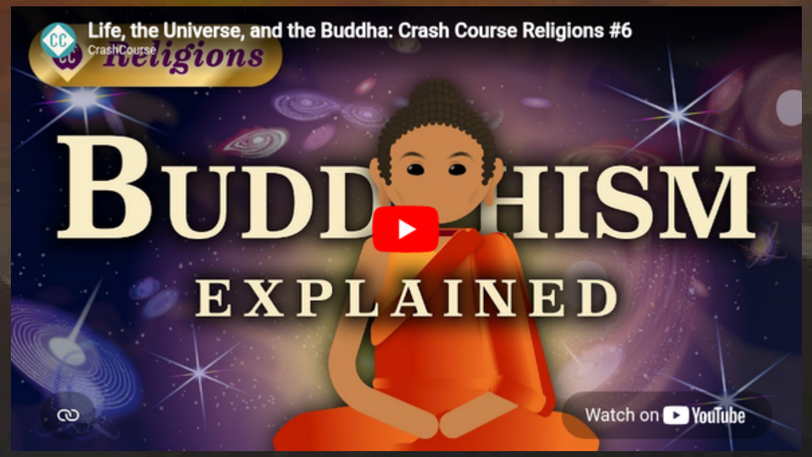
Buddhism and Taoism

A3–B1 Speaking & Vocabulary Lesson



Today: learn 10 words, compare two belief systems, and speak with clear examples.

Lesson Goals

Understand the main ideas of Buddhism and Taoism.
Use 10 key vocabulary words in complete sentences.
Compare two ideas using simple academic language.
Give a short opinion with a reason and example.

Partner talk: What helps you feel calm when life is stressful?

Warm-Up: Peace, Balance, and Nature

- What does “peace” mean to you?
- Is nature important for a happy life? Why?
- Should people fight problems or “go with the flow”?
- What is one rule for living a good life?

Speak for 30 seconds. Use: “I think… because…”

Big Idea: Two Spiritual Paths

Buddhism came to China from India.
Taoism began in China and is connected with Laozi.
Both give advice about life, choices, and inner peace.
Both influenced Chinese culture for thousands of years.

Check: Which one began in China? Which one came from India?

10 Key Vocabulary Words

philosophy

meditation

enlightenment

harmony

monastery

spiritual

balance

teachings

wisdom

path

Vocabulary challenge: Choose 3 words and make your own sentences.

Buddhism: Find Peace Inside

Buddhism teaches kindness, meditation, and understanding.
The goal is enlightenment: freedom from pain and worry.
Monks may live in a monastery for study and prayer.

Say it: “Meditation helps people ___.”
Say it: “A monastery is a place where ___.”
Say it: “Enlightenment means ___.”

Question: What daily habit helps people become calmer?

Taoism: Live in Harmony

Taoism began in China and is based on Laozi’s teachings.
It teaches harmony with the world around us.
Life has natural balance: light and dark, hot and cold.
Taoists believe in going with the flow of life.

Question: What does “go with the flow” mean in real life?

Compare: Same or Different?

Buddhism
came from India
meditation
enlightenment
monastery

Taoism
began in China
Laozi
harmony with nature
natural balance

Both: spiritual paths, wisdom, peace, better choices, Chinese culture

Use: “One similarity is…” / “One difference is…”

Speaking Frames

Buddhism teaches that…
Taoism focuses on…
One similarity is…
One important difference is…
In my opinion, this idea is useful because…
For example, in daily life…

Practice: Compare Buddhism and Taoism in 4 sentences.

Vocabulary Game: Guess the Word

1. A quiet practice to calm the mind.
2. A peaceful and balanced relationship.
3. Good judgment from experience.
4. A place where monks live and pray.
5. A way of thinking about life.

Student answers only. Then make one sentence with each word.

Role-Play: Temple Visit

Role A: Visitor — ask questions about Buddhism and Taoism.
Role B: Guide — explain the ideas in simple English.
Use 5 vocabulary words.
Give one opinion and one example.

meditation, harmony, balance, wisdom, path.

Start: “Welcome to the temple. What would you like to learn?”

Discussion Prompts

How do Buddhism and Taoism influence life in China?
What similarities and differences do you see?
Where do you see ideas about balance and nature in other cultures?
Which idea is more useful for young people today? Why?

Answer with: opinion + reason + example.

Quick Quiz: Say the Answer

1. Where did Buddhism start? a) China b) India c) Japan
2. What is a key practice in Buddhism? a) Meditation b) Running
3. What is important in Taoism? a) Fame b) Balance and harmony
4. What does Tao mean? a) The path or way b) The mountain

Answer first. Then explain: “I chose ___ because...”

Final Speaking Challenge

Speak for 60 seconds:

1. Explain Buddhism in one sentence.
2. Explain Taoism in one sentence.
3. Compare them.
4. Say which idea you like more and why.

Goal: use at least 5 key vocabulary words.

Homework: 20-Minute Worksheet

Match the vocabulary words.
Answer 5 multiple-choice questions.
Write 3 short answers.
Prepare a 1-minute voice summary: “One idea I found interesting was…”

Next class: be ready to explain balance, harmony, and meditation.