

Curriculum At-a-Glance

ADULT STUDY GUIDE



CHILDREN'S LESSON PLANS

Getting Started

Welcoming Class

Unit 1: Meditation

1. Breathing Meditation
2. Mindfulness of the Senses
3. Mindfulness of the Body
4. Walking Meditation
5. Mindfulness of Emotions
6. Mindfulness of Thoughts
7. Building a Practice
8. Mindful Parenting

1. Breathing Meditation
2. Mindfulness of the Senses
3. Mindfulness of the Body
4. Walking Meditation
5. Mindfulness of Emotions
6. Mindfulness of Thoughts
7. Pebble Meditation
8. Stone Soup

Unit 2: Kindness

1. Overview; Benefactor
2. Oneself
3. Friend & Neutral Person
4. Anger
5. Forgiveness
6. Difficult Person
7. All Beings
8. Kind Parenting

1. Family
2. Acts of Kindness
3. Friends
4. Circle of Kindness
5. Anger & Forgiveness
6. Difficult People
7. All Beings
8. Kindness around the World

Curriculum At-a-Glance

ADULT STUDY GUIDE



CHILDREN'S LESSON PLANS

Unit 3: Ethics

1. Overview
2. Not Harming
3. Not Stealing
4. Sexual Responsibility
5. Harmful Speech & Beneficial Silence
6. Wise Speech & Mindful Listening
7. Harmful Consumption

1. Overview
2. Not Harming & Compassion
3. Not Stealing & Gratitude
4. Friendships
5. Harmful and Wise Speech
6. Wise Speech and Listening
7. Healthy Choices

Unit 4: Character

1. Overview; Generosity
2. Ethics & Karma
3. Patience
4. Effort
5. Meditation & Learning from Suffering
6. Wisdom
7. Wise Parenting

1. Overview & Generosity
2. The Golden Rule
3. Patience
4. Effort
5. Learning from Difficulty
6. Wisdom
7. Equanimity

Unit 5: Service

1. Awakening
2. Fear
3. Interbeing
4. Kindness for a Cause
5. Parenting & Partnership as Practice

Unit 5: Nature

1. Trees and Forests
2. Kindness for Trees
3. Kindness for Forests
4. Interbeing
5. Reforestation