



ENGLISH DHARMA GROUP \* JADE BUDDHA TEMPLE

## 1<sup>st</sup> Semester 2017-2018 Schedule | Young Kids Class

11:30-11:50	Meditation (walking and sitting)
11:50-12:05	Class Topic
12:05-12:20	Story /Activity
12:20-12:30	Discussion/singing or chanting

<b>Aug 20</b>	What is Happiness
<b>Aug 27</b>	Why Meditation
<b>Sept 3</b>	Practice Right Mindfulness
<b>Sep 10</b>	No Class   Ullambana General Assembly
<b>Sep 17</b>	Practice Right Concentration
<b>Sep 24</b>	Practice Generosity
<b>Oct 1</b>	Practice Loving-Kindness
<b>Oct 8</b>	No Class
<b>Oct 15</b>	Practice Compassion
<b>Oct 22</b>	Practice Sharing Joy
<b>Oct 29</b>	Practice Calmness and No Judgement
<b>Nov 5</b>	Practice Right Understanding/Right Intention
<b>Nov 12</b>	Practice right Speech/Right Action
<b>Nov 19</b>	No class after annual Bazaar
<b>Nov 26</b>	No class during Thanksgiving Break
<b>Dec 3</b>	Practice Patience and Right Effort
<b>Dec 10</b>	Review and share followed by semester birthday party
<b>Dec 15</b>	December 15-17 ABC Winter Camp

Teachers			
Sook HC	Bob B	Jade L	Lee-Wen T

August 20, 2017