

Week 3: Patience

Lesson Time: 1 hour

Instructors Required: In-person: 2, Virtual: 1- 2

Supplies:

- Bell and bell striker
- Book *Want Monsters* by Chelo Manchego
- Metta Sutra chant cards
- Multi-colored activity paper and writing utensils (crayons, markers, colored pencils)
- For virtual participants, videos:

What's In Your Mind Today: https://www.youtube.com/watch?v=UZA1_SWIf68

Mindful Monkey, Happy Panda: <https://www.youtube.com/watch?v=5nsySCMH36s>

Learning Objectives

- *Create safe, fun and participatory environment.*
- *Introduce concept of patience and tie to basic Buddhist concepts of mindfulness and meditation.*
- *Connect concept of patience with being of service and generosity.*
- *Elicit examples of ways participants have demonstrated patience in their day to day lives.*
- *Offer examples of ways participants might develop patience*

Outline

I. Gather & Morning Message	20 mins
<ul style="list-style-type: none">• Morning Message• Alter Practice/Gassho and Bow• Fun & Games	
II. Movement & Meditation	5 mins
III. Dharma Lesson - Patience	15 min.
IV. Main Activity - Breath and the Bell	15 mins
V. Closing Chant	5 mins

Gather & Morning Message

Begin day with informal questions to get participants talking.

- Ask participants what they remember about service from the previous week.
- Ask participants if they have any examples of ways that someone they know were of service to another during the previous week.
- Ask participants what they remember about the helping hands or chain of change activities from the previous week

Alter Practice/Gassho and Bow

Refer participants to the alter. Provide an example of Gassho and bow

Instruct participants individually to Gassho and bow at alter.

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Fun and Games: Story Time

Read *The Want Monsters* by Chelo Manchego

After the story concludes, engage participants in a discussion. Questions may include:

- Want Monsters come in all shapes and sizes. What do your Want Monsters look like?
- What does your want monster usually want too much of
- Ask participants to identify ways patience might help their Want Monsters
- After reading story, invite participants to draw a picture of their own personal Want Monster to share with the group once complete.

Virtual Participant Consideration

Virtual participants are welcome to view reading of book 'What's In Your Mind Today.' Book is appropriate for a 6 to 9 audience. If students are older, view Mindful Monkey, Happy Panda.

What's In Your Mind Today: https://www.youtube.com/watch?v=UZA1_SWIf68

Mindful Monkey, Happy Panda: <https://www.youtube.com/watch?v=5nsySCMH36s>

- Ask participants ways the characters in the video demonstrated patience.
- Ask participants if they saw ways that being patient in the videos helped others.

Dharma Lesson: Patience

Facilitators are encouraged to develop Dharma lesson content in a manner that most resonates with them.

Suggested talking points

- Relate patience with basic Buddhist teaching.
- Connect patience with gestures of kindness, compassion, and generosity in daily life.
- Connect patience with meditation and mindfulness.
- Ask participants about ways they have demonstrated patience effectively or seen others act patiently.
- Ask participants to identify ways that they feel when others show patience with them.

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Movement & Meditation

Take participants through a series of mindful movement postures as a way to give participants an opportunity to move around, stretch, and explore mindfulness.

Suggested movements with instruction:

One: Begin with your feet slightly apart, arms at your sides. Breathing in, keep your elbows straight as you lift your arms in front of you until they're shoulder level, horizontal to the ground. Breathing out, bring your arms down again to your sides. Repeat the movement three more times.

Two: Begin with your arms at your sides. Breathing in, lift your arms in front of you. In one continuous movement, bring them all the way up, stretching them above your head. Touch the sky! This movement can be done with your palms either facing inward toward each other, or facing forward as you reach up. Breathing out, bring your arms slowly down again to your sides. Repeat three more times.

Three: Breathing in, lift your arms out to the side, palms up, until your arms are shoulder level, parallel to the ground. Breathing out, touch your shoulders with your fingertips, keeping your upper arms horizontal. Breathing in, open your arms, extending them until they're stretched out to a horizontal position again. Breathing out, bend your elbows, bringing your fingertips back to your shoulders.

Four: When you breathe in, you are like a flower opening to the warm sun. Breathing out, the flower closes. From this position with your fingertips on your shoulders, do the movement three more times. Then lower your arms back down to your sides.

Five: In this exercise, you make a large circle with your arms. Breathing in, bring your arms straight down in front of you, centered between your hips, palms together. Raise your arms up and separate your hands so your arms can stretch up over your head. Breathing out, continue the circle, arms circling back, until your fingers point toward the ground. Breathing in, lift your arms back and reverse the circle. Breathe out as you bring your palms together and your arms come down in front of you. Repeat three more times.

Six: Start by putting your hands on the sides of your waist. As you do this exercise, keep your legs straight but not locked, and your head centered over your body. Breathing in, bend forward at the waist and begin to make a circle with your upper body. When you're halfway through the circle, your upper body leaning back, breathe out and complete the circle, ending with your head in front of you while you're still bent at the waist. On your next in-breath, begin a circle in the opposite direction. On your out-breath, complete the circle. Repeat the series of movements three more times.

Seven: Begin with your hands on our waist, heels together, feet turned out to form a V, so that they make a 90 degree angle. Breathing in, rise up on your toes. Breathing out, stay on your toes, keep your back straight, and bend your knees. Keeping your upper body centered, go down as low as you comfortably can maintain your balance. Breathing in, straighten your knees and come all the way up, still standing on your toes. From this position, repeat the movement three more times, remembering to breathe slowly and deeply.

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Activity: Breath and the Bell Guided Meditation Activity

In this activity, participants explore mindful breathing and the practice of simply paying attention to one simple sound.

The Bell:

Once participants are gathered, ring the bell, allow ample time for the bell sound to resonate; listen quietly. Hold up the bell and ask, "Does anyone know what this is? Have you seen this before?" allow time for answers.

- Explain: "When we listen to the sound of the bell, we don't talk, or think, or do anything because the sound of the bell is like the voice of Buddha or someone who loves us very much and wants us to be happy and peaceful. The sound of the bell is calling us home to our heart and ourselves so we must listen very closely!"
- Continue: "When we hear the sound of the bell, we stop what we are doing, and just breathe. We have a chance to rest, to take a breath, to enjoy ourselves. We are aware only of our in-breath and our out-breath."

Breath and Bell Guided Meditation

Ring Bell and allow for space for ring to slowly dissipate

- "Now let's think about our breath. Close your eyes gently and breathe in slowly.
- "Now put your hands on your belly. What happens when you breathe in? Can you feel your belly rise and fill up? What happens when you breathe out?" Take time for one or two slow breath cycles."

Ring Bell and allow for space for ring to slowly dissipate

- "How do you feel when you pay attention to your breath?"
- "Paying close attention to your breath can help you relax and feel calm, it can help you notice how you are feeling."
- "Sometimes it can help to say some special words or phrases; like 'May all people be happy and free'"

Ring Bell and allow for space for ring to slowly dissipate

- Breathing in you can say, "*Listen, Listen*"
- Breathing out you can say, "*This sound is bringing me back to my home.*" "Let's try it. I will ring the bell and you notice your breath"

Closing:

Inform participants that you will ring the bell momentarily to bring the session to a close. Ring bell.

End sessions with questions and feedback eliciting participants to share their thoughts and feelings about the experience. Ask questions like "What did you think? How did that feel? Did you notice your breath?"

Virtual Participant Consideration

Ensure virtual participants can clearly hear bell and see in person participants. In addition, ensure to call on virtual participants with questions or requests for examples throughout activity to ensure they are fully included.

Closing Chant

Pass out closing chant to participants. Show participants how you plan to put your hands together and chant the Metta sutra. Go through chant once on your own. For the second time, invite participants to follow along.

May everyone be happy and safe, and may their hearts be filled with joy
Let love move through the whole universe; above, below and across
May we always treat others with kindness and generosity
Whether we are standing or walking, sitting or lying, awake our sleep,
Let us always have love in our hearts