

## Learning Five Precepts

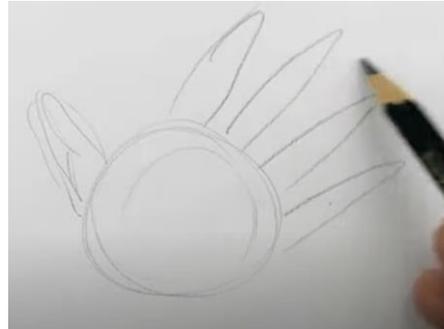
We are going to learn Five Precepts by drawing a hand and naming fingers.

- First we learn how to draw your palm. Follow the simple steps below.

1. Draw a circle



2. Draw the five fingers roughly as shown



3. Now draw the fingers and the palm properly as shown



4. Does it look like this?



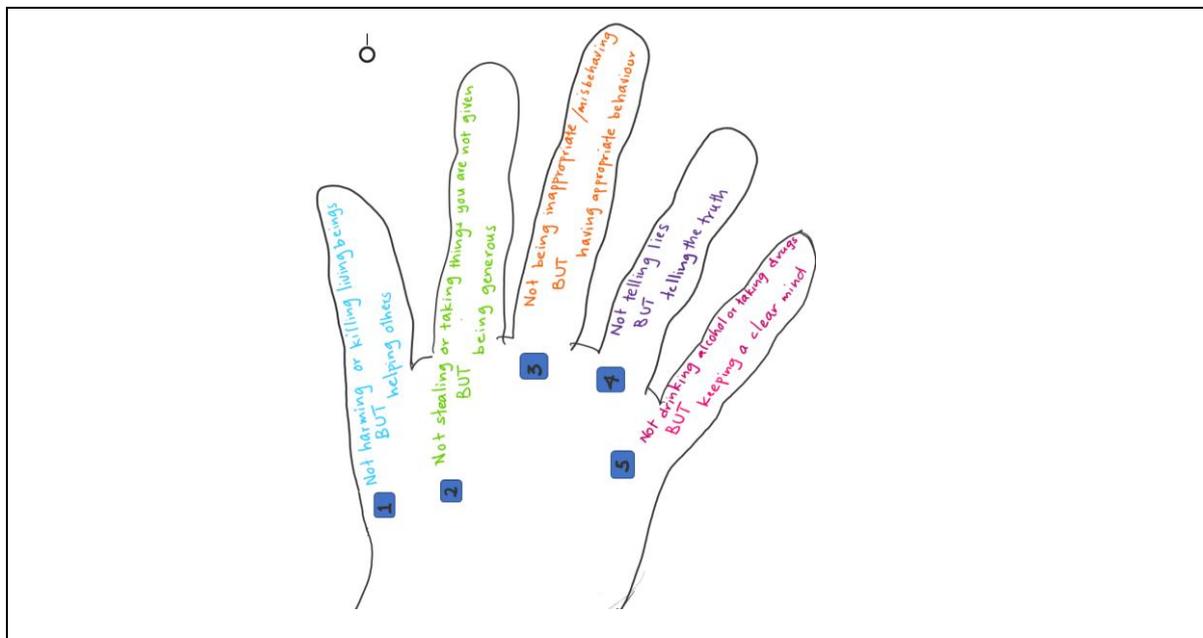
Starting from the thumb, name your fingers with Five Precepts.

1. Not harming or killing living beings
2. Not stealing or taking thing you are not given
3. Not being inappropriate/misbehaving
4. Not telling lies
5. Not drinking alcohol or taking drugs

You are able to write the Five Precepts as below too.

1. Not harming or killing living beings **BUT** helping others
2. Not stealing or taking things you are not given **BUT** being generous
3. Not being inappropriate/misbehaving **BUT** having appropriate behaviour
4. Not telling lies **BUT** telling the truth
5. Not drinking alcohol or taking drugs **BUT** keeping a clear mind

See the sample on the next page.



As a Buddhist child it is always good to recite Five Precepts in Pali. Let's learn them.

1. **Panatipata veramani sikkhapadam samadiyami**  
Not harming or killing living beings
2. **Adinnadana veramani sikkhapadam samadiyami**  
Not stealing or taking thing you are not given
3. **Kamesu micchacara veramani sikkhapadam samadiyami**  
Not being inappropriate / misbehaving
4. **Musavada veramani sikkhapadam samadiyami**  
Not telling lies
5. **Suramerayamajjapamadatthana veramani sikkhapadam samadiyami**  
Not drinking alcohol or taking drugs

Below is a small exercise for you to do. Bring your little note book when you come to the next Sunday School Class.

Write down in your note book few situations where you were about to violate any of the five precepts but you remembered the precepts and were able to refrain from doing so.

**Example:** It was raining slightly in the morning today. I saw my little puppy went outside running. When I called him, he came back running to me and wanted to play with me. I saw his little muddy paw patches on the carpet. I got angry and raised my hand to hit him but remembered the first precept "not to harm" and put my hand down immediately.

-Sumudu Aunty-