Summer Institute 2024: Cross-Cultural Perspectives Along the Silk Road Partnership with the British Library

Buddhism's Spread Along the Silk Road

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Grade Level

10th Grade Modern World History or 9th Grade Ethnic Studies

Essential Unit Question:

- 1. How have the ancient ways of the silk road manifested themselves into the modern silk road?
- 2. How did ideas spread and evolve along the Silk Road?

Guiding Lesson Questions

- 1. What are the basics of Buddhism?
- 2. How did Buddhism evolve as it spread over time?
 - a. What are the differences between Chinese (Mahayana) Buddhism, traditional Buddhism (Theravada), and Tibetan (Vajrayana) Buddhism?

Introduction

The general topic of my lesson is Buddhism, and takes place within a larger unit on Modern China (in Modern World History), though could stand alone in another course (such as Ethnic Studies). This lesson on Buddhism will take place on about day 4 of the unit. This will be after students already have a basic knowledge about the Silk Road and the exchange of goods and ideas along its path, as well as a basic overview of Buddhism.

The overall goal of this lesson is to help students understand and interact with the basics of Buddhism and consider/analyze how as it spread into different areas of the Silk Road, it evolved to suit the population.

The lesson detailed below is a group activity where students will become experts on either Theravada, Mahayana, or Vajrayana Buddhism. Students will read about their style of Buddhism and complete an organizer with their details. Then, they will complete a large one-pager where they detail their important facts regarding their style of Buddhism. Students will detail information regarding the style of Buddhism, as well as provide images and a map that shows the spread of that particular style of Buddhism throughout the Silk Road routes.

In order to make comparisons, students will first present their one-pagers to the class so others can gather important details about the other two styles of Buddhism. Once complete, students will have a group discussion comparing and contrasting the styles of Buddhism, as well as mapping the spread of all forms of Buddhism along the Silk Road. Lastly, students will write an individual assessment in the form of a Historical ID to check for individual accountability and understanding.

Content Standards

The standards in this specific lesson are the standards for Historical Analysis Skills for grades 9-12.

Chronological and Spatial Thinking

2. Students analyze how change happens at different rates at different times; understand that some aspects can change while others remain the same; and understand that change is complicated and affects not only technology and politics but also values and beliefs.

Historical Research, Evidence, and Point of View

4. Students construct and test hypotheses; collect, evaluate, and employ information from multiple primary and secondary sources; and apply it in oral and written presentations.

Objectives

Students will be able to:

- Define Buddhism and its basic characteristics
- Present/explain one of the styles of Buddhism via a group presentation
- Compare and contrast the difference(s) between Theravada, Mahayana, and Vajrayana Buddhism
- Elaborate on their own understanding(s) of Buddhism via an individual written exit ticket

Materials

- Markers/Colored Pencils
- Glue (to paste images and map of Asia)
- Large Paper
 - 1 or 2 pieces of 11x17 together works great, or roll of paper cut to similar size depends on the size of one-pager you'd like
- Schools of Buddhism Readings
 - <u>Theravada</u>
 - <u>Mahayana</u>
 - <u>Vairavana</u>
 - Sources:
 - International Dunhuang Programme Website
 - geographyteacher.co.uk (online resource)
- <u>Graphic Organizer for group notes</u>
- <u>Task Card</u>
- Individual Assessment
- <u>Blank Asia Maps</u> (one per group)

Equipment

- Screen/Laptop for Presentation

Teacher Preparation

- Teachers must be familiar with the various types of Buddhism and their differences, how they spread, etc.
- Prepare blank maps of Asia for students to map the spread of Buddhism and put on their one-pager

Time (of Lesson and Unit)

- This Lesson:
 - One 90 minute block period
 - One 50 minute block period
- Larger Unit:
 - roughly 3 weeks of instruction

Procedures

**NOTE: (Previous Class) Teacher will have provided basic background/overview lecture on the Buddha and Buddhism.

- 1. (5 min) Warm Up: Students will be shown a series of images of people practicing Buddhism. Showing examples of ritual practice, etc. and asked a series of questions:
 - a. What do you notice? (observation)
 - i. Students will create a bullet point list of observations (no complete ideas/inferences here)
 - b. What do you wonder?
 - i. Students will be asked to generate a question or wonderment about the image
 - c. What is happening in the photo? (inference)
 - i. Based on observations students will create a full sentence "based on <u>(insert observation here).</u> <u>can infer that (insert answer here).</u>"
- 2. (5 min) Group students into expert groups of 3-4 students and assign each group a school of Buddhism, Theravada, Mahayana, or Vajrayana

3. (5 min) Review instructions with students -

Step 1: Read once through out loud with your group about your style of Buddhism

Step 2: Go back through your reading and take notes on your note-taker regarding the key ideas of your assigned topic

Step 3: Assign group roles (see group roles sheet)

Step 4: Create your one-pager with your group, keeping your group roles and one-pager instructions in mind (see instructions handout)

- 4. (60 min) Students will follow the procedures above they will work in groups to read about their assigned school of Buddhism, take group notes, and create their colorful one pager.
- 5. (20 minutes) Students will share out their one-pagers while peers take notes on the two schools of Buddhism they did not become experts in
 - a. Please note this may have to go into the next class
- 6. (beginning of next class) Students will complete their individual assessment using their notes (but must write in their own words.

Assessment

- 1. Groups present their one-pager on the type of Buddhism they researched
- 2. Students will write an individual exit ticket to check for understanding

Basics of Buddhism

Adapted from the International Dunhuang Programme Website, <u>"Buddhism on the Silk Roads"</u>

Buddhist Teachings

Buddhists believe in the idea of reincarnation, or rebirth. This cycle of birth, death, and rebirth is called samsara. According to Buddhism, the goal of life is to escape from this cycle- to stop being born as an individual with selfish desires. Escape from the cycle of birth, death, and rebirth is called nirvana. The Buddha's teachings offer a path to transcending human suffering, and reaching enlightenment or nirvana. They are known as "Dharma" and are represented in sacred texts/scriptures known as the Tripitaka, or three baskets of Buddhism. Sutras, or the spoken word or teachings of the Buddha; Vinaya, or the rules for monks; and Abhidharma, or commentaries/analyses of the dharma (Buddha's teachings). In order to reach enlightenment, one must follow the core principles of Buddhism as explained below.

The Path to Enlightenment

The Buddha's teachings are rich, and have been subject to centuries of study and analysis. However, a set of basic principles can offer guidance to help Buddhists make the right choices in their religious lives. These Buddhist morals are reduced into a series of numbered lessons that made them easier to remember and recite during a time when a largely oral culture existed. This proved vital to the spread of Buddhism in India and on the Silk Roads. While there are many more teachings, the most important core principles are 'The Four Noble Truths' and 'The Eightfold Path'.

The Four Noble Truths

At the heart of the Buddha's teachings are The Four Noble Truths. These were taught in his first sermon, and it is believed that the Buddha became awakened when he realized these four truths. Their origins lie in inherited Indian religious beliefs in rebirth, karma (fate; destiny) and liberation (freedom).

- 1. All life is suffering. Everything, including life and pleasure, is impermanent (temporary).
- 2. The origin of suffering is desire (wanting).
- 3. In order to end suffering we must achieve enlightenment (known as Nirvana).
- 4. To achieve an end to suffering we must end desire (correctly by following an Eightfold Path).

The Eightfold Path

The Eightfold Path offers the way to Nirvana. It outlines eight guiding principles for the ethical behavior, mental discipline and wisdom expected of a Buddhist follower. An eightfold path, defined by the Buddha, leads to enlightenment (and therefore the end of suffering).

- 1. The right view: this relates to the right way of viewing the world, as outlined in the Four Noble Truths.
- 2. The right thought: or the right intention, to lead a good life.
- 3. The right speech: to be truthful, avoid harsh language, gossip or boasting.
- 4. The right action or conduct: to avoid unethical behavior (no killing, stealing, etc.) and to encourage wholesome conduct
- 5. The right livelihood: choosing an occupation that does not profit from the suffering of others
- 6. The right effort: or the right frame of mind to overcome evil or unwholesome things.
- 7. The right mindfulness: being aware of oneself and one's emotions.
- 8. The right concentration: concentration of mind achieved through meditation

<u>Theravada Buddhism</u>

Adapted from the International Dunhuang Programme Website, <u>"Buddhism on the Silk Roads"</u> as well as geographyteacher.co.uk source "Origins and Beliefs of Buddhism"

As Buddhism spread and encountered new cultures, it evolved into many new Buddhist schools. These schools all fall under one of three broad 'vehicles' or paths to enlightenment.

Theravada refers to 'the way of the elders' and represents the oldest surviving branch of Buddhism and traced its lineage back to the early monastic community established by the Buddha himself in India. It is considered by those in the Theravada tradition to be closest to the original teachings of the Buddha. Theravada is rooted in the tripitaka (the 'three baskets') which are three collections of Buddhist scriptures, they include:

- The Sutra, meaning the Buddha's teachings
- The Vinaya, meaning the rules for monastic life
- The Abhidharma, meaning the scholarly analysis of the Buddha's teaching

The aim of Theravada practice is to become an Arhat (an enlightened being). It is a 'monastic' practice, which means only monks and nuns can achieve this. Monastic life plays a central role in Theravada practice, with monks and nuns dedicating themselves to meditation, study, and self-discipline, leading to one's own enlightenment. Lay practitioners (not monks or nuns) support the monastic community through offerings and participation in religious rituals. Theravada Buddhism is present in countries such as Sri Lanka, Myanmar, Thailand, Cambodia, and Laos. Each region has its unique cultural expressions of Theravada practice, incorporating elements of indigenous traditions and rituals.

Despite their differences, these schools share a common goal: the cessation of suffering and the attainment of enlightenment. Each offers a unique path suited to the disposition and cultural context of its followers.

Places of Worship

Buddhists worship at a temple or in their own homes. Buddhist temples vary in appearance depending on where they are in the world. All Buddhist temples have an image or a statue of the Buddha. Worshippers may sit on the floor and chant prayers or listen to monks chant. Buddhists worship in front of a shrine at home. A Buddhist shrine has a statue or picture of the Buddha. Buddhists may bring offerings of fruit or flowers and place them on the shrine. Buddhists light candles and incense while they sit quietly to worship. Monks and nuns live, work, study, and pray in monasteries. Buddhist monks and nuns use prayer, meditation, and other rituals to stay on the Eightfold Path. Monks and nuns live away from society in their monasteries in Theravada Buddhism.

Festivals and Celebrations

Buddhists celebrate many festivals. They are often celebrated differently by the various schools of Buddhism. The three major events of the Buddha's life- his birth, enlightenment, and death- are commemorated by every Buddhist, just not always on the same day. In Theravada Buddhism, Buddha's birth, enlightenment, and death are commemorated on the full moon in May. Theravada Buddhists also practice vassa, a three-month retreat during the rainy season, from July to October. A person lives like a monk for a short time. A big celebration takes place at the end of vassa. Buddhists also celebrate New Year's and harvest festivals according to local customs and traditions.

Basics of Buddhism

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Buddhist Teachings

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The Path to Enlightenment

The Buddha's teachings are rich, and have been subject to centuries of study and analysis. However, a set of basic principles can offer guidance to help Buddhists make the right choices in their religious lives. These Buddhist morals are reduced into a series of numbered lessons that made them easier to remember and recite during a time when a largely oral culture existed. This proved vital to the spread of Buddhism in India and on the Silk Roads. While there are many more teachings, the most important core principles are 'The Four Noble Truths' and 'The Eightfold Path'.

The Four Noble Truths

At the heart of the Buddha's teachings are The Four Noble Truths. These were taught in his first sermon, and it is believed that the Buddha became awakened when he realized these four truths. Their origins lie in inherited Indian religious beliefs in rebirth, karma (fate; destiny) and liberation (freedom).

- 1. All life is suffering. Everything, including life and pleasure, is impermanent (temporary).
- 2. The origin of suffering is desire (wanting).
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- 1. The right view: this relates to the right way of viewing the world, as outlined in the Four Noble Truths.
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- 5. The right livelihood: choosing an occupation that does not profit from the suffering of others
- 6. The right effort: or the right frame of mind to overcome evil or unwholesome things.
- 7. The right mindfulness: being aware of oneself and one's emotions.
- 8. The right concentration: concentration of mind achieved through meditation

<u>Mahayana Buddhism</u>

Adapted from the International Dunhuang Programme Website, <u>"Buddhism on the Silk Roads"</u> as well as geographyteacher.co.uk source "Origins and Beliefs of Buddhism"

After Buddha's death, the monks in the Buddha's sangha helped spread Buddhism throughout northern India. King Ashoka, an important ruler of an empire that covered most of South Asia became Buddhist in the 200s BCE. He built many Buddhist monuments and monasteries to house monks. Buddhism spread throughout all of India. Trade brought Indian people and ideas into China through trade at the beginning of the second century CE. Buddhist monks traveled with traders and spread Buddhism to China. Buddhism spread to Korea in the fourth century and to Japan in the sixth century. It continued to spread around the world after that. As Buddhism spread and encountered new cultures, it evolved into many new Buddhist schools. These schools all fall under one of three broad 'vehicles' or paths to enlightenment.

Mahayana Buddhism, or the "Great Vehicle," is thought to have emerged in India during the 1st century BCE and became popular over the following centuries and spread north through the Silk Roads, having spread and is most prevalent in East Asia, in China, Japan, Korea, Vietnam and Taiwan. With its spread, texts shifted from the Indic to the Chinese canon. Texts were translated from the Pali/Sanskrit texts (rooted in India and Buddhism's origins) to Chinese text.

Unlike Theravada, Mahayana emphasizes the bodhisattva path, where the practitioner's goal to attain Buddhahood is for the good for all. Additionally, Mahayana monks practice a combination of study and meditation in the same way as Theravada monks, as well as selfless service. However, Mahayana also promoted the idea that anyone could also reach enlightenment, without the need to take up the monastic life.

The followers of the Mahayana interpret the path to enlightenment differently from Theravada. They still follow the teachings of the tripitaka, while also following a newer set of scriptures (texts) called the Mahayana Sutras. Mahayana followers aspire to be a Bodhisattva (enlightened being) and follow the Bodhisattva path. Central to this path is the idea of compassion (karuna), seeking enlightenment not just for one's self but for all living beings first. The concept of emptiness (sunyata) supports this, which means that all existing things depend on something else. Mahayana Buddhists are set apart by their devotion to the Buddha as an eternal or near-eternal being that exists beyond our world. They also look to celestial (heavenly) Bodhisattva figures who stand for the ideals of wisdom and compassion.

Key Mahayana texts include the Lotus Sutra, the Heart Sutra, and the Diamond Sutra, which explain the concept of emptiness (sunyata) and the compassionate nature of the bodhisattva. Mahayana Buddhism encompasses a wide range of philosophical schools and practices (sects), including Pure Land, Zen (Chan), Tiantai (Tendai), and Huayan (Avatamsaka). These schools offer diverse methods for realizing enlightenment, ranging from devotion to meditation to philosophical inquiry. Each region has developed its unique interpretations and cultural adaptations of Mahayana teachings, resulting in a rich tapestry of beliefs and practices.

Despite their differences, these schools share a common goal: the ending of suffering and the attainment of enlightenment. Each offers a unique path suited to the disposition and cultural context of its followers.

Places of Worship

Buddhists worship at a temple or in their own homes. Buddhist temples vary in appearance depending on where they are in the world. All Buddhist temples have an image or a statue of the Buddha. Worshippers may sit on the floor and chant prayers or listen to monks chant. Buddhists worship in front of a shrine at home. A Buddhist shrine has a statue or picture of the Buddha. Buddhists may bring offerings of fruit or flowers and place them on the shrine. Buddhists light candles and incense while they sit quietly to worship. Monks and nuns live, work, study, and pray in monasteries. Buddhist monks and nuns use prayer, meditation, and other rituals to stay on the Eightfold Path. Monks and nuns vow to help the larger community to which they belong to as part of their Path in Mahayana Buddhism.

Festivals and Celebrations

Buddhists celebrate many festivals. They are often celebrated differently by the various schools of Buddhism. The three major events of the Buddha's life- his birth, enlightenment, and death- are commemorated by every Buddhist, just not always on the same day. Mahayana Buddhists remember Buddha's birth on April 8. His enlightenment is remembered on December 8 and his death on February 15. Buddhists also celebrate New Year's and harvest festivals according to local customs and traditions. In China and Japan, Buddhists have an All Soul's Festival to remember the dead and bring them to peace.

Vajrayana Buddhism

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<u>Vajrayana Buddhism</u>

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After Buddha's death, monks helped spread Buddhism throughout northern India. King Ashoka, an important ruler of an empire that covered most of South Asia became Buddhist in the 200s BCE. He built many Buddhist monuments and monasteries to house monks. Buddhism spread throughout all of India. Trade brought Indian people and ideas into China through trade at the beginning of the second century CE. Buddhist monks traveled with traders and spread Buddhism to China. Buddhism spread to Korea in the fourth century and to Japan in the sixth century. It continued to spread around the world after that. As Buddhism spread and encountered new cultures, it evolved into many new Buddhist schools. These schools all fall under one of three broad 'vehicles' or paths to enlightenment.

The Vajrayana (also known as Tantrayana), also known as Tibetan Buddhism, is based on scriptures known as Tantras, which were circulating in India by the 6th century CE. This school quickly spread from India and took root in the Himalayan region - Tibet, Bhutan, Nepal, and Mongolia.

The term Vajrayana translates to 'Thunderbolt Vehicle' or 'Diamond Vehicle'. It describes a way of life and set of religious practices rather than an alternative set of beliefs. Vajrayana is an extension of Mahayana Buddhism, but Vajrayana sets itself apart by the belief that one can reach enlightenment in a single lifetime. Another belief of the Vajrayana is that it is not necessary to abandon objects of attachment. One can instead use tantric practices to transform that attachment into wisdom directly.

Vajrayana practice often involves rituals like reciting mantras and hand gestures called mudras. They also involve meditation and visualization, usually focused on a deity. Often, the deity is shown at the center of a symmetrical design called a mandala.

Key texts of Vajrayana include the Tantras, which contain secret teachings on meditation, ritual, and transformative practices. The Three Yanas, or vehicles, of Vajrayana include the Outer Tantras, Inner Tantras, and Secret Tantras, each corresponding to different levels of practice and realization. Central to Vajrayana Buddhism is the concept of the guru-disciple relationship, where the guru serves as a spiritual guide and mentor on the path to enlightenment. This relationship is based on trust, devotion, and the transmission of teachings from teacher to student.

Despite their differences, these schools share a common goal: the cessation of suffering and the attainment of enlightenment. Each offers a unique path suited to the disposition and cultural context of its followers.

Places of Worship

Buddhists worship at a temple or in their own homes. Buddhist temples vary in appearance depending on where they are in the world. All Buddhist temples have an image or a statue of the Buddha. Worshippers may sit on the floor and chant prayers or listen to monks chant. Buddhists worship in front of a shrine at home. A Buddhist shrine has a statue or picture of the Buddha. Buddhists may bring offerings of fruit or flowers and place them on the shrine. Buddhists light candles and incense while they sit quietly to worship. Monks and nuns live, work, study, and pray in monasteries. Buddhist monks and nuns use prayer, meditation, and other rituals to stay on the Eightfold Path.

Festivals and Celebrations

Buddhists celebrate many festivals. They are often celebrated differently by the various schools of Buddhism. The three major events of the Buddha's life- his birth, enlightenment, and death- are commemorated by every Buddhist, just not always on the same day. In Vajrayana (or Tibetan) Buddhism, Buddha's birth, enlightenment, and death are commemorated on the full moon in June. Buddhists also celebrate New Year's and harvest festivals according to local customs and traditions.

Schools of Buddhism One-Pager Group Project Task Card

TASK: After reading about your assigned school of Buddhism, as a group, your task is to create a poster to accurately represent it. Please remember you should use <u>your own words</u>.

Steps to Success:

-	
Step 1	As a group, read about your assigned school of Buddhism aloud, alternating paragraphs one time completely - <u>no writing</u>
Step 2	 As a group, complete your note-taker You <u>do not</u> need to use complete sentences, however your ideas need to make sense to someone who hasn't read your reading
Step 3	Assign group roles (see below)
Step 4	Complete Buddhism One Pager paying careful attention to expectations & group roles Be careful to proof read & spell check!
Step 5	Rehearse & Present!

Your one pager should include:

- □ Name of your school of Buddhism (spell check!)
- □ 4 detailed images that represent your topic (you can choose more, but not less)
 - □ 3 detailed images should reflect ideas/iconography of the practice
 - □ 1 image will be a map of Asia where you will map the spread of your school of Buddhism using directional arrows in one color. Mark the items listed below on your map:
 - □ Mark where it originated with a star
 - ☐ Mark the countries it spread to with dots (connect them going outward from its origin it does **not** need to be a single line)

Include:

- □ Where did it originate & where is it currently practiced?
 - □ This can be done in words **or** by creating a legend and labels on your map (see above)
- 🗌 Key Beliefs
 - Buddhism as a whole (page 1)
 - □ Your specific school (add what is unique to your practice) (page 2 of your reading)
- Key Text(s)
- □ Places of Worship
- □ Festivals and Celebrations
- Fill entire page you don't want a lot of empty space (if any)
 - Remember your background can be an image
- ☐ Your page **must be fully colored**

Group Roles & Responsibilities:

Role	Explanation of Role	Part of one pager assigned				
Facilitator & Time Keeper	 Help the group get started, clearly go over/read the task to the group, make sure everyone knows their task/part and hold them accountable for the work. Keep time for your group to ensure the project is fully complete by the deadline 	 Name of School of Buddhism Map showing the spread of your style of Buddhism 				
Materials Manager	 Responsible for gathering and returning all materials used by group 	 Images 3 to represent school of Buddhism 				
Group Analyst	• Ensure the accuracy of your information, fact checking details from the reading, this info will be presented to your peers!	 Key Beliefs Key Text(s) You must verify everyone's information! 				
PLEASE NOTE: If you have a 4th group member, see below.						
Support Staff	As needed - support the facilitator and group analyst (big jobs!) - You're the only person who is able to ask questions of the teacher.	Support the materials manager and group analyst with their parts of the poster				

Each group member will take on one role listed below. This is your responsibility for the group poster.

Schools of Buddhism One-Pager Group Project Notes

Instructions: After one full read through, <u>work with your group</u> to complete the following. You may use bullet points, however, your work must be **clear** to someone who has not read about your style of Buddhism. Please note this is **not** a divide and conquer task, your group is **collectively** responsible for this information, and will be assessed both as a group (presentation) and individually (writing task).

Type of Buddhism:				
Where did it originate?	Name of location: • Label it on your Asia map with a star.			
Where is it predominantly practiced?	Locations: 			
Place(s) of worship?				
Key Text(s):				
Key Beliefs? - Can include to Buddhism as a whole - Should also include specific to your style of Buddhism This will be the biggest section of notes - please take time to complete this				
Festivals and Celebrations?				

TASK: Write a Historical Identification on the school of Buddhism your group case studied during the lesson. If you feel like a challenge, you may choose one of the other two schools.

- 1st section (Facts): Describe the school of Buddhism. Focus on key details, and no more than 3-4 sentences. This part of the ID is *objective* = no personal opinions.
- 2nd section (Analysis): Analyze considering the essential questions. How did your style evolve? How does it compare to other schools? Etc. This part of the ID is 2-3 sentences and *subjective* = use your personal opinions /beliefs /ideas

Name: Per:	_
ID Grading	
Format: 1st section is facts, 2nd section is analysis, space in between	/1
Facts: student provides an informative overview/summary of what the ID, information is from class and not outside sources, section is 3-4 complete sentences	/5
Analysis: student provides their own opinion/reasoning, demonstrates understanding of the ID, section is 2-3 complete sentences	/4
TOTAL	/10

You will write on either the back of this sheet or binder paper and staple it to this half sheet when done

THIS SECTION IS FOR REFERENCE ONLY - STUDENTS IN MY CLASS HAVE THIS ON A CLASS RESOURCE HANDOUT

What is an identification?

An identification is a piece of writing that describes a historical person, term, concept or event.

What do I write?

1. Facts: The first 3-4 sentences should explain what the term is, the time period it is from, its causes and effects, and any other details you believe to be important. This part of the ID is objective, meaning it is not influenced by personal opinions of beliefs.

Some questions to think about: What does the person believe in? When was this law, philosophy, etc. created and under what circumstances? Was there any conflict surrounding it?

2. Analysis: The next 2-3 sentences should include your own analysis, which means it is not something you can get straight from a source. This part of the ID is subjective, meaning it is influenced by your personal opinions and beliefs.

Some questions to think about: Why is this term important? What is its significance? Why should we care about it? Why do you think it happened?

Map for printing (each group needs one)



