The Eight-Fold Path

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| Overview & Purpose Students should be able to explain the importance of the Eight-Fold path and will be able to associate the Eight-Fold path with other Buddhist teachings. | | | Education Standards Addressed | |
| **Activity** | **Aims** | **Time Given** | | **Other** |
| Present the Eight-Fold Path as a guide that teaches Buddhist how to attain enlightenment. This is done through focusing on ethical conduct, wisdom and concentration. Get the students to write all eight parts into their books. | Students should have a basic understanding of what the purpose of the Eight-Fold Path is. | 10 minutes | | Parts of this lesson could be incorporated into lessons based on the 4 Noble Truths. |
| Provide students with a brief explanation of what each path entails. Make sure that these are written down. If possible have these written on a powerpoint for students to copy down. | Students will have a deeper knowledge of Buddhist practice. | 10 minutes | |  |
| Divide students into groups/pairs. Give each group one of the eight paths. Students should come up with a short presentation explaining why theirs is the most important. | Students should think critically about each of the eight paths. The aim of the exercise is to demonstrate that all eight are equally important. | 10 minutes for preparation  10 minutes for presentations | | If the class is small give each group ethical conduct, wisdom or concentration. The same principles would apply. |
| Link the Eight-Fold Path to the Middle Way. Ask students how the Eight-Fold Path demonstrates the Middle Way, do they agree that it is the middle ground between extreme asceticism and total hedonism? | Previous lessons will be revisited and revised whilst helping students create connections between different areas of Buddhist thought. | 10 Minutes | |  |
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