



Five aggregates

– presentation notes

These notes accompany the Five Aggregates slides, available on windowsintobuddhism.com

For the third khandha – perception – hold up any object when you ask them “What is this?” and once they respond, ask “How do you know?”

For the fourth khandha – mental perceptions – if you choose to do the additional activity “Abstract Art Emotions” you will need a blank sheet per student and rulers. You can disregard the timings suggested in the video and take 1-2 mins per emotion.

When you get to the “What does this look like in our everyday experience?” slide, share the following example, adapted to yourself:

You see me in front of you through your eyes (form), you have an immediate positive, negative, or neutral/indifferent feeling (feeling), you identify me as a woman, teacher, etc. based on women and teachers you have seen in the past (perception), you form an opinion and have thoughts about me, what I’m saying (mental formations), all of this is happening in your general awareness of the world (consciousness).

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.



Windows into Buddhism is licenced under a Creative Commons 4.0 international licence.