

Good Habits as a Buddhist Child

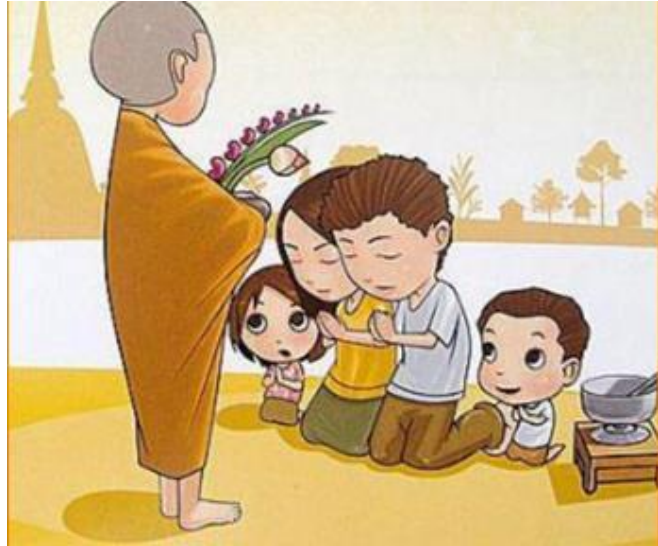
Metta Class: June 9, 2019

By Sureka Hapuarachchi

Who is a Buddhist?

Someone who practices Dhamma is called a Buddhist. Dhamma is the teachings of the Buddha.

We are Buddhists. We do what is good. We say what is good. We think what is good. We help those who need help without expecting anything in return. Buddha, the teachings of Buddha (what we call Dhamma) and Followers of Buddha (Monks, who we call Sangha) will guide us to be a good person.



Good Habits as a Buddhist Child:

- Worship Buddha, Dhamma and Sangha daily
- Follow the Five Precepts:
 1. Do not kill or harm anyone. Do not fight with others
 2. Do not take anything that does not belong to you without permission
 3. Avoid misbehaving
 4. Always speak the truth
 5. Do not use drugs or alcohol
- Offer food to monks
- Practice meditation
- Respect monks, parents and other elders
- Listen to your parents and teachers
- Take care of your parents and grand parents
- Say SORRY when you are wrong
- Say PLEASE when you need help
- Say THANK YOU when you receive something (gifts or help)
- Be polite
- Speak kind and nice words
- Be calm and relaxed
- Be kind and generous
- Help others in need
- Share your things with others
- Always forgive others' mistakes and wrong doings
- Do not gossip or tattle. Do not laugh when others make mistakes

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