



# Should we believe what we see?

## teacher's notes

Question: Should we believe what we see?

★ ★ / ★ ★ ★ Here you can use individual dry erase boards (if you have them) or small sheets of paper for every picture. Students can write down what they see and show it to each other by raising their board or paper.

★ Discuss what you see without writing it down.

### Overall Note:

While discussing this topic it is important to stress that, according to Buddhism, there's nothing wrong with our sense perceptions, but that it's our interpretation which is individual and not always in accord with the physical reality. Sometimes we believe our interpretations more than our sense perceptions, which can cause trouble.

### Story Discussion

If you want the discussion to be more playful you could do a dice plenary: Ideally you would have a foam die which you can throw to students. It is also possible to hand a normal die to students of your choice. Then students answer the question corresponding to the number they roll. You can also do this in smaller groups with each group having the questions and a die.

### Exercise: Someone else's shoes

You can use costume shoes such as rain boots, heels, clown shoes (all in bigger sizes than those of the students, so they can step into them easily). Coach the students in using their whole body, different tones of voice, not only talking but really acting and using miming to explain their perspective on the situation.