



# World Religions Outdoors: Mindfulness in Buddhism


Explore a range of Buddhist practices which support mindfulness and meditation.


## Religious Studies Activity


All levels

 Through investigating and reflecting upon the ways in which followers of world religions mark major life events and times of year, I can explain key features of such festivals and celebrations (**RME 2-06b**)

 A1 Recall and name different beliefs and practices, including festivals, worship, rituals and ways of life, in order to find out more about the meanings behind them (**KS1**)

 Pupils should be given opportunities to: recall, describe and begin to explain religious beliefs, teachings and practices (**KS3**)

 Recognising the similarities and differences between cultures, for example food, clothes, symbols, celebrations (**KS2**)

 Be able to identify essential elements of the beliefs and symbols of the chosen major world religions (**Junior certificate Part 3**)

*At the heart of the Buddhist faith is the ability to meditate and appreciate the moment (mindfulness.) Labyrinths and mandalas are two important tools to help focus the mind. Zen gardens provide a peaceful, aesthetically pleasing setting which reflects the beauty of nature and are considered a place for contemplation.*

*Allowing pupils to recreate these features not only supports their understanding of Buddhism but also supports their health and wellbeing as they build their own capacity to be mindful.*

### Labyrinth

A labyrinth is a winding pattern with a single pathway leading to the centre and back out the same way. There are no trick pathways or dead ends. It could be created from natural materials, planted in a border or cut out of grass.

### Mandala

Mandalas from the Sanskrit for circle are intricate circular patterns usually with radial symmetry used to symbolise the circular nature of life. They can be created as flat transient art pieces using natural materials, as a sun-catcher in a willow hoop frame or using free pouring flour sand or salt onto tarmac.

### Zen Garden

This is a stylised landscape using rocks, water, moss, pruned trees, bushes and raked gravel or sand to represent ripples in water. It is surrounded by a wall and is meant to be seen from a single viewpoint outside the garden. They are to serve as an aid to meditation on the true meaning of life. Zen gardens could readily be recreated by pupils on miniature scale.



Mandala de conchas by Charles A Resende



Zen garden at Darrington by Herbythyme

To find out more about membership call 01962 846258 or visit [www.ltl.org.uk](http://www.ltl.org.uk)

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