

Buddhism



*Dhipa Begum
Downsell Primary*



Buddhist monks or nuns possessions



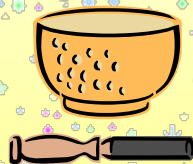
2 Robes



Sandals



Prayer beads



Alms bowl



Razor



Why do the Buddhist monks or nuns need these possessions?

For collecting gifts of food and other essentials from people.



Alms bowl



Prayer beads

It is used to recite prayers.

For shaving their heads.



Razor



What are your favourite possessions?

Using a whiteboard make a list of your favourite possessions.

How are your possessions different from the Buddhist monks or nuns?



Daily life of a Buddhist Monk or Nun

Possible daily life of a monk or nun:

- *4.00 am - The monks wake up, shave head, get dressed and meditate.*
- *5.00 am - Chant with other monks and nuns.*



• *6.00 am - The monks walk barefoot around the neighborhood while the local people offer them food.*

• *8.00 am - Return to the temple, the monks sit together to eat breakfast, then make a blessing for world peace.*

• *11.00 am - Eat lunch before midday. Some monks choose to eat a light lunch at this time. This is the last solid food they are allowed to consume until sunrise the following morning.*



• 1.00 pm - Classes in Buddhist teaching begin. Some monks may attend school outside the temple.

• 6.00 pm - A two-hour session of meditation and prayer begins.

• 8.00 pm - The monks retire to do homework.

• 9.00 pm - Bed

