

Five Minute Meditation

Sit somewhere calm and quiet, then follow the instructions in this link:

<https://www.youtube.com/watch?v=inpok4MKVLM>

Now complete the following reflection:

- Where did you carry out your meditation?
- How did you feel before the meditation?
- How did you feel during the meditation?
- How did you feel after the meditation?
- Would you recommend meditation to others? Why?



Create your own Mandala

Draw and colour your own mandala design. Use some of the following examples to help you:

https://www.google.com/search?q=simple+mandala+designs&tbm=isch&ved=2ahUKewiYyuPUrsHsAhUENRoKHWP1B6UQ2-cCegQIABAA&oq=simple+mandala+designs&gs_lcp=CgNpbWcQAzoFCAAQsQM6AggAOggIABCxAxC DAToECAAQZoHCAAQsQMQQzoGCAAQChAYOgQIABAEULdsWO-PAWCbkQFoAHAAeACA AVulAeYnkgECMjOYAQCgAQGqAQtnD3Mtd2l6LWltZ8ABAQ&scIent=img&ei=duWNX5i3NITqaOPqn6gK&bih=754&biw=1536&rlz=1C1GCEU_enGB871GB871



What are Mandalas?

Use the information on the following link to write a paragraph explaining what Mandalas are and why they are important.

<https://www.bbc.co.uk/religion/religions/buddhism/customs/mandala.shtml#:~:text=One%20of%20the%20richest%20visual%20objects%20in%20Tibetan%20Buddhism%20is%20the%20mandala.&text=The%20mandala%20represents%20an%20imaginary,meditator%20of%20a%20guiding%20principle.>



Buddhism leaflet

Use the link below to create an information leaflet on the Buddhism. Include what Buddhists believe, and how they worship.

<https://www.bbc.co.uk/bitesize/topics/zs86n39/articles/zmcsmfr>



Research

Find a celebrity who is a Buddhist and create a short fact file showing how their faith has influenced their life.

You could start your research here:

<http://www.dalit.hu/top-10-celebrity-buddhists/>



Buddhism in the UK

Create a list of Buddhist temples and centres in the UK, and where they are located.

