

Quote 1: *Like fish caught in a net, desires trap us as we swim downstream in the violent flood of birth and death. Turn away from desires and leap out of the torrent (rushing river)...of misery.*

Quote 2: *The mind is flighty (easily excited) and hard to grasp (get control of); the mind pursues all its desires (goes after anything it wants). To tame the mind is great goodness. Subdue (conquer) the mind and know tranquillity (peace).*



Background Information on Buddhism

Directions: This information will help your group create a character collage of Buddha. Take turns reading sections of the handout aloud and leading a discussion of the questions after that section.

Buddhism is a belief system based on the teachings of Siddhartha Gautama, known as Buddha. Gautama was a prince who lived in India from 563 to 483 B.C. Gautama led a life of comfort, or *luxury*, in his palace. He never suffered or saw other people suffer. Then one day he saw three men: a man who was very sick, a man who was old and feeble, and a dead man. Gautama's comfortable life was shattered. He wanted to learn what causes suffering and how to escape it. He left the palace to search for the answers to these questions. For six years, Gautama tried to find wisdom by living without any comforts. For days at a time, he ate only one grain of rice a day. But this did not help him to find the answers to his questions. Finally, he sat down under a tree to think deeply, or *meditate*. He meditated deeply for many days, and then he saw the truth about life. After that, he was known as the Buddha, or the "Enlightened One" (one who sees the truth).

Stop Here
& Discuss



- Who was Buddha?
- Why did Gautama leave the palace?
- How did he learn the truth about life?

Buddhism is based on four main ideas, called the Four Noble Truths.

- **First Noble Truth** Life is suffering. This means that people everywhere experience unhappiness, pain, sickness, and death.
- **Second Noble Truth** The cause of suffering is people's self-centered desires. People want things they do not have and do not want things they do have. If they get something they want, it does not last. Either way, they are disappointed and unhappy.
- **Third Noble Truth** The way to escape suffering is to get rid of self-centered desires. When people do this, they become free from pain and selfishness, or reach *enlightenment*.
- **Fourth Noble Truth** People can get rid of self-centered desires by living a life that is neither luxurious nor harsh. The Buddha called this the Middle Path. The Middle Path has three parts: moral discipline, mental discipline, and wisdom. Moral discipline means acting, speaking, and earning one's living in ways that are not self-centered. Mental discipline means trying hard to follow the Middle Path, controlling one's emotions, and examining one's thoughts. Wisdom means seeing how life really is and then wanting to act on what one sees.

The Buddha also believed that after one dies, one is reborn in another body. One is reborn over and over, and suffers over and over, until one reaches enlightenment, or *nirvana*. The way to end one's suffering and reach enlightenment is to follow the Middle Path.

Stop Here & Discuss



- Describe the Four Noble Truths in your own words.
- According to Buddhism, what is the cause of suffering?
- What is the Middle Path?

After Buddha died, Buddhism changed in two important ways. First, Buddhism slowly became a religion. Today, many Buddhists worship the Buddha as a God. They pray to him, asking him to help them reach enlightenment. Second, travelers and missionaries spread Buddhism throughout Central and East Asia. Buddhist monks and traders brought Buddhism to China in A.D. 200. In the centuries that followed, Buddhism gradually became as popular as China's two other important belief systems—Confucianism and Daoism.

Starting in 1949, the Communist government tried to stop people from practicing Buddhism. Buddhist monks and priests were arrested, and Buddhist temples were closed or destroyed. But Buddhism continues to be an important religion in China. In the mid 1970s, the Chinese government let the Buddhists reopen a few of their temples. Today Buddhist ceremonies, or *rituals*, are used on many important occasions.

Stop Here & Discuss



- How did Buddhism change after Buddha died?
- When and how did Buddhism reach China?
- What role does Buddhism play in China today?

Quotes from the Teachings of Buddha

Quote 1: *Like fish caught in a net, desires trap us as we swim downstream in the violent flood of birth and death. Turn away from desires and leap out of the torrent (rushing river)...of misery.*

Quote 2: *The mind is flighty (easily excited) and hard to grasp (get control of); the mind pursues all its desires (goes after anything it wants). To tame the mind is great goodness. Subdue (conquer) the mind and know tranquillity (peace).*

Steps for Creating a Character Collage

Roles

Researcher Underlines or highlights key ideas on **Student Handout 2B**. Finds additional information about belief system from textbooks, the library, or the teacher. Helps brainstorm ideas for the character collage. Makes sure the most important ideas are included. Assists in the production of the final collage.

Graphic Designer Responsible for the overall look and organization of the character collage. Leads discussion, takes notes, and contributes ideas during the brainstorming session. Makes sure visuals accurately represent the ideas of the belief system. Leads in the production of the final collage.

Illustrator Traces the outline of the historical figure and attaches the face to it. Creates visuals for the character collage. Helps brainstorm ideas for the collage. Creates a rough sketch of the collage for the teacher to review. Assists in the production of the final collage.

Paraphraser Reads quotes on **Student Handout 2B** aloud to the group. Helps brainstorm ideas for the character collage. Leads discussion on how to paraphrase (restate in simple words) the historical figure's quotes so classmates can easily understand them. Assists in the production of the final collage.

Steps

Step 1: Read and discuss your belief system. Take turns reading the information on **Student Handout 2B** aloud. As you read, have the Researcher underline or highlight key details. Talk about the "Stop Here and Discuss" questions.

____ After your group has read the information on **Student Handout 2B**, highlighted key details, and discussed the "Stop Here and Discuss" questions, have your teacher initial here.

Step 2: Brainstorm ideas for key words, phrases, and visuals to include in the character collage. Your group must create a character collage—a life-size outline of a historical figure, within and around which are carefully arranged key ideas, symbols, and illustrations that represent the person's beliefs. Your classmates should be able to "read" your collage and understand the key ideas of the belief system. The Graphic Designer should make sure your collage includes

- *at least five key words or phrases that represent main ideas of the belief system*
- *at least five visuals—illustrations, symbols, pictures—that represent main ideas of the belief system*

____ After your group has brainstormed words and visuals for your character collage, have your teacher initial here.

Step 3: Paraphrase the quotes for your collage. You must rewrite the quotes from your historical figure in simple words, or *paraphrase* them, for your character collage. The Paraphraser should lead the group in paraphrasing the quotes on **Student Handout 2B** so they are simple, memorable, and easily understood by a sixth grader.

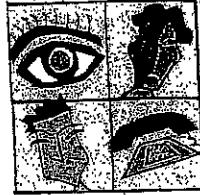
____ After your group has paraphrased the quotes, have your teacher initial here.

Step 4: Brainstorm ideas for how to lay out (arrange) the character collage and create a rough draft. Talk about how to arrange the words, phrases, visuals, and paraphrases on the character collage. These can be placed within or outside of the outline of the character, but should be arranged in a way that helps the viewer understand the main ideas of the belief system. The format of your character collage should reflect the beliefs of your character. For example, if your character valued neatness, the contents of the collage would be arranged in a very orderly way. The Illustrator should quickly create a rough draft of the character collage on a standard-size piece of paper.

____ After your group has created a rough draft of the character collage, have your teacher initial here.

Step 5: Sketch the outline of your historical figure and create your final character collage. After you have received feedback from your teacher on your character collage, the Illustrator should sketch the outline of your historical figure on a large piece of unlined paper. Tape or glue the drawing of the figure's face from **Student Handout 2C** to the outline. Then, work neatly and carefully to create the final version of your character collage. Use color and other creative touches to make the collage visually appealing.

Character Collage Rubric



_____ **15pts:** at least 5 key words or phrases that represent main idea of the belief system

_____ **15pts:** at least 5 visuals- symbols, illustrations, pictures that represent the main ideas of the belief system

_____ **5pts:** quotes paraphrased correctly and made easy to understand

_____ **5pts:** use of color, or other creative touches to make the collage visually appealing

_____ **10pts:** Exhibits clearly higher level thinking and well thought out planning

