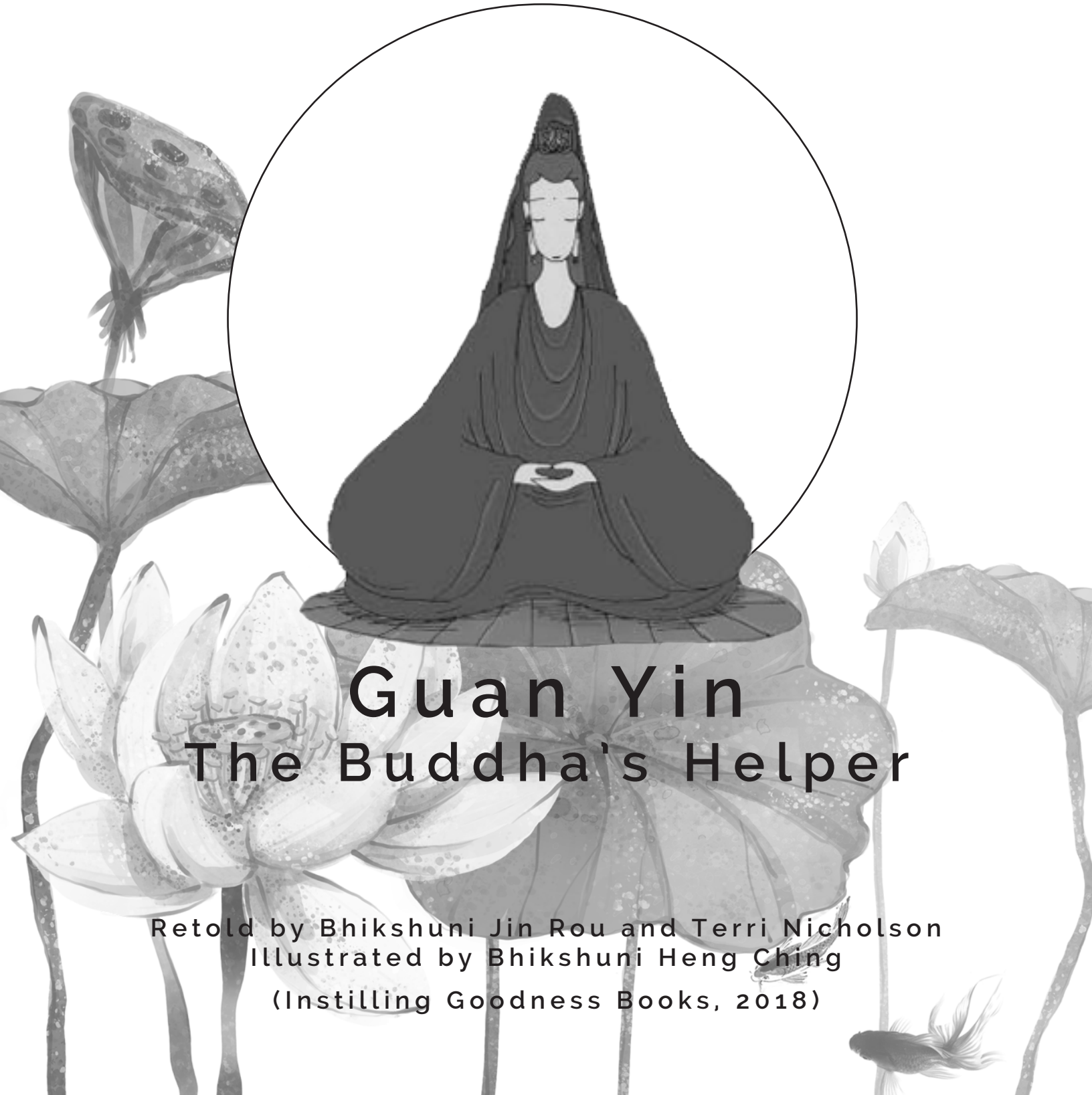
Parent and Teacher Guide



Guan Yin
The Buddha's Helper

Retold by Bhikshuni Jin Rou and Terri Nicholson
Illustrated by Bhikshuni Heng Ching

(Instilling Goodness Books, 2018)

SYNOPSIS

Guan Yin is one of the most beloved Bodhisattvas in the Buddhist tradition. As the Bodhisattva of compassion and loving-kindness, she holds a special place in the hearts of children of all faiths. In this delightful book, children are introduced to the concept of calling upon Guan Yin when they need help—when they are sick, afraid, lonely, lose someone they love, or have trouble with a friend.

READING ACTIVITIES

Discuss your ideas with others:

- What is your favorite transformation of Guan Yin? Why?

- Select a page that you found important to you. Have you ever been in a similar situation? How did you solve the problem? Did the page give you any idea on how to handle the situation in the future on your own?

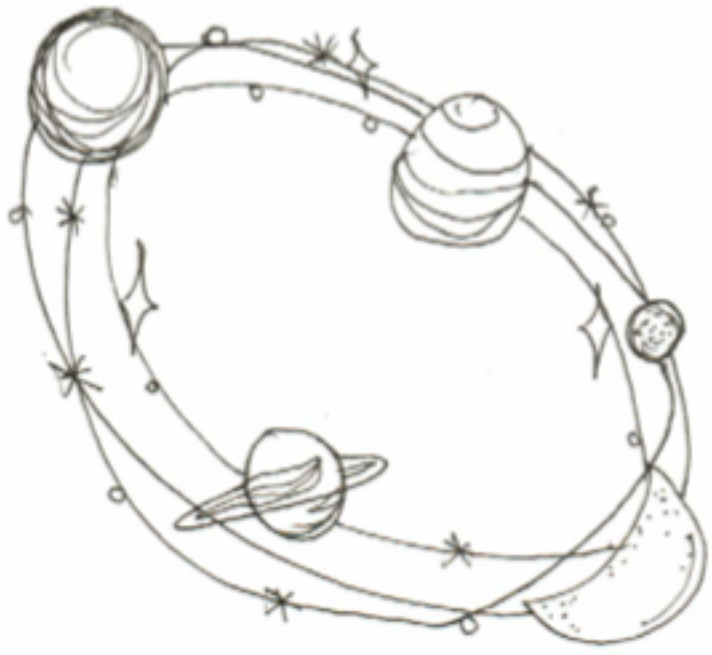
- Is this a good title for the book? If not, what would be a better one?

- If you could change one part of the book, what would it be? Why?

- Would you recommend this book to someone else? Why or why not?

RESEARCH ACTIVITY

Research a Buddhist country and discover that country's traditions around Guan Yin (e.g. symbols, celebrations, art, stories).

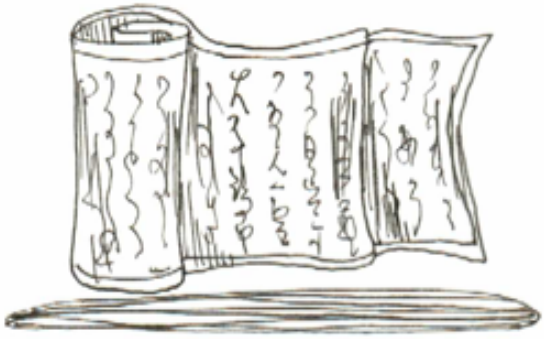


WRITING ACTIVITY

Circle the words that best describe Guan Yin's character.

bully	generous	cheats
stingy	polite	compassionate
kind	brave	listens
bossy	pushes	big-headed

Next select three characteristics that you wish to be like. Write a sentence about each characteristic and ways you can accomplish it.



MATCHING ACTIVITY

After reading The Buddha's Helper, draw a line from the picture to the ways that Guan Yin can help.

sadness

spiders

mistakes

monster

anger

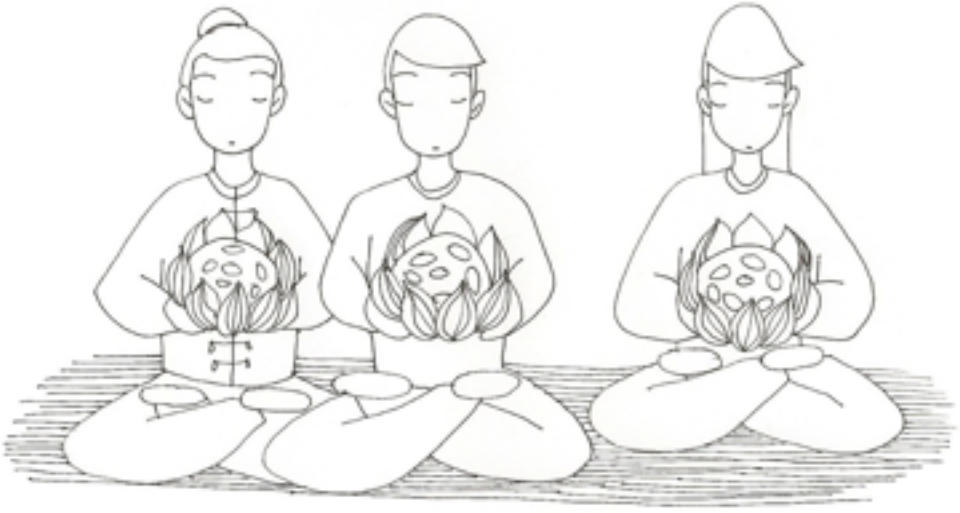
ART ACTIVITY

Paint a stone with a symbol that represents Guan Yin, such as: a lotus blossom, a willow branch, or a vase. Keep the stone by your bed or in a special place. When you need help, hold the stone and think of Guan Yin and recite her name.

MUSIC ACTIVITY

Learn to chant the name of Guan Yin. Invite friends and family to chant with you.

For music and chanting, check out www.buddhismforkids.net and www.dharmaradio.org to hear Reverend Heng Sure and Instilling Goodness Girls' Choir.



GRATITUDE TO PARENTS AND TEACHERS ACTIVITY

Parents and teachers are like Guan Yin. They are kind and caring and do lots of things for you.

How many different ways can you express your gratitude to your parents and to your teachers?

What are some things you can do to return favors to them?

SHARING CIRCLE

Consider having a class or family circle when something traumatic happens, where everyone can share their thoughts and feelings. Choose an object such as a stone. Have everyone sit in a circle and pass the stone around the circle, from one person to the next. Anyone may speak but only when holding the stone.

LOVING-KINDNESS MEDITATION

In "loving-kindness" meditation, you simply sit with your eyes closed and direct positive thoughts and wishes first to yourself.

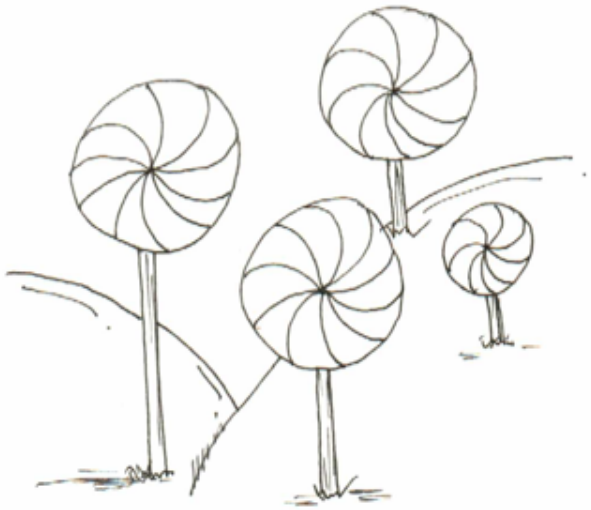
You say to yourself:

May I be well and happy.
May I be at ease.

Next image someone you care about and send loving-kindness thoughts to that person, Next send loving-kindness to your family, friends, strangers, animals, your enemies and finally to all beings in the universe.

You say to yourself:

May you be well and happy.
May you be at ease.

When we share our happiness with others, our own happiness grows.

Check out “Mindfulness and Meditation” on buddhismforkids.net.