



There are many different symbols associated with Buddhism. Below are the **Eight Auspicious Symbols**. These help to remind Buddhists of the different aspects of Buddha's teachings. (Auspicious means 'lucky' or 'successful'.)



Dharma wheel

This symbolises Buddha's teachings, specifically the Eightfold Path.



Conch shell

This symbolises Buddha's teachings being heard and shared across the world.



Victory banner

This is a symbol of victory over greed, selfishness, fear, anger and hate.



Umbrella

This is a symbol of protection from harm. It represents the safety offered by Buddha and his teachings.



Treasure vase

This symbolises the value and power of Buddha's teachings.



Golden fish

This is a symbol of the happiness and freedom that can be achieved by following Buddha's teachings.



Endless knot

This is a symbol of peace and harmony. It represents all life on Earth being connected.



Lotus flower

This is a symbol of enlightenment. It reminds followers that something that begins in mud can grow into something beautiful.

Name: _____

Date: _____



Use the Eight Auspicious Symbols Sheet to design your own Buddhist prayer flag. Make sure you can explain your choice of words and symbols.



Name: _____

Date: _____

Write your own definition of what each of the Eight Auspicious Symbols means or represents.



Dharma wheel



Conch shell



Victory banner



Umbrella



Treasure vase



Golden fish



Endless knot



Lotus flower

Which of these symbols appeals to you the most, and why?



Name: _____

Date: _____

Create your own symbol to represent a certain aspect or aspects of Buddhist teachings.



What is the name of your symbol?

What does it represent, and why?

Instructions for a teacher-led meditation session:

1. Ask children to sit on the floor with their legs crossed, backs straight, arms in their laps and eyes closed.
2. Lead the class in some breathing exercises. In their heads, children to count their breaths in and breaths out. Keep this going for one minute.
3. Now ask children to imagine that when they breathe in they are breathing in a white light and when they breathe out they are breathing out a black cloud. They are breathing in goodness and breathing out badness. Keep this going for a few minutes.
4. Ask children to imagine that they are in a happy place. Ask them to think about who is there, what it is like, what they can see, hear, smell and feel.
5. Now ask children to imagine that everything in their happy place is disappearing and now they can only see themselves in a white room. There is nothing else there, just themselves.
6. Ask children to think about things in their lives that are good. Imagine they are pinning up all the good things in their lives on the white walls all around them. Leave children to do this for several minutes.
7. Tell children to now have a look at all the good things pinned on the walls and give thanks silently for what they can see.
8. Bring children slowly out of their meditation and ask them open their eyes when they are ready.