



Death and mourning – presentation notes

These notes accompany the Death and mourning slides, available on windowsintobuddhism.com

Mustard seed story

Make sure students are sitting quietly while listening to the story, you may even want to turn the lights off to naturally settle the atmosphere.

The message of the story is that death is universal, no one can escape it, clinging to a permanence of our loved ones and ourselves will only cause suffering.

Tibetan Sky Burial video

Start this video at 0:26 as there is an unpolished edit at the start and no essential information will be missed. <https://www.youtube.com/watch?v=je8cGS1JCaI>

You may wish to consider the age group and maturity of your students before showing this video, as wrapped bodies are carried around. Nevertheless, it is a memorable way of learning about Tibetan sky burials.

Dice Plenary

For the dice plenary, ideally you would have a foam dice which you can throw to students. It is also possible to hand a normal dice to students of your choice. Then students answer the question corresponding to the number they roll.



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