



The Buddha's teaching in a nutshell – worksheets teacher's notes

It is possible to look at suffering in many contexts. Suffering is present in the world at large and within our experience of ourselves. The true story of Scheherazade and her bike gives an example of unsatisfactoriness which is within most children's experience.

Link to the video <https://www.youtube.com/watch?v=KSU7RmfWfjQ>, extract 2: (3:03 min-7:52 min).

According to the video extract, the following two worksheets can be used in class (to be downloaded from the website):

1. Worksheet : Schez and the Bike – The Four Noble Truths
2. Worksheet : Worksheet: Wanting – Being unsatisfied

1. Worksheet: Schez and the Bike - The Four Noble Truths

In pairs, groups, or as a class, the children discuss the story of Schez and the Bike.

- How does it feel when you want something a lot?
- How does it feel when you get it?
- What makes you want things? (e.g., TV adverts)
- In what ways can things go wrong or let you down?
- How does it feel when things let you down?
- What did Schez learn when her bike kept breaking down?
- What did Schez find was the best way to be happy?





After discussion, the children complete the story sequence of "Schez and the Bike" with words and pictures.

2. Worksheet: Wanting – Being not satisfied

Discuss with the children something they have wanted a lot.

- What did they want?
- Why did they want it?
- How did they feel?
- What happened to the thing you wanted a lot?



After the discussion children can write or draw on the worksheet.



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