



Buddhism

Digital Resources and Children's Books

Updated 11/2020

Kid-Friendly YouTube Clips:

What is Buddhism: https://www.youtube.com/watch?v=cZLph_GawII

Story of the Enlightenment of Buddha: <https://www.youtube.com/watch?v=nVKK-WVW2uw>

10 Life Lessons from the Buddha: <https://www.youtube.com/watch?v=lnQuIGxteGI>

Variations on Buddhism: <https://www.youtube.com/watch?v=4QLpxfQswvc>

Buddhist Temples around the World: <https://www.youtube.com/watch?v=-NGxNHmWyMA>

International Buddhist Temple Introduction:
<https://www.youtube.com/watch?v=ZV4yjdrC69E>

10 Largest Buddha Statues in the World:
<https://www.youtube.com/watch?v=3BOMeJyrBR8>

5 Powerful Buddhist Symbols for Inner Peace:
<https://www.youtube.com/watch?v=FtgOmBKc5EA>

The Tibetan Sand Mandala: <https://www.youtube.com/watch?v=WBrYUIOYK0U>

10 Buddhist Festivals <https://www.youtube.com/watch?v=vqiFZkG4d-4>

What is the Vesak Festival and what does it mean to Buddhists:
<https://www.youtube.com/watch?v=U1pQwj-CNZ8>

A Day in the Life of a Buddhist Monk: <https://www.youtube.com/watch?v=4n-X2Dj01AE>

Meditation is Easier than you think: <https://www.youtube.com/watch?v=thcEuMDWxol>

How to Meditate for Children, a Kid's Guide to Peace:
<https://www.youtube.com/watch?v=98ficcEu-ns>

Websites:

Overview of Buddhism <https://en.wikipedia.org/wiki/Buddhism>

Buddhism for Beginners: <https://tricycle.org/beginners/>

Buddhism by Country:

https://en.wikipedia.org/wiki/Buddhism_by_country#:~:text=Countries%

Buddhist Beliefs Symbols and Festivals:

<http://www.primaryhomeworkhelp.co.uk/religion/buddhism.htm>

Buddhist Temples and Stupas:

<http://factsanddetails.com/world/cat55/sub355/item1325.html>

Buddhist Devotional Practices and Objects: <http://www.buddhanet.net/e-learning/history/observances.htm>

Overview of Robes Worn by Buddhist Monks and Nuns:

<https://www.learnreligions.com/the-buddhas-robe-450083>

Buddhism, World Religions for Kids:

<https://sites.google.com/site/worldreligionsforkids/buddhism>

Buddhism and the Buddha for Kids: <http://ancienthistory.mrdonn.org/Buddhism.html>

Buddhist Festivals for Kids:

<http://www.primaryhomeworkhelp.co.uk/religion/buddhistfestivals.htm>

Lesson Plans:

The Gautama Buddha, Founder of Buddhism, 8 Lessons: :

<http://study.com/academy/lesson/guatama-buddha-the-founding-of-budhism.html>

Buddhism Resources and Activities: <http://www.twinkl.co.uk/resources/ks2-subjects/ks2-religious-education/ks2-buddhism>

Introduction to Buddhist Festivals for the Classroom:

https://thebuddhistcentre.com/system/files/groups/files/introduction_to_buddhist_festivals.pdf

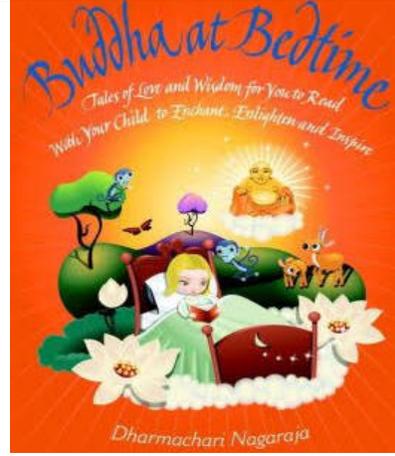
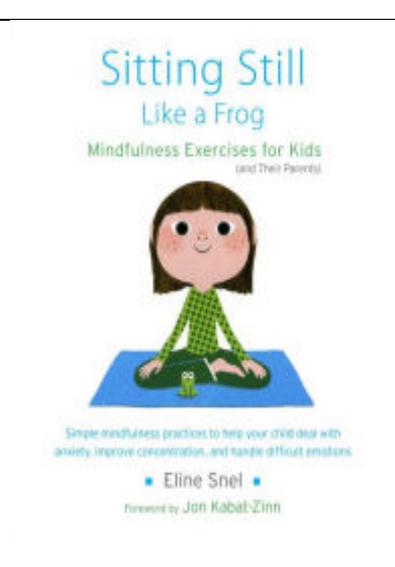
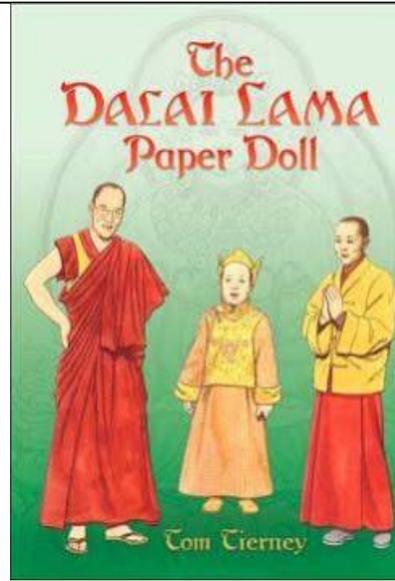
Teaching Meditation and Mindfulness: <http://www.pbs.org/thebuddha/lesson-plans/>

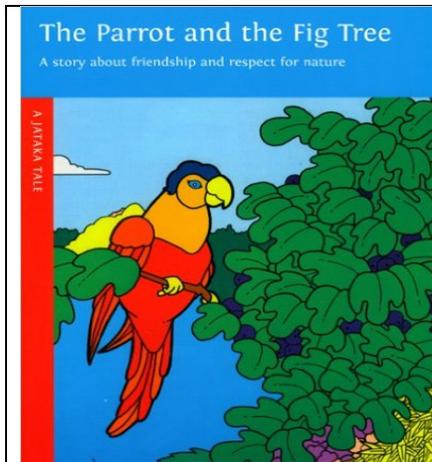
Kids Meditation, Square Breathing (focus and calm):

<https://www.youtube.com/watch?v=kO5l0p3luiQ>

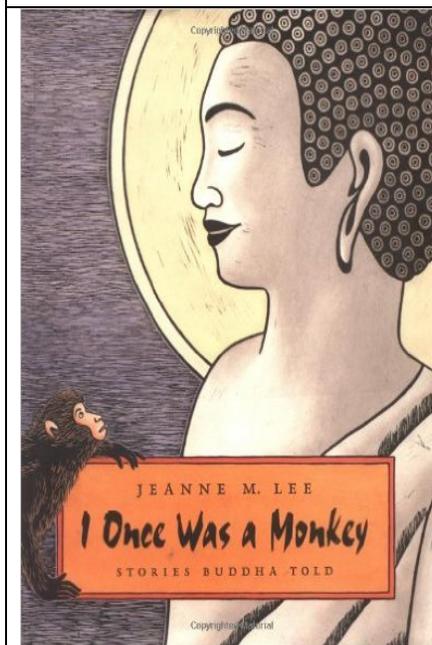
Buddhist Folktales, Lessons and Units: <http://www.learningtogive.org/units/generosity-spirit-folktales/buddhist-folktales>

Children's Books:

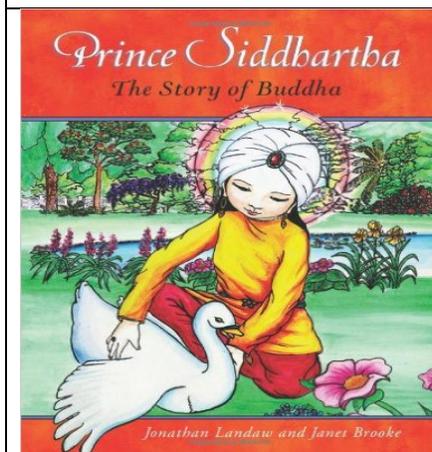
	<p>Title: Buddha at Bedtime: Tales of Love and Wisdom Author: Dharmachari Nagaraja Grade: K-8th –designed for read aloud Publisher: Duncan Bird Publishers ISBN: 1844836231 Summary: Growing up in the modern world, our children have to cope with ever-increasing amounts of stress, which can hinder their development. The ancient wisdom of Buddhism, with its emphasis on peace, love and compassion, is the ideal basis for helping any child to face these challenges with inner confidence and calm. A collection of 20 Buddhist tales of patience, generosity, and perseverance.</p>
	<p>Title: Sitting Still Like a Frog: Mindfulness Exercises for Kids Author: Eline Snel & Myla Kabat-Zinn Grade: K-3rd Publisher: Shambhala Publications ISBN: 9781611800586 Summary: This little book is a very appealing introduction to mindfulness meditation for children and their parents. The book contains eleven practices along with short examples and anecdotes throughout. Included with purchase is an audio CD with guided meditations, voiced by Myla Kabat-Zinn, who along with her husband, Jon Kabat-Zinn, popularized mindfulness-based stress reduction (MBSR) as a therapeutic approach.</p>
	<p>Title: The Dalai Lama Paper Doll Author: Tom Tierney Grade: PreK-5th Publisher: Dover Publications ISBN: 048645181X Summary: Tenzin Gyatso, the present Dalai Lama, moved to India. Tom Tierney pays tribute to this renowned teacher in a paper doll collection featuring the revered Buddhist leader and his parents at various periods in their lives. Outfits include formal ankle-length robes of brocaded silk and a fur-trimmed long coat, as well as shirts and prayer shawls of traditional saffron and maroon. Admirers of the spiritual leader--and anyone intrigued by Tibetan culture--will prize this authentically detailed collection.</p>



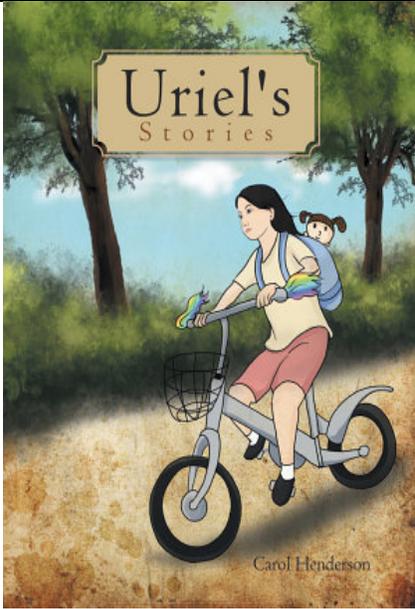
Title: Parrot and the Fig Tree
Author: Michael Harman
Grade: PreK-3rd
Publisher: Dharma Publishing
ISBN: 0898004306
Summary: This particular tale introduces seasons, the interdependency of all beings, and the value of loyalty. A parrot refuses to abandon his good friend, a fig tree, even during winter when the tree has no figs, and eventually even when it is destroyed by a storm. For his loyalty to the tree, the parrot is rewarded by the god Shakra, with the rebirth of the tree.



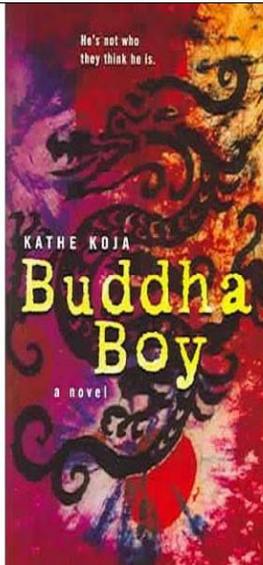
Title: I Once was a Monkey: Stories Buddha Told
Author: Jeanne M. Lee
Grade: K-5th
Publisher: Farrar, Straus & Giroux
ISBN: 0374335486
Summary: A monkey, caught in a monsoon, finds shelter in a cave amid the rubble of a temple. The monkey is not alone. A lion, a jackal, a turtle, and a dove bicker in the cramped space, until a statue of Buddha comes to life. "Hush, children, hush." Buddha says. "I will tell you a story to pass the time." From the tale of the clever monkey outwitting a hungry crocodile to that of a bird and turtle rescuing a friend, the six amusing parables told by the Buddha will introduce young readers to the famous cycle of fables in Buddhist literature known as the Jatakas, or birth stories, which Buddha originally told to his disciples to illustrate his teachings.



Title: Prince Siddhartha: The Story of Buddha
Author: Jonathan Landaw
Grade: 2nd-7th
Publisher: Wisdom Publications
ISBN: 0861716531
Summary: This is the story of Prince Siddhartha and how he became Buddha, the Awakened One. Lyrical verse and beautiful full-color illustrations depict each major life event in Siddhartha's development. His message of nonviolence, loving-kindness, and unselfishness is vitally necessary for today's--and tomorrow's--children.



Title: Uriel's Stories
Author: Carol Henderson
Grade: 6th-10th
Publisher: Xlibris Corporation
ISBN: 9781469128955
Summary: This book is intended to give children the chance to connect and discuss the importance of love and compassion. Best described by the wisdom of the Dalai Lama, "that love and compassion are necessities, not luxuries. Without them, humanity cannot survive." Your faith is your faith and should be followed with total respect. If we follow Christian, Zen, Buddhist, Hindu, Unitarian, Ute, Jewish, Taoist, Catholic, or any other religion or spiritual path, we much never forget that there are many religions to practice, and there is but one earth in which we all are given the privilege to live on!



Title: Buddha Boy
Author: Kathe Koja
Grade: 6th-9th
Publisher: Penguin Group
ISBN: 0142402095
Summary: The kids at school call Jinsen "Buddha Boy"—he wears oversize tie-dyed dragon T-shirts, shaves his head, and always seems to be smiling. He's clearly a freak. Then Justin is paired with him for a class project. As he gets to know Jinsen and his incredible artistic talent, Justin questions his own beliefs. But being friends with Buddha Boy isn't simple, especially when Justin realizes that he's going to have to take sides. What matters more: the high school social order or getting to know someone extraordinary?