

Buddhism

Lesson 5

All Buddhists try to live by following the **5 precepts of Buddha**. They are taught to children from a young age.

1. Do not hurt any living being
2. Do not steal
3. Respect each other
4. Speak kindly about others
5. Avoid actions that are harmful to your body and mind.



Rather than commandments (things you must do) Buddha intended these to be things you should TRY to do. Buddhists use these precepts alongside meditation and mindfulness as positive things to lead to enlightenment.

We could write them like this:

1. I will **try** not to intentionally harm people, animals, plants and any part of our school environment, caring for them in a way I would like to be cared for myself or looking after the school in a way I would like my own belongings to be looked after.
2. I will **try** not to take things that belong to others, remember to ask when borrowing, and try to share when appropriate.
3. I will **try** to be caring towards my friends and be respectful at all times even to those who are not my friends.
4. I will **try** to say things that are honest and truthful, and be mindful in my speech and voice.
5. I will **try** to keep my body fit and healthy and my mind calm and clear by following that which brings health and happiness

**Activity: What would life be like if everyone followed these precepts?
Show/explain these precepts in any way you like.**

Here are 2 ideas...

