

LEARNING WITH GRANDAD




Meditation exercise



In episode 1, Sipho and Grandad visit an exhibition on Buddhism and they encounter a stupa, a physical representation of the Buddhist's mind. During this adventure, Sipho learns about Karma. Think of Karma like a ripple effect, your actions have a reaction, this can be good or bad. **Do you remember from episode 1, what one of the steps is to reach enlightenment?**

Buddhists follow three parts to their journey to enlightenment; ethics (shila), meditation (samadhi) and wisdom (prajna). It is believed that Siddhartha Gautama, Buddha, meditated before reaching enlightenment. Meditation is about focusing the mind on the present so we are not distracted by feelings and thoughts of the future, present and past.

This type of meditation in Buddhism is called Mindfulness. Let's try a fun exercise and meditate mindfully for a few minutes and assess how we feel after.

 [Rainbow Relaxation: Mindfulness for Children](#)

Meditating mindfully can help you become more self aware of your thoughts and feelings. This means you can love yourself and others better, which can lead to good karma.

