



# Three Marks of Existence

## – presentation notes

These notes accompany the Three Marks of Existence slides, available on [windowsintobuddhism.com](http://windowsintobuddhism.com)

### dukkha (unsatisfactoriness of life, suffering)

Here dukkha is the same as the dukkha expounded in the first Noble Truth. This is a good opportunity for retrieval.

### anatta (no fixed self)

See additional resource for the example of the chariot.

Additional explanation: Feel free to demonstrate with a physical object in your classroom. For example, taking a pen in your hand, removing the cap and asking “is this still a pen?” Then remove the bottom, “is it still a pen?” then the ink cartridge and tip, “what about now?”

### general

You will need to plan for three A3 pieces of paper per student for the Three Marks of Existence logo challenge.

See additional resources for impermanence and no-self reflection to read out as students reflect at the end of the lesson.



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