



TODAY'S TOPIC:
The Buddha

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What is one thing someone taught me how to do?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Buddha images or statues. • Optional Sound clip of Ohm • Images of Ohm symbol 	<ul style="list-style-type: none"> • 	Know that Buddha was one of the greatest religious teachers and focused on wisdom.

ASK: Who are some teachers in our life? (school, parents, the person doing this lesson). There are many religions and many names for God, and sometimes these religious teachers are so great, they become famous for their ideas and stories. One of these great teachers was Buddha. and today we are talking about Buddha.

ASK: How does it feel to wake up after a good sleep? Good, happy, rested. The word “Buddha” means “awakened” (or to wake up) to the truth. You feel good when you wake up after a good sleep and you feel good when you wake up to things that are true for you.

SAY: This idea of waking up to truth inspired an entire religion called Buddhism and started with one person – the Buddha. **Show picture or statue.** There are many images of Buddha. Some show Buddha meditating, some show him laughing. Many people have been the Buddha, but who was the first Buddha?

A man named Siddhartha.

STORY: Read the brief story.

ASK: Is Siddhartha the only Buddha? No there have been many.

SAY: Buddhism has some really cool beliefs about how smart and wise every person is.

- There is a Basic Goodness or Buddha nature, within every living being.
- What is true for you is already inside of you. You just need to find it.
- Pay attention to how we think and act. You have control over how you think and act. Don't think so much about your stuff, but instead on your thoughts and actions

AFFIRMATION: The belief that we are all wise is so important in Buddhism, that is our affirmation today. I am wise. Repeat 4x

ACTIVITY: Did you know that some religions like Buddhism also have a sound? That sound is "Ohm". Ohm is the sound of the cosmic vibration of the universe and everything in it. Have everyone practice saying Ohm. Start normal speed and continue repeating slower and slower to see how slow you can say "Ohm".

ACTIVITY: Ohm symbols – draw, color, get Ohm tattoos.

AFFIRMATION – I am wise. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .