

April 2021
Festival of the Month

Vesak

Social:

How do people celebrate Vesak?

<https://www.youtube.com/watch?v=dNogKxsyCvs>

Many people celebrate by making lanterns: [Make a lantern](#)

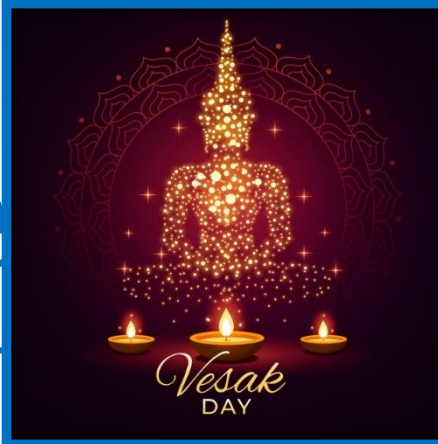
Buddha colouring:

<http://www.supercoloring.com/coloring-pages/countries-cultures/buddhism>

Moral:

Vesak is a festival all about being kind and generous. How can you show kindness to someone?

Why not make them a thank you card (see resources folder)



Cultural:

Listen to a traditional Vesak story :

<https://www.bbc.co.uk/cbeebies/watch/lets-celebrate-wesak>

Label the important things in the temple: (see resources folder)

They abstain from eating meat. Try this lentil curry recipe:

<https://www.bbcgoodfood.com/recipes/creamy-lentil-veggie-curry>

Spiritual:

Vesak is a Buddhist festival.

Many people celebrate with some meditation. Try this guided meditation:

<https://www.youtube.com/watch?v=64QzBuhsyuk>

What does it mean to be mindful:

<https://www.teachstarter.com/gb/blog/classroom-mindfulness-activities-for-children-gb/>