

OUR DHAMMA SCHOOL GRADE 01



The National Anthem of Sri Lanka

Sri Lanka Matha

Apa Sri Lanka Namō Namō Namō Namō Matha

Sundara siri barinee, surendi athi sobamana Lanka

Dhanya dhanaya neka mal palaturu piri jaya bhoomiya ramya

Apa hata sepa siri setha sadana jeewanaye matha

Piliganu mena apa bhakthi pooja

Namō Namō Matha

Apa Sri Lanka Namō Namō Namō Namō Matha

Oba we apa vidya - Obamaya apa sathya

Oba we apa shakthi - Apa hada thula bhakthi

Oba apa aloke - Apage anuprane

Oba apa jeevana we - Apa mukthiya oba we

Nava jeevana demine, nithina apa pubudukaran matha

Gnana veerya vadawamina regena yanu mana jaya bhoomi-kara

Eka mavakage daru kela bevina

Yamu yamu vee nopama

Prema vada sema bheda durerada Namō Namō Matha

Apa Sri Lanka Namō Namō Namō Namō Matha

Composed by Ananda Samarakoon

The Dhamma School Song

Sambudu himige sadaham sisilen

senehena apa sirilak daruvo //

Daham pāsāle sevanehi vedemin

uāra guṇa dam sita deruvo //

Pas pav - dasa akusal duralā

isi - ko - man hema binda heralā

meth - karuṇā muditādī muni guṇa

sapurā piliveth maga sarasā //

Somi uvanin duṭṭu duṭṭuvan pinavana

piya tepulin esu esuvan sanahana

hada betiyen niti - teruvan namadina

udāra guṇa dam sita deruvo

api vemu sirilaka bodu daruvo ///

Composed by Somapala Rajakaruna

DHAMMA SCHOOL

Grade 1

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DHAMMA SCHOOL

GRADE 1 (First Print)

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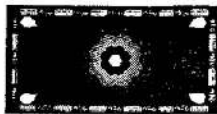
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Message of His Excellency the President of Sri Lanka

Learning takes a child to a higher level by enhancing one's skills, strengths and qualities. It is well accepted that developing a child with good understanding cannot be achieved by school education alone. The focus of the Dhamma School is to lead a child on the correct path of life in keeping with the teachings of the Dhamma.

While it is the responsibility of parents to provide their children with good education and other skills, there should also be parental action to guide the child towards a righteous path rich in moral values.

The Dhamma School service, founded in 1895 by the leaders dedicated to the building of a good society, has, over the years, produced generations of children who enriched the country with their knowledge of the Dhamma and ethical values.

Our gratitude should go to Dhamma School teachers who voluntarily commit their time and energy, towards gifting society with generations of children raised with the knowledge of the Dhamma. In addition, Dhamma Schools also perform a valuable role in building discipline and personality among children through meditation.

My dear child, I wish you will make the best use of this valuable book given to you to gain knowledge of the Dhamma, and that it will help you overcome all life's hardships and challenges in the future!

May you be blessed by the Noble Triple Gem!

Maithripala Sirisena

President

Democratic Socialist Republic of Sri Lanka

March 16, 2015.

PREFACE

The view that the Grade System that operates in Dhamma Schools should be on par with the Grade System operating in normal Government Schools arose from amongst the Dhamma Schools themselves. Hence from now on there will not be a primary Grade in Dhamma Schools. Instead, the Primary Grade will be known as Grade I. The text book that had been in use for Grade I will be the text book for Grade II from the year 2006. The text books of other Grades also would be changed accordingly. From the year 2006, this particular text book will be used as the prescribed text for Grade 1.

The lessons of this new text have been designed in a simple format each lesson consisting of an illustration and few related sentences. However, the lessons should not be confined to what is given in the text. The teachers should be innovative and make use of the illustrations and appropriately develop each lesson by engaging in a constructive dialogue with students. It is hoped to provide a teachers' handbook to facilitate teaching.

It is necessary that the students be given the opportunity to actively participate in the learning process by chanting stanzas, reciting poems and even by enacting particular events and episodes. These exercises will not only enrich the lessons but also will enable the teachers to communicate the messages embodied in the lessons more effectively and in a lively manner.

The students should also be taught how they should conduct themselves in the presence of sacred objects such as the stupa, Bodhi tree, Buddha-image, and pay homage to them.

It is the teachers' responsibility to make the Dhamma School a pleasant place, generating trust and confidence in the new entrants.

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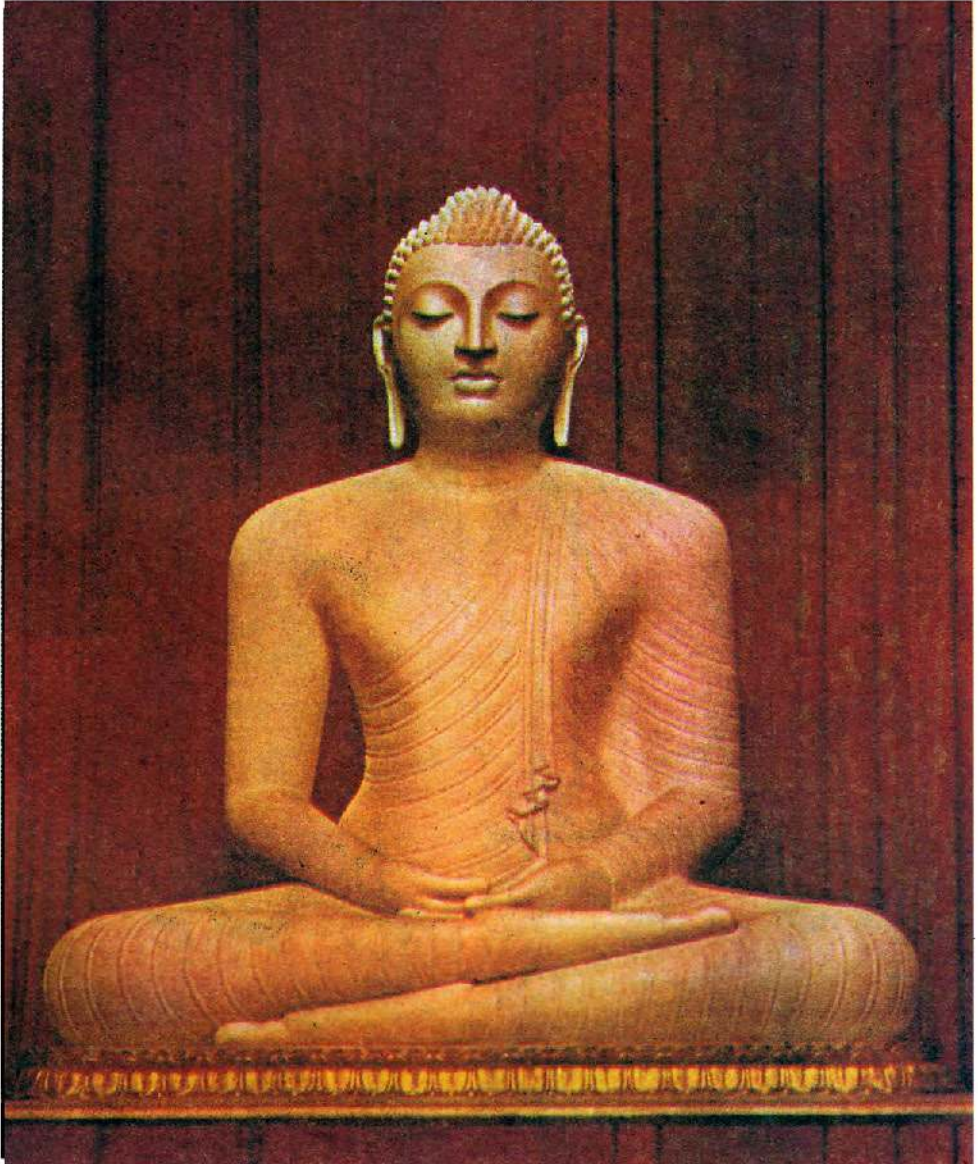
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LESSON 01

Our Buddha



Sādhu ! Sādhu ! Sādhu !

LESSON 02

The Birth of Bodhisatva Siddhartha



Prince Siddhartha was born on the
Vesak Full Moon day.

LESSON 03

The Attainment of Buddhahood



The Bodhisatva attained Buddhahood
on the Vesak Full Moon day.

LESSON 04

Our Home



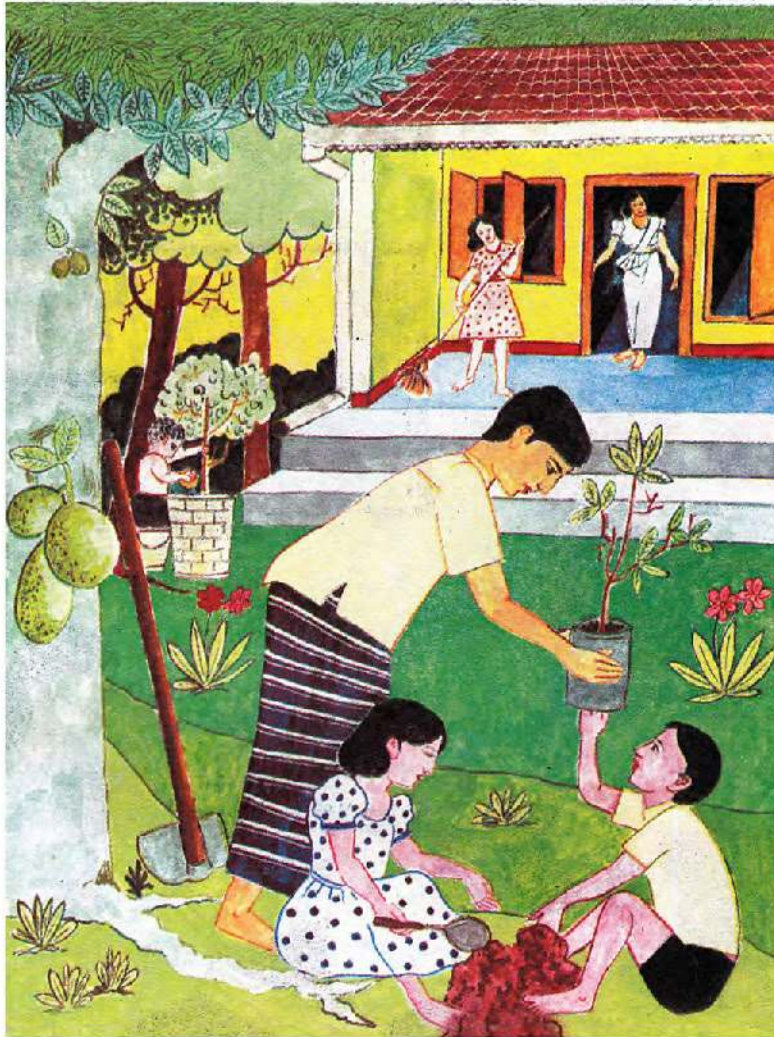
Our mother loves us.

Our father loves us.

We also love our mother and father.

LESSON 05

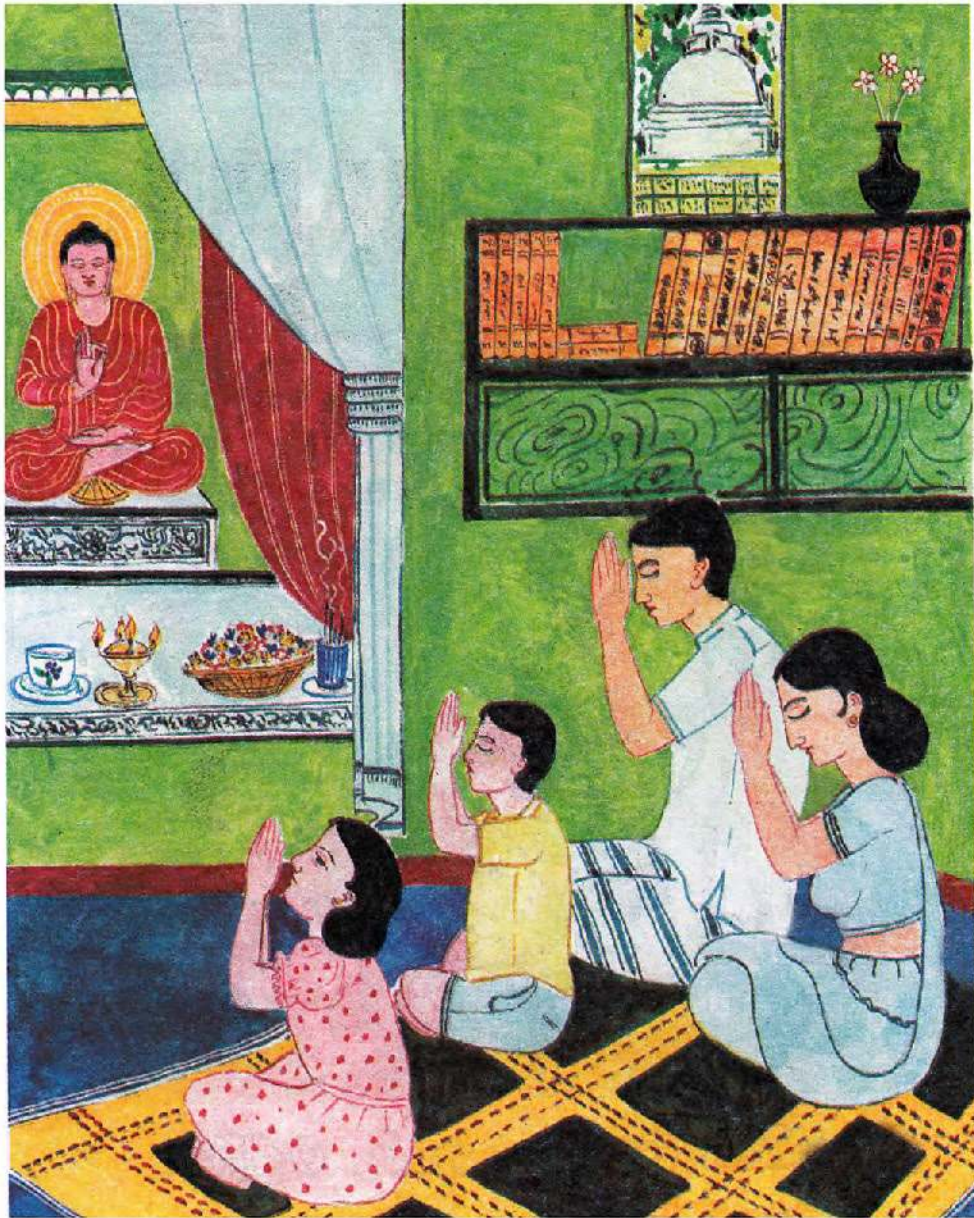
Others at Our Home



Elder brother, elder sister, younger sister, younger brother together we keep the home clean and tidy.

LESSON 06

We worship the Triple Gem



Daily in the morning and evening
we all worship the Triple Gem.

LESSON 07

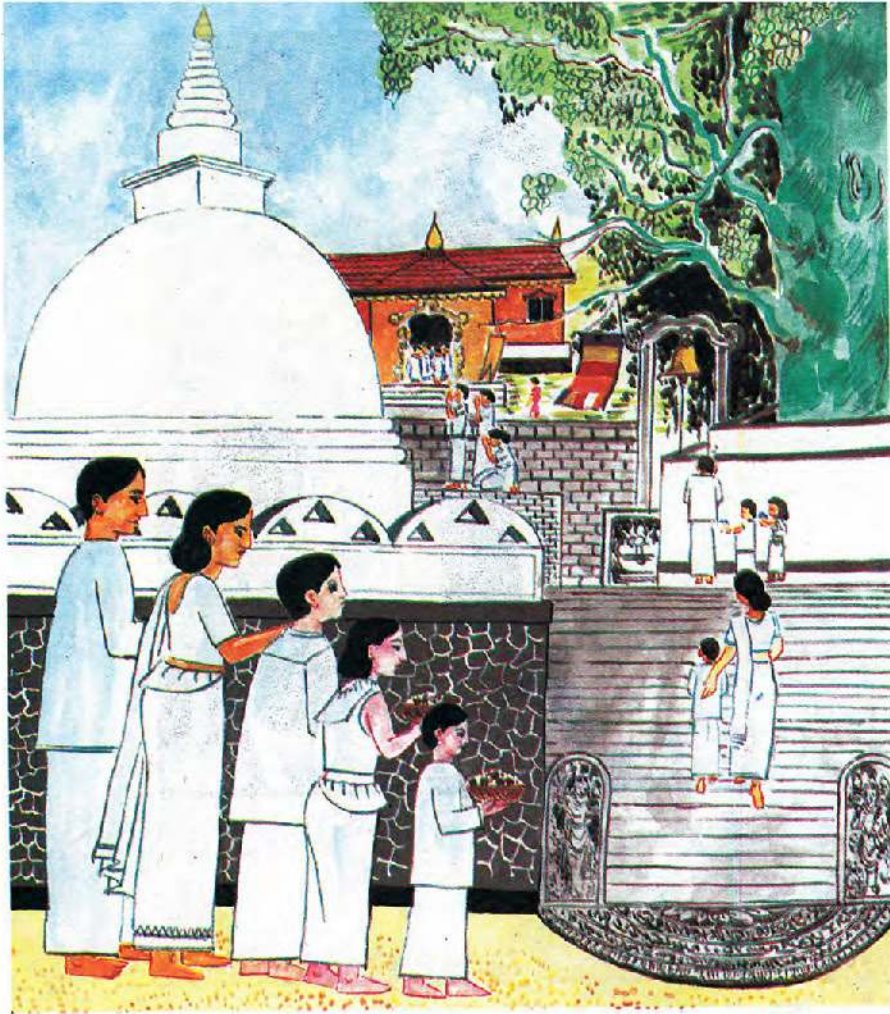
We worship the Parents



We worship mother and father before
going to school.
Mother and father wish us the protection
of the Triple Gem.
We go to bed at night only after
worshipping mother and father.

LESSON 08

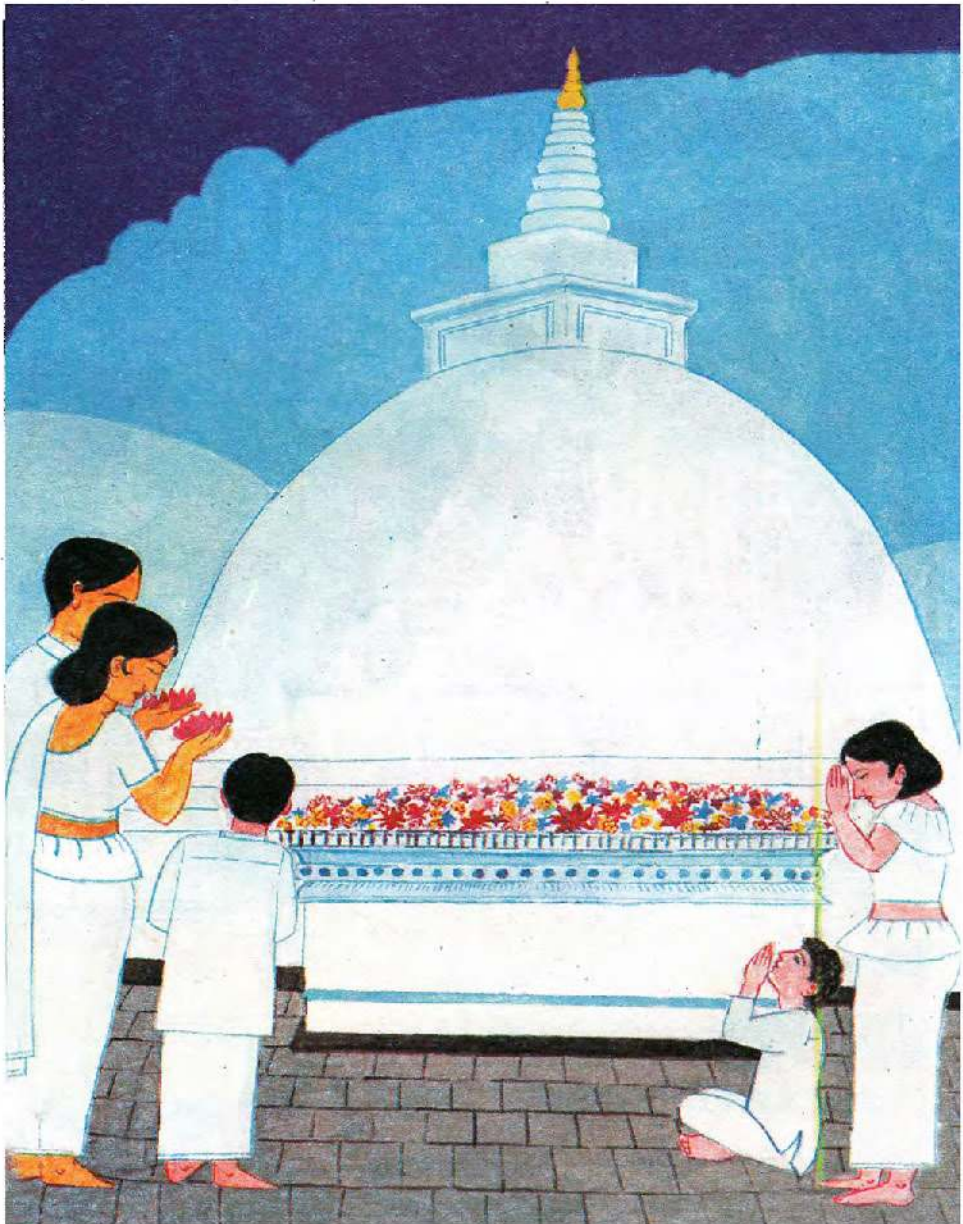
We go to the Temple



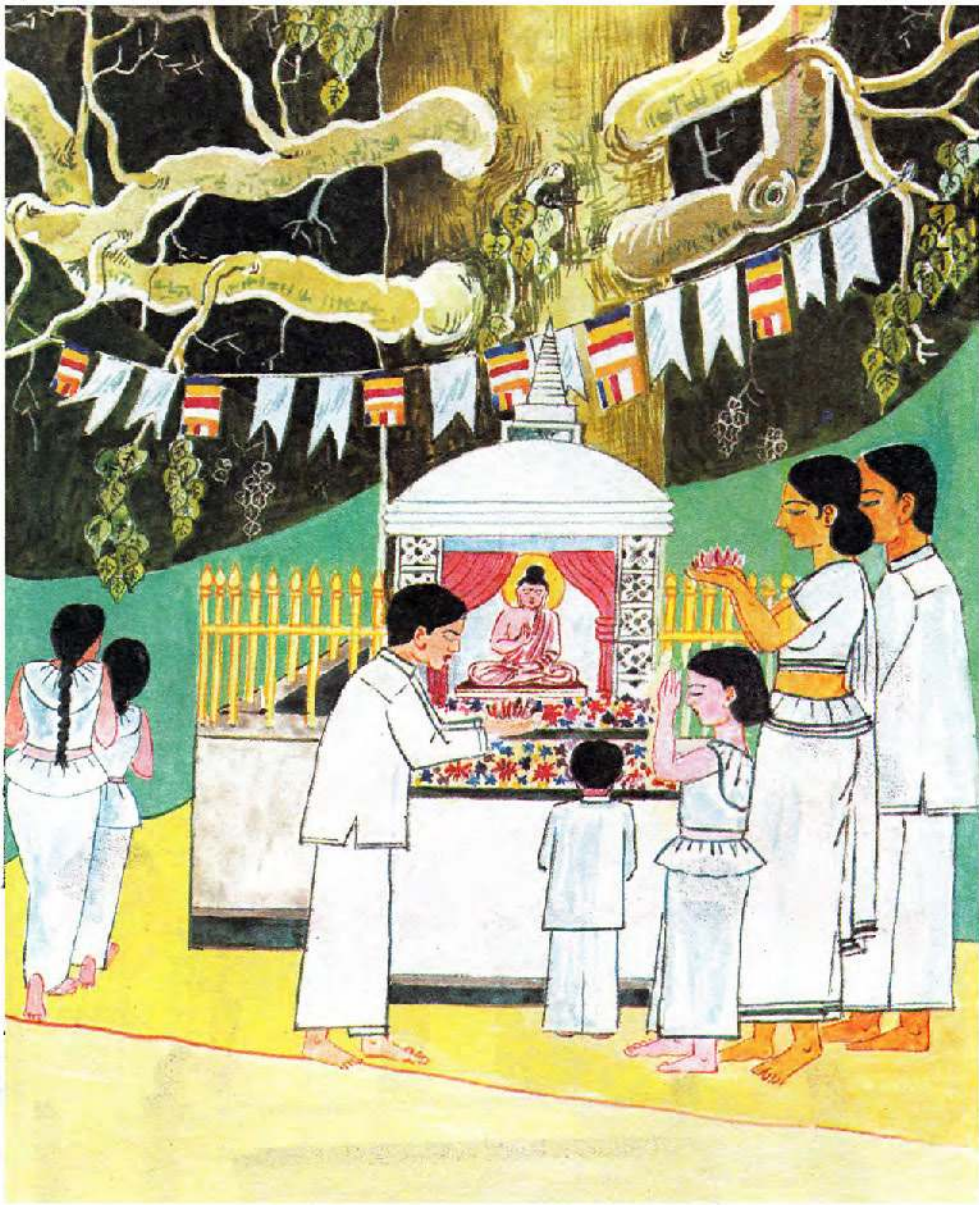
We wash our body and clean ourselves.
We get dressed in white clothes.
Taking oil and flowers we go to the
temple.

LESSON 09

Our Temple



We worship the Sacred Stupa.



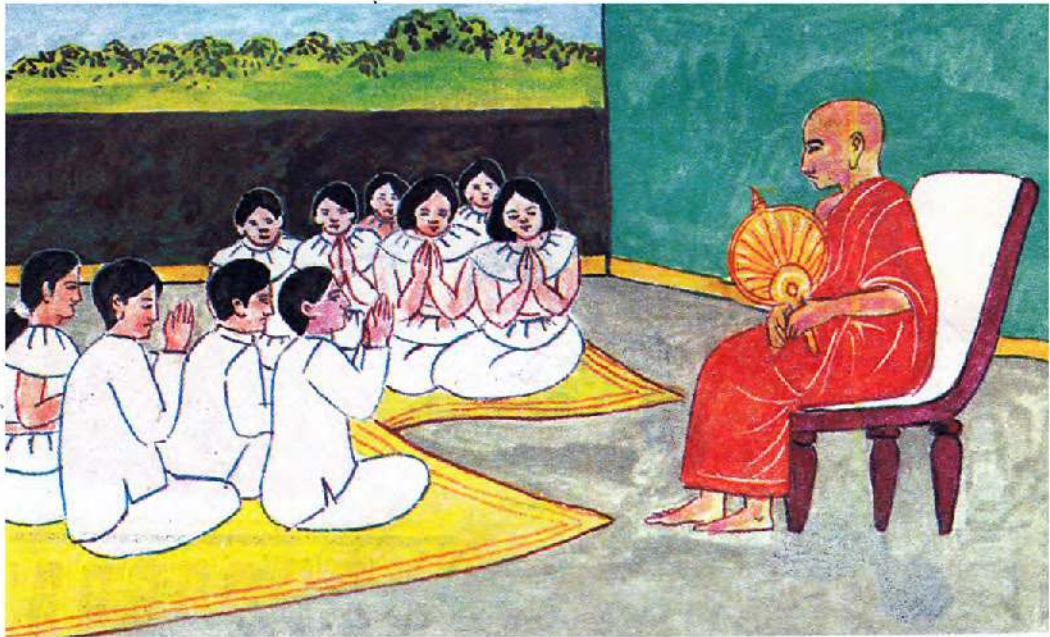
We worship the Sacred Bodhi-tree.



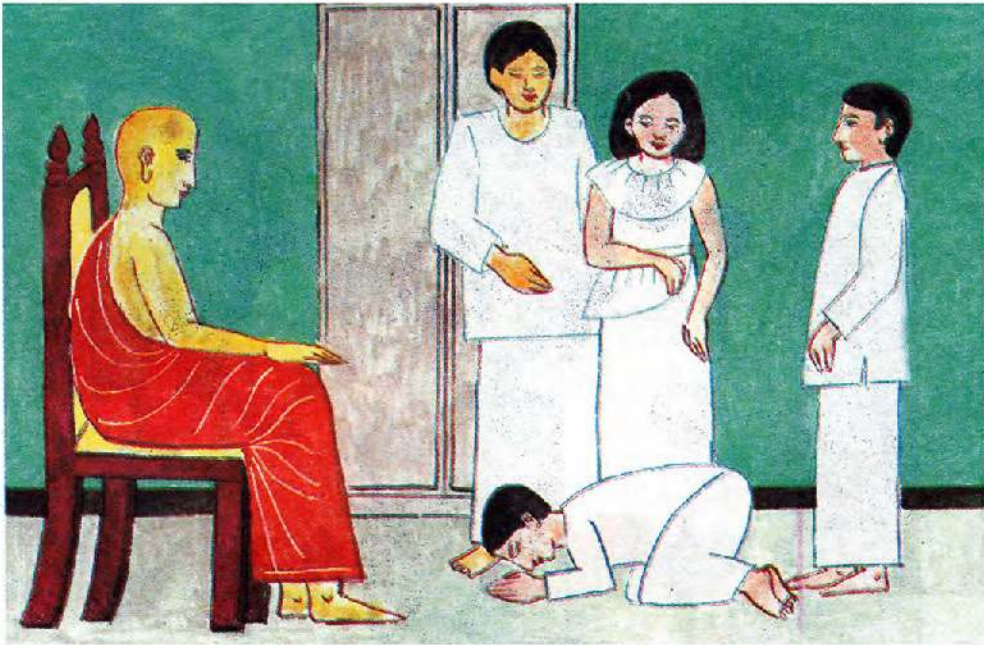
We worship the Sacred Buddha image.

LESSON 10

Our Monk



The monk resides in the Temple.
The monk is very kind to us.
He tells us religious stories.



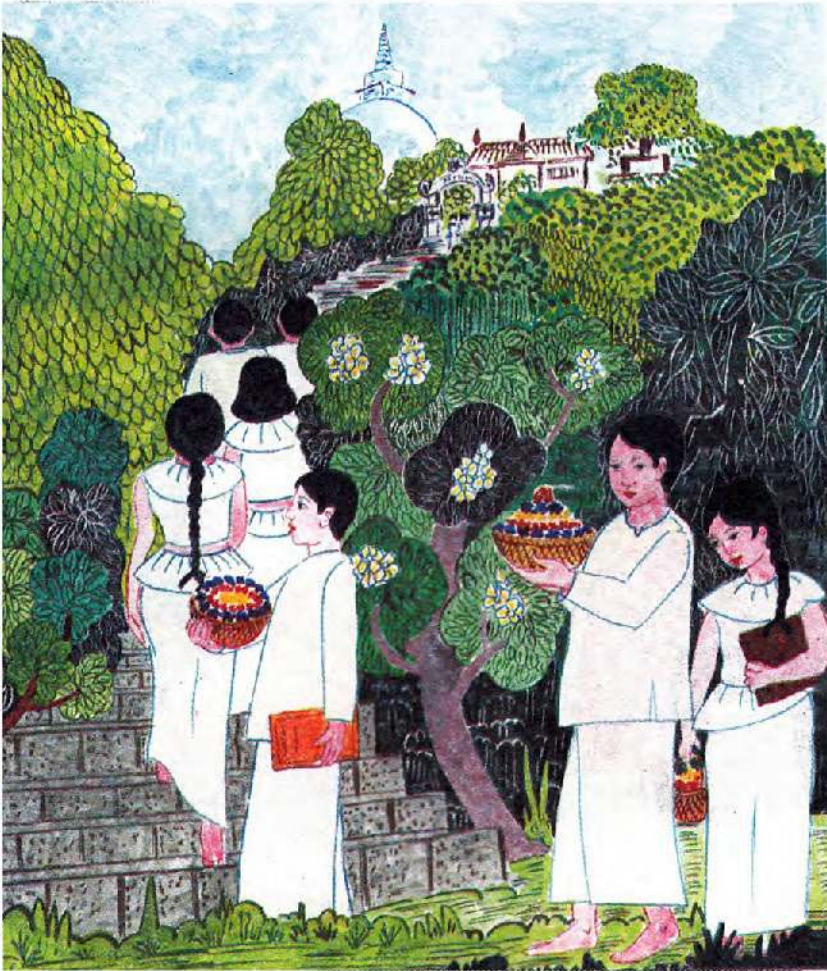
He teaches us how to become good children.

We worship the monk.

Sādhu ! Sādhu ! Sādhu !

LESSON 11

We go to the Dhamma School



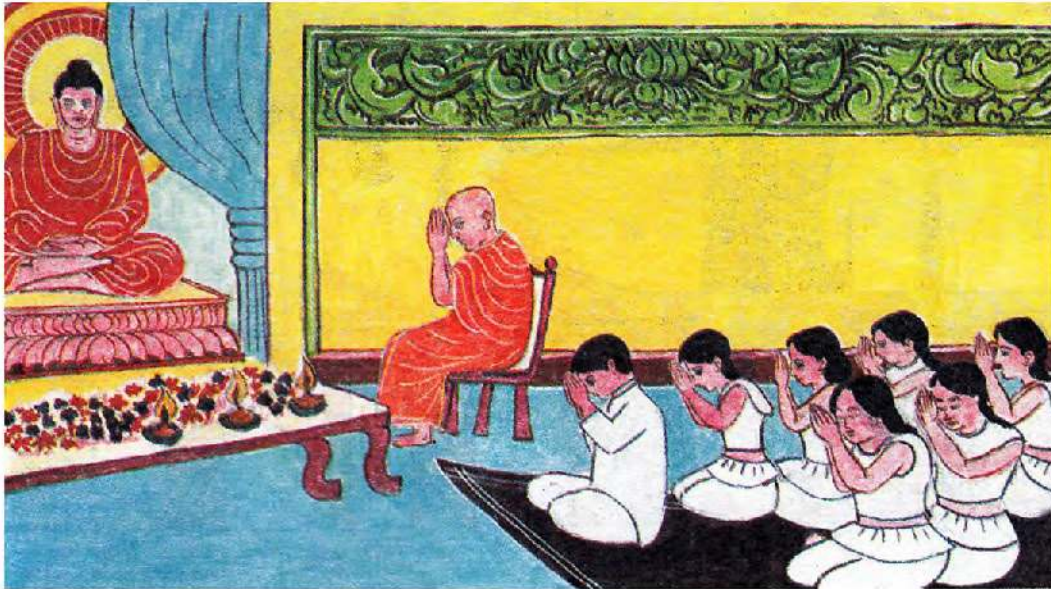
We rise up early; wash our face and clean ourselves.

Dressed in white, taking flowers

We go to the Dhamma School.

LESSON 12

We worship the Triple Gem at the Dhamma School



We wash our hands.
We sprinkle the flowers with water.
We offer flowers.
We worship the Triple Gem.

LESSON 13

Our Class



There comes our teacher.
We all rise up.
We wish her the blessings of the Triple
Gem.



Our teacher teaches us good things.
She tells us religious stories.

LESSON 14

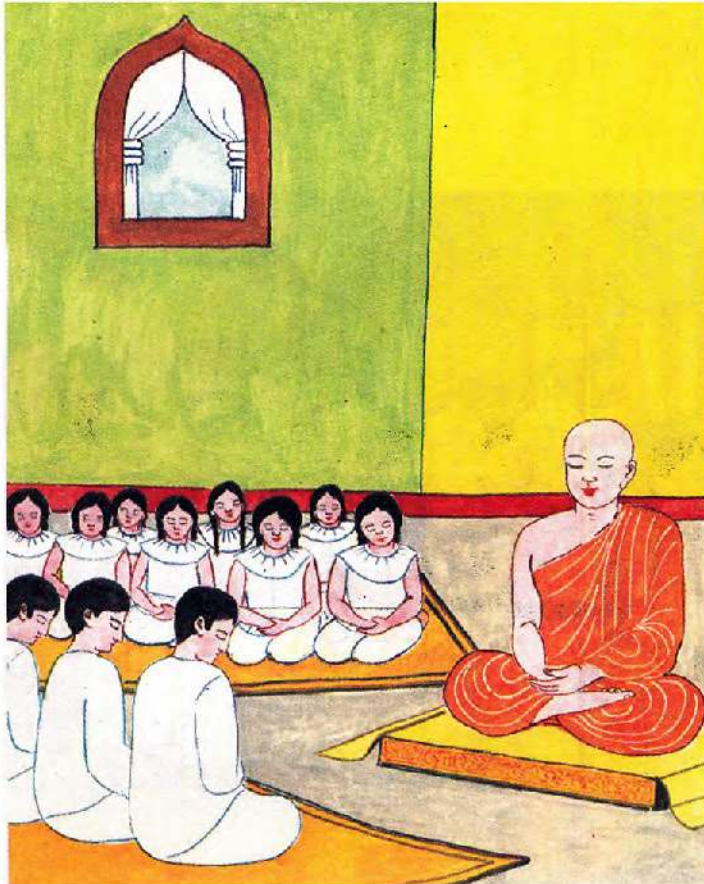
The Full Moon Day



Today is the full moon day.
All of us observe sil.
We shine in white.
The moonlight has spread all over.
The temple is beautiful.

LESSON 15

We Develop Friendliness



We develop friendliness.

May all beings be happy !
May all beings be healthy !
May all beings be well !

LESSON 16

The Procession



We form into lines.
Taking flags and flowers we go in
procession.



Tom-tom-to-tom-tom
Tom-tom-to-tom-tom

This is the Buddhist procession in our
village.

Sādhu ! Sādhu ! Sādhu !

LESSON 17

Our Friends

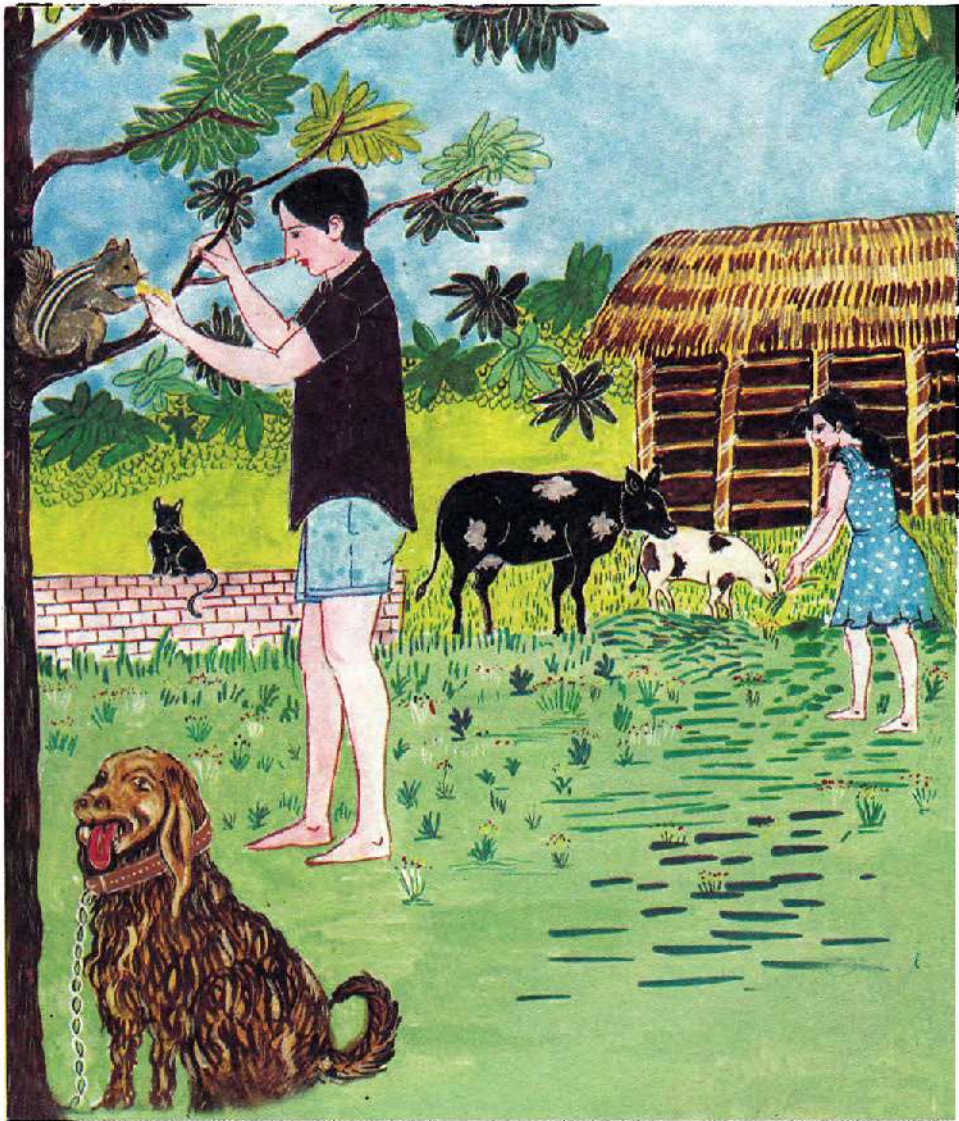


Thilini, Saman, Sandunika
Dumindu, Malithi, Piyumika
We are all friends.

We eat this mango sharing
together.

LESSON 18

Our Other Friends



Here are our other friends.
We love them, too.

LESSON 19

Good Practices



We keep our home and garden clean.
We make them beautiful.

LESSON 20

Good Habits



We wash our hands before taking meals.

We brush our teeth before going to bed.

We wash our face, also.

Musical Notations

Song 1



Western musical notation prepared by Dulip Gabadamudali

**FOR FREE DISTRIBUTION TO
DHAMMA SCHOOL STUDENTS**