

The Eightfold Path



Right Understanding

You must understand the Four Noble Truths.



Right Thought

You must think carefully about the kind of life you lead.



Right Speech

Speak kindly and truthfully. Do not speak in ways that are hurtful to yourself or others.



Right Action

Make sure your behaviour is respectful of other people, and respect yourself.



Right Livelihood

Choose a job that does not harm other living beings.



Right Effort

Do your best to avoid bad things and instead do and encourage good things to happen.



Right Self-awareness

Have a clear view of your strengths, weaknesses, thoughts, beliefs and emotions.

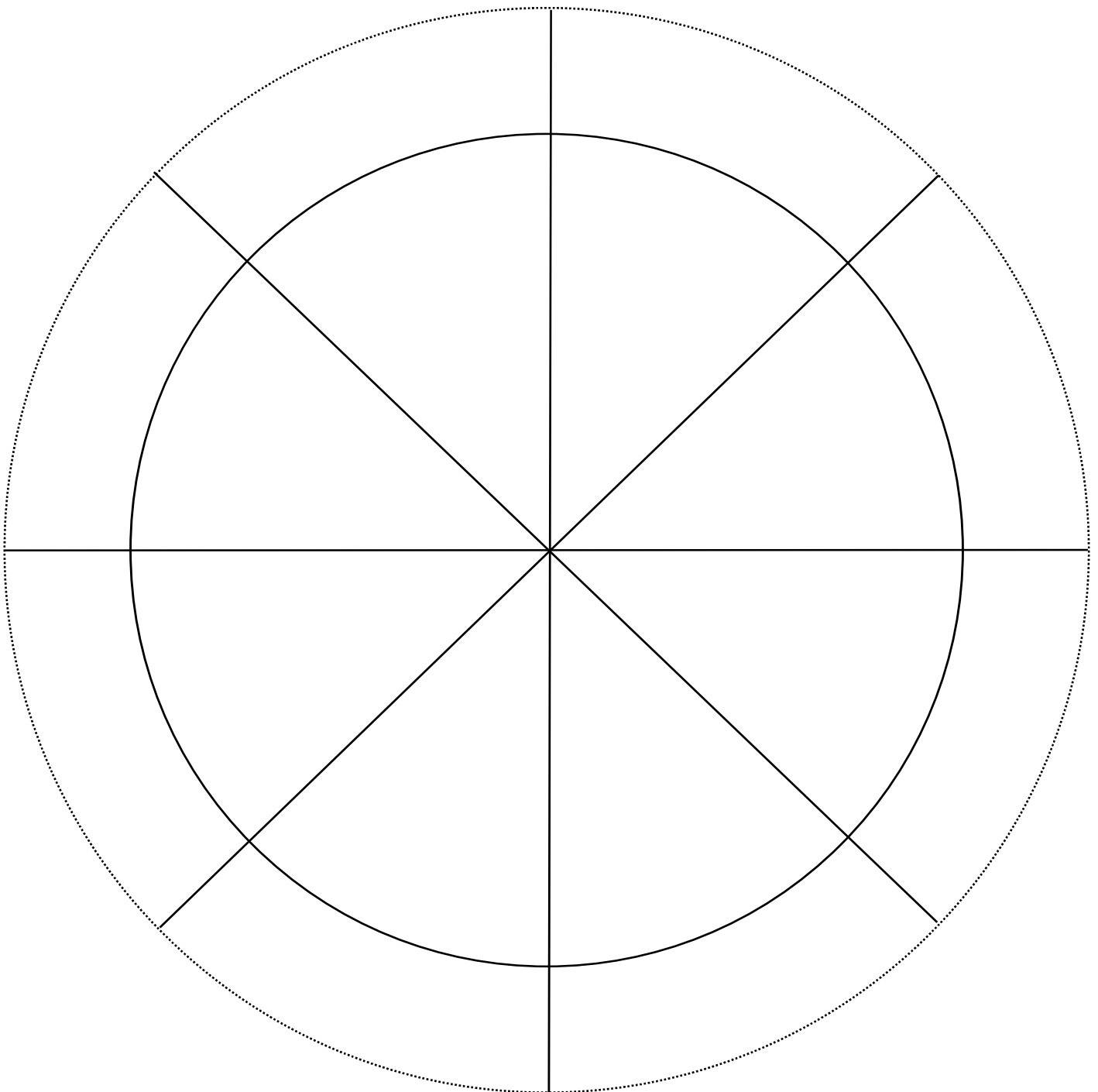


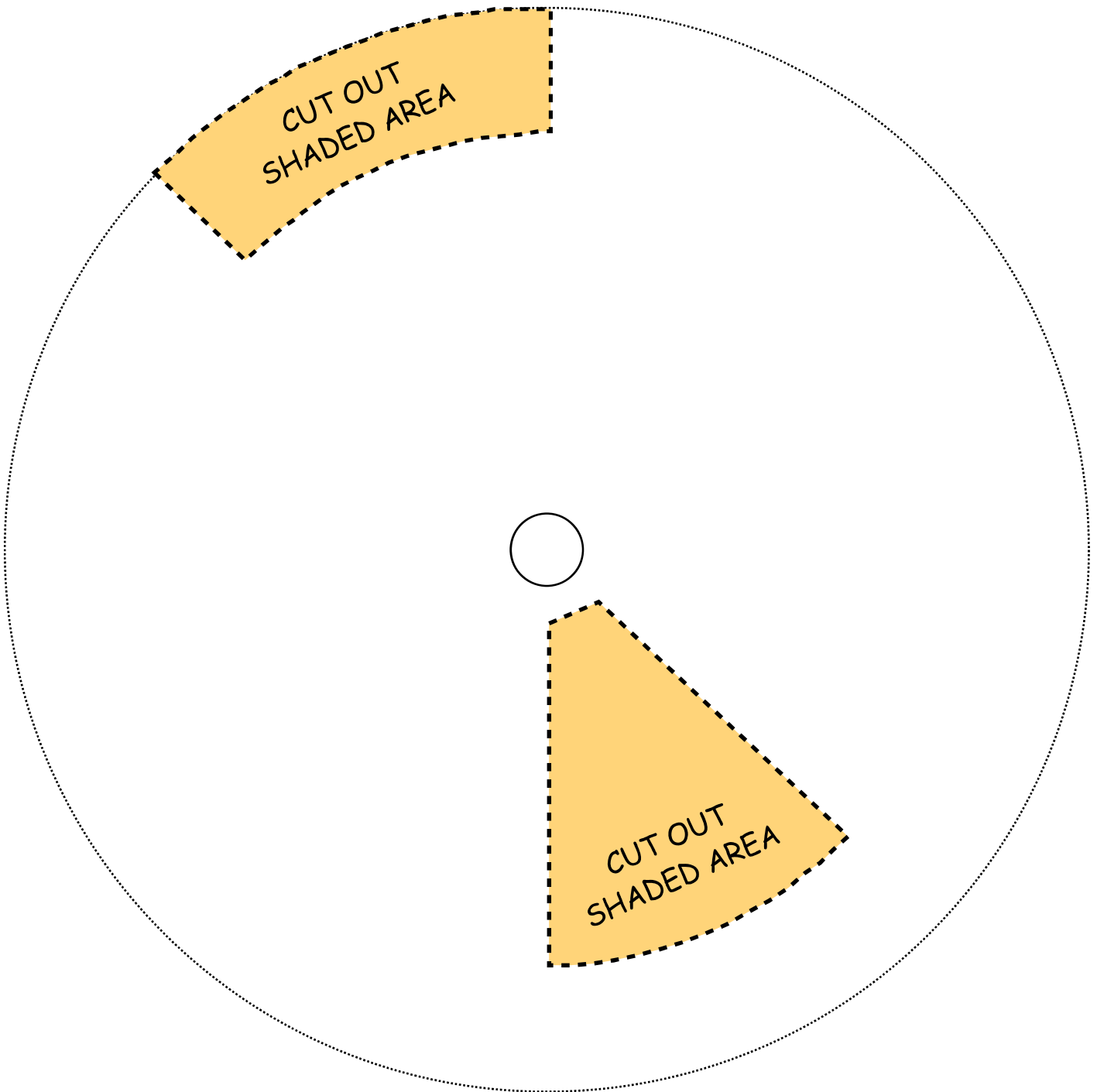
Right Meditation

Practise focusing your mind to improve your awareness and calmness.



Write each of the steps of the Eightfold Path on the eight outer sections of Wheel 1. On the **opposite inner** section, draw a picture or write a description to demonstrate the meaning of each step. You can use The Eightfold Path Poster to help you. Cut out each wheel, as well as the shaded sections of Wheel 2. Place Wheel 2 on top of Wheel 1. Attach with a split pin. When you turn Wheel 2, the two cut-out areas will reveal a step of the Eightfold Path and the corresponding picture or description from Wheel 1 underneath!





Name: _____

Date: _____



Use the Four Noble Truths Card to help you answer these questions...

What is the meaning of Dukkha?

What causes Dukkha?

How can Dukkha be stopped?

Why is the Eightfold Path called the 'middle way'?

Look at the Eightfold Path Poster, then answer these questions...



Which would be the easiest step for you to follow, and why?

Which would be the hardest step for you to follow, and why?