

BUDDHISM KEY STAGE 2 & 3 - ARTEFACTS

PRAYER WHEEL

A **prayer wheel** is a hollow metal cylinder, often beautifully embossed, mounted on a rod handle and containing a tightly wound scroll printed with a mantra.

Prayer wheels are used primarily by the Buddhists of Tibet and Nepal, where hand-held prayer wheels are carried by pilgrims and other devotees and turned during devotional activities.

According to Tibetan Buddhist belief, spinning a prayer wheel is just as effective as reciting the sacred texts aloud. This belief derives from the Buddhist belief in the power of sound and the formulas to which deities are subject. For many Buddhists, the prayer wheel also represents the Wheel Of The Law (or Dharma) set in motion by the Buddha.

The prayer wheel is also useful for illiterate members of the lay Buddhist community, since they can "read" the prayers by turning the wheel. Prayer wheels come in many **sizes**: they may be small and attached to a stick, and spun around by hand; medium-sized and set up at monasteries or temples; or very large and continuously spun by a water mill. Prayer wheels at monasteries and temples are located at the gates of the property, and devotees spin the wheels before passing through the gates.



PRAYER FLAGS

Prayer Flags are inscribed with auspicious symbols, invocations, prayers and mantras. Tibetan Buddhists for centuries have planted these flags outside their homes and places of spiritual practice for the wind to carry the beneficent vibrations across the countryside. Prayer flags are said to bring happiness, long life and prosperity to the flag planter and those in the vicinity.

Dharma Flags may be placed either inside a building to increase the spiritual atmosphere or outdoors where the wind can carry their prayers. Traditionally they are fastened to eaves or sewn onto ropes to be displayed horizontally or they are fastened to poles for vertical display. Sets of five coloured flags should be put in the order; yellow, green, red, white, blue (from left to right or from bottom to top). The colours represent the elements; earth, water, fire, cloud, sky.



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SINGING BOWL

Singing bowls are played by the friction of rubbing a wooden, plastic, or leather wrapped mallet around the rim of the bowl to produce overtones and a continuous 'singing' sound. High quality singing bowls produce a complex chord of harmonic overtones. Singing bowls may also be played by striking with a soft mallet to produce a warm bell tone.

In Buddhist practice, singing bowls are used as a support for meditation, trance induction and prayer. For example, Chinese Buddhists use the singing bowl to accompany the Wooden Fish during chanting, striking it when a particular phrase in a sutra, mantra or hymn is sung.

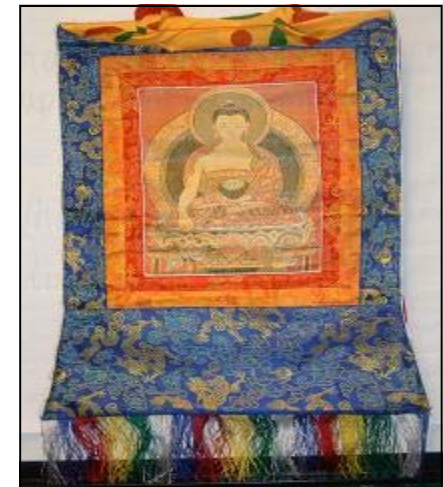
Singing bowls are unique because they are multi-phonic instruments, producing multiple harmonic overtones at the same time. The overtones are a result of using an alloy consisting of multiple metals, each producing its own overtone. New bowls can also produce multiple harmonic overtones if they are high quality bronze, but many are made from a simpler alloy and produce only a principal tone and one harmonic overtone.



BUDDHA EMBLEM (THANGKA)

Thangka or scroll paintings are sacred artefacts used as physical support in Tibetan Buddhist practices. In Tibetan the word 'Than' means flat and the suffix 'Ka' stands for painting.

The Thangka is thus a kind of painting done on a flat surface but which can be rolled up when not required for display. It is either painted or embroidered and is generally hung in Monasteries or a



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OCEAN DRUM

The ocean is a powerful metaphor for the Buddhist idea of abandoning the ego and becoming one with the universe. Gently moving this drum from side to side gives an oceanic sound, ideal for the practice of meditation.



3 BUDDHAS

Buddha, the founder of Buddhism, who lived in the 6th century BC. Born as a prince, but left the palace to find answers to people's suffering. After 6 years he received 'Enlightenment', and became Buddha.

This represents the Buddha in the gesture of religious instruction (dharmacakra pravartana mudra). He is depicted according to the iconography of the enlightened beings, with elongated earlobes and a mark between his brows.

In Buddhism Maitreya the Buddha of the future will descend to earth to preach again the dharma when the teachings of the Buddha have decayed. Until then, Maitreya is believed to be a Bodhisattva in heaven. Mentioned in scriptures from the 3rd century AD and he is the earliest Bodhisattva whom a cult developed and is still the only one generally honoured by the Theravada tradition. His images found throughout the Buddhist world convey an air of expectancy and promise.



BUDDHISM RESOURCE BOX KEY STAGE 2/3

Books CDs and Activity Packs

Rooted book & video:

This resource pack incorporates several interesting activities based on a brief comparative overview of the six main world religions found in the UK (Buddhism, Hinduism, Islam, Sikhism, Christianity and Judaism). These religions are explored through the eyes of six children who visit a country of cultural heritage. The pack encourages children to learn about other faiths as well as actively reflecting on their own values and ideas to understand the global nature of faith and citizenship. Each section contains factual, up to date information on each country, a concise historical background and further information sections before describing the key facts, beliefs, artefacts, symbols, festivals and ceremonies of each religion. Teaching ideas and activities draw on themes raised in the video, photographs from the posters and background information to raise questions, stimulate discussion, group work and personal reflection. A very good cross-curricular resource and highly recommended for students at this key stage

Eyewitness guide – Buddhism

This illustrated book for children and families explores the history, culture and religion of Buddhism. It includes information on the different branches of Buddhism and their spread around the world.

Introducing Religions – Buddhism

Discover the wonders and mysteries of major world religions through this fascinating series, especially written for primary school children. The series covers main beliefs, festivals, ways of worshipping and key figures of the six major world religions. The new editions feature fully updated text and a fresh new design, with new pages added, featuring a calendar of events, glossary and resources for future research.

Sacred Texts – the Tipitaka and other Buddhist Texts

This book provides an exploration of Buddhism through sacred texts. Beautifully photographed, the book explains the origin of the texts, their history and how they are used in everyday life and on special occasions. Quotes from the texts themselves appear throughout the book.

Atlas of the World Faiths: Buddhism

This book looks at the history of Buddhism through a page by page series of maps which graphically trace the faith's development through time and place. The main text provides a rich source of facts and the book includes brief biographies of major figures in addition to a useful timeline to help put all the information into perspective.

Beliefs and Cultures: Buddhist

Anita Ganeri covers every aspect of the Buddhist faith in this book for children at Key Stage 2. Interviews with adults and children practicing the faith further help in bringing it to life.

BUDDHISM RESOURCE BOX KEY STAGE 2/3

Buddhist Festivals through the Year

An attractive and brightly illustrated book with information about Buddhist festivals. Included are prayers, songs and quotations from religious writings and lots of ideas for make and do activities to explore and celebrate these festivals.

Buddhist Stories

The stories are based on biographies of figures central to the Buddhist faith. Relevant and simply written facts about Buddhism are also included making this book an extremely useful resource.

Buddhist Prayer and Worship

The collections of prayers include daily prayers and prayers for festivals and special occasions. A fascinating way to explore Buddhism and very useful for assemblies.

Religions of the World: Buddhism

This book not only offers historical and biographical information related to the development of Buddhism as an important world religion but also provides details regarding how modern Buddhists practice their faith. It focuses on the Buddhist religion, from its origin with Buddha himself to its rise in popularity in India, China, Japan and the western world.

Religion in Focus: Buddhism

This book covers topics such as beliefs, key figures, scriptures, worship, family life, festivals and values. The factual text is accompanied by interesting photographs which invite further discussion and there is a concise key questions and answers summary at the end of each book.

8 Postcards

Images including a Buddhist monk, Buddha, prayer flags, etc

CD Temple music from Tibet

Tibetan Buddhist monks play a selection of ritual music using traditional instruments – bell, drums, cymbals, horns – and techniques, such as chanting. Suitable for Wesak and Padmasambhava Day.