

Year 6 Optional Homework for Buddhism

<p>Meditation</p> <p>Find somewhere quiet and get comfortable. Focus on positive thoughts, breathe deeply in and out and stay relaxed.</p> <p>Try doing this for 10 minutes. How did it make you feel?</p>	<p>Holy book</p> <p>The Tripitaka, which means the 'three baskets', is the Holy Book of Buddhism.</p> <p>Can you find out why it is called this and what it contains?</p>	<p>Want or need?</p> <p>Think of something you really want and that would make you happy. Why do you want it?</p> <p>Would a Buddhist believe that this 'thing' will make you permanently happy?</p>
<p>Lucky charm</p> <p>According to legend, if you rub the Laughing Buddha's great belly, it brings forth wealth, good luck, and prosperity.</p> <p>What would your lucky charm be? Can you create a model of it?</p>	<p>Researching a recipe</p> <p>Try making a traditional sweet porridge dish called kheer which is often eaten as part of Wesak celebrations, honouring the life and death of the Buddha.</p>	<p>Buddha's teachings</p> <p>Can you think of practical ways in which Buddhist teachings could be followed in a person's life?</p> <p>Create 5 rules to follow.</p>
<p>Dear Diary...</p> <p>Imagine you are Siddhartha Gautama. Write a diary entry for the day you decide to leave the palace.</p>	<p>Lotus Flower</p> <p>Research the meaning of the lotus flower in Buddhism.</p> <p>Sketch and colour in your own.</p>	<p>Fitzwilliam Museum</p> <p>Plan a family trip to the Fitzwilliam Museum and explore the Buddhist artefacts.</p>