



ABIDING HEART
EDUCATION

EXPERIENTIAL BUDDHIST LEARNING

A glimpse into the Abiding Heart Kindergarten Curriculum as part of our Experiential Buddhist Teacher Training

Many of you who have read about the Abiding Heart kindergarten teacher training course might still be wondering what the richness and fullness of this course involves. In this post we would like to offer a glimpse into the content of the kindergarten curriculum that trainees learn how to teach.

The Experiential Buddhist Foundation Studies is the first semester of the three-year teacher training diploma and the emphasis is on the integration and internalisation of the Buddhadharma through meditation, dialogue and artistic hands-on activities. The second semester leads students on an in-depth journey through human development, from birth to rebirth, followed by learning theories. All the training is imbued with the Buddhist view, meditation and application in order to cultivate wisdom, compassion and activity that is to be lived in the classroom and in the teacher's personal life.



The remaining two years focus on kindergarten curriculum studies spread over four semesters. This is the main section of the course as trainees learn how to apply what they learnt during the first year in the day-to-day experience of the kindergarten child. In a gradual and comprehensive teaching approach, trainees learn what subjects to teach and how to teach

kindergarten children everyday throughout the school year. By the end of the training they acquire an impressive set of new teaching skills and will have developed the pedagogical, art and crafts, therapeutic, organisational and administrative skills necessary to run an experiential Buddhist kindergarten. Please see below for examples of the skills learnt and the beautiful teaching resources students create. Visit our [website](#) and contact Debbie Tan at admissions@abidingheart.education for more information and the Application packs.



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The Abiding Heart kindergarten curriculum is Buddhist and is taught using a transformative experiential learning approach; it is kind to the environment, creative and artistic, and nurtures the child's all round development and inner being. So how does this unique curriculum come to life in the day-to-day experience of the training and later on in the

kindergarten with the children? We would like to offer a glimpse into some of the skills trainees learn in our training. In this photo trainees learn how to knit a whole farm as part of the nature corner in the play area in the classroom.



Trainees learn how to make most of the toys to be used for their future kindergarten from natural materials. Students are first immersed in the experience and understanding of colour as this is the foundation for making all that they need in their classroom for implementing the kindergarten curriculum.



Using the understanding of colour and their knowledge of the Buddha's life, students learn how to turn stories from the Buddha's life into puppet plays. The various types of puppets and marionettes are hand sewn with great care using silk and wool.



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Story-telling and puppet shows are integral to the curriculum. Trainees learn how to bring the stories of the enlightened beings and masters to a young child's consciousness, such as Shakyamuni Buddha, Guru Rinpoche, Tsongkhapa, Milarepa and many more. Below, Ramila, our crafts teacher, is teaching trainees to sculpt puppets using the dry felting technique. They are recreating the Buddha's first five disciples as puppets to bring to life the First Turning of the Wheel of Dharma. Another example of dry felting is the Yeshe Sogyal puppet which is used to dramatize the story of Guru Rinpoche and Yeshe Sogyal.



In the Abiding Heart curriculum the children have a short Green Tara practice which Mingyur Rinpoche has created specifically for young children. A Green Tara puppet helps the children build a relationship to this deity.



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The trainees also make by hand the religious items for their shrine, such as, painting a Shakyamuni tangka and making offering bowls which can then form part of their classroom shrine.

Students learn to understand the cultural reality of the children they teach and to ensure it is reflected in the kindergarten. These stand-up puppets of Rinpoche and monks are specifically designed for the children who attend monastic schools and those children who have regular interaction with a monastery or dharma centre.





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Students learn how to make building blocks out of tree branches, logs and bamboo they find in their environment. We hope these photos provide a glimpse into the rich variety of skills and activities you will learn when taking part in the Abiding Heart kindergarten teacher training course. Our course is a life changing experience suitable for teachers, parents, and anyone working with young children and we would be delighted to welcome you on this transformational learning journey. Visit our [website](#) and

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