

Teacher's Guide
To
Coming Back

Reincarnation
and
The Cycle of Birth and Death

(Damodara Class)

Hare Krishna Sunday School
International Society for Krishna Consciousness
Founder-acarya His Divine Grace A.C. Bhaktivedanta Swami

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*Reincarnation
and
The Cycle of Birth and Death*

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Hare Krishna Sunday School Program
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Introduction

This session explains the science of reincarnation on an age-appropriate level. Various projects are introduced at the end of each lesson, but, if time allows, an on-going project, using one of the following ideas, can be done a little each week throughout the session until completed.

Project idea #1:

Have the students write a skit about reincarnation. Perhaps the skit could follow the journey of a soul from one body to another until he takes birth in a human body and receives the mercy of Krishna and the Guru. Chanting at the time of death, he returns to the spiritual world. The children could present the skit in a puppet show, making the puppets and decorating a puppet theater using a large cardboard box.

Project idea #2:

Instead of presenting a puppet show, the same skit can be performed by students as a drama. Costumes will have to be made, props gathered and scenery made.

Project idea #3:

Using the picture of the “changing bodies” as a guide (page 14 in the student workbook), provide clay in various colors, safe carving tools and a large cardboard box to create a three-dimensional diorama as a preaching display.

Lesson One

1. Begin by reading aloud the introduction in the student workbook. Ask if anyone would like to give a brief explanation of reincarnation. (This will give you a chance to clear up any misconceptions.)
2. Introduce the session verse from the *Bhagavad-gita*. Before class, have the verse and translation written on a poster board and attached to the wall in a prominent place. Point to and read each Sanskrit word and have the children repeat after you. Then read each line with the children repeating. Have them repeat the translation after you read it. Throughout the session, ask for volunteers to come forward and lead the verse.
3. The poem on page 4 was written by Srila Prabhupada. Ask for a volunteer to read the poem aloud. Discuss its meaning.
4. This lesson begins with quotes about reincarnation from famous people in history. Most students will be familiar with Benjamin Franklin and Mahatma Gandhi. The children should be given a very brief explanation of the others who may not be familiar.
5. Continue reading Lesson One. On the top of page 8, you will need to stop and have the students look for the definition of “consciousness” in a dictionary. Have them write the definition in the space provided. After reading the rest of page 8, discuss the meaning of “material consciousness” and “purified consciousness.” Allow time for them to answer the questions at the bottom of the page.

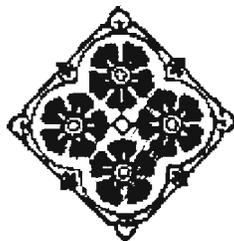
6. Read aloud the top of page 9. Allow time to discuss the points mentioned at the bottom of the page. Then discuss the picture and quote on page 10.

7. Have the students take turns reading the quotes from *Bhagavad-gita* on page 11.

8. Complete the Check for Understanding page. Provide copies of *Bhagavad-gita As It Is* for the students to answer number three. (This is a good way to teach them how to refer to Srila Prabhupada's books!)

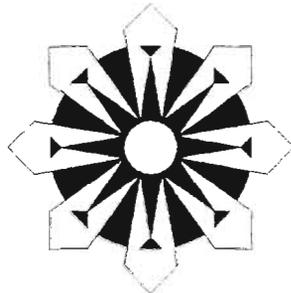
9. Discuss the picture on page 13. If time allows, have them color the picture using crayons, markers, and colored pencils.

10. If you are planning to work on one of the project ideas provided in the previous introduction, allow time to discuss and plan your project with the class.



Lesson Two

1. Chant the session verse. Ask for a volunteer to lead the chanting of the verse and the translation.
2. Read the text aloud in Lesson Two stopping often to reinforce the material. Allow time for any questions the students may have.
3. Review the picture on page 17 and discuss the caption. Continue reading the text on pages 18 and 19.
4. Review the pictures and the captions at the top of page 20 and 21. If time allows, have the students color the pictures with crayons, markers, etc., while you lead a discussion about their meaning. This hands-on activity will reinforce the meaning of the pictures.
5. Complete the Check for Understanding page by having the students take turns filling in the blanks. All students should write the answers in their workbooks.
6. Lead a short discussion about the verse written at the bottom of the page. (Something to Think About and Discuss section.)
7. Have a “race” to see who can fill in the missing letters on page 23.
8. Allow time to continue with your session project if you are completing one.

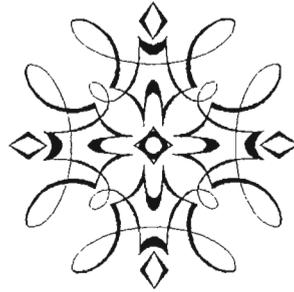


Lesson Three

1. Chant the session verse.
2. Begin by reading the verse from *Bhagavad-gita* at the top of page 24. Next, read the poem written in the first century by the Roman poet, Ovid. Ask for explanations of the poem.
3. This lesson tells the story of King Bharata which is quite long. You may need to pause every so often and ask questions to reinforce understanding. Perhaps the students can take turns reading a paragraph or two if this does not lose the attention of the other children.
4. Briefly discuss the picture and caption on page 36.
5. Complete the Check for Understanding page by having the students fill in the blanks.
6. Provide crayons, markers, colored pencils, etc. for the children to draw a picture on page 38 of Jada Bharata teaching King Rahugana.
7. Encourage the children to write a simple poem on page 39 using as many words from the list as possible. Have them read their poems to the class. Any effort should be rewarded! **OR** Assign this for homework to be completed during the week.
8. A small impromptu drama about King Bharata (one part or all of the story) can be performed by the students. Scripts are not needed. If they heard and understood the story they should be able to act it out in a simple way **OR** Have the children sit in a circle and take

turns telling the story in proper sequence from start to finish. Each student should be allowed two minutes to tell “what happened next.” This is an excellent exercise in hearing and repeating.

9. Allow time to work on your session project if you are completing one.



Lesson Four

1. Chant the session verse. By now, most students should be able to lead the chanting of the verse. If they are practicing at home, some should be able to recite it without referring to the board.

2. Lesson Four involves reading many quotes by Srila Prabhupada about reincarnation. At the end of each quote there are two questions to ask the class which should encourage a discussion.

3. Review the picture and quote on page 44.

4. Page 24 encourages the students to research Srila Prabhupada's books on their own to find a quote about reincarnation not already discussed in this lesson. You will need to provide enough books so each student has at least one or two books to research. They should write the quote and the chapter/verse at the bottom of the page. Encourage them to share their quotes with the class.

5. Next, the students can perform a hands-on activity putting together their own books about reincarnation. This should be a fun activity for them. Directions are on page 46.

6. Allow time to work on your session project if you are completing one with your class.



Lesson Five

1. Chant the session verse.
2. Read aloud Lesson Five which includes excerpts from a newspaper article about a heart surgeon interested in the origin of the soul. Read Srila Prabhupada's letter to the doctor which is included in this lesson.
3. On page 50, space is provided for the students to write their own letter to Dr. Bigelow. Ask for volunteers to read their letters aloud to the class. This exercise replaces the standard Check for Understanding page.
4. Play the "Reincarnation" game as explained on the next page.
5. Page 52 provides an opportunity for an art project. Provide glue and gold glitter for each student. Instructions are at the top of the page. This project reinforces that each living being is a spirit soul and not the material body.
6. Allow time for the students to work on their session project, if applicable.



Lesson Six

1. Chant the session verse. Ask for volunteers to recite the verse and translation without referring to the board. Reward those who are able to do this by giving stickers, maha-prasadam, certificate or another show of recognition. Encourage those who still need to read the verse from the board by praising them for their continued efforts! (If they have made improvement chanting the verse throughout the session, reward them in some way as well.)
2. Begin this lesson by reading, “Let’s Review What We Have Learned.”
3. Read aloud the text pausing often to ask questions.
4. On page 55, have the students write how they can serve Lord Krishna. Continue reading the text.
5. Complete the Check for Understanding page.
6. Read the top of page 58 and have the students circle as many hidden objects as they can find. (Our imperfect senses can often be fooled!)
7. Follow the directions at the top of page 58 to make a puzzle. They will need sturdy cardboard or poster board, glue and scissors.
8. The following activity is explained at the top of page 60. The children are to cut out the captions and glue them at the bottom of the corresponding picture. These pictures can then be colored and mounted on construction paper to be displayed at home or given to

friends and family as gifts.

9. Remind the students that a session quiz will be given next week. If they review their workbooks they should not have a problem answering the questions.

10. Allow time to complete your session project, if applicable, and discuss when and where the skit, puppet show or diorama will be shown.



Name: _____

Session Quiz *Reincarnation*

Match by drawing lines: 

karma	cycle of birth and death
reincarnation	means to end reincarnation
material body	“I am this body.”
spirit soul	constantly changing
devotional service	laws of the material world
false ego	“I am spirit soul.”
purified consciousness	never changes when the body changes

Fill in the blanks:

1. Because of his attachment, King Bharata took birth as a _____.
2. As a deer, King Bharata remembered his past _____.
3. Jada Bharata pretended to be deaf, blind and mute so _____ people would not approach him.

Session Quiz
(Continued)

Circle the TRUE statements below:

1. Once we take a human birth, we can never fall down into a lower species of life.
2. The spirit soul is part and parcel of Lord Krishna who is eternal. Therefore, the spirit soul is also eternal.
3. *Aham brahmasmi* means, “I am this body.”
4. Krishna told Arjuna, “Being completely absorbed in Me, surely you will come to Me.”

Fill in the missing words in the following verse:
(Bhagavad-gita, 2:13)

“As the embodied _____ continually passes, in this body, from boyhood to _____ to old _____, the soul similarly passes into another _____ at _____. The self-realized soul is not _____ by such a change.”