

Four Traditions, Shared Curiosity

Learn together, one small step.



Look closely

Do four different names mean we must choose a winner?



Story 1 / 3



At the library, Mum places four little books on the table. “Nyingma, Kagyu, Sakya and Gelug are often called the four main Tibetan Buddhist traditions.” Xiaohe asks about tradition.

“Start by thinking of teachings, learning and practice passed from teachers to students,” Mum says.

Pause and ask: How can we begin to understand a tradition?

Story 2 / 3



The children connect four cards to a drawing of an open book. Each tradition has its own history, teachers and approaches, as well as shared Buddhist foundations. "It is too simple to say one only studies and another only meditates," Mum adds. Their cards are a memory aid, not a real map.

Pause and ask: Do connected books mean rituals can be mixed freely?

Story 3 / 3



Another family comes to borrow books and mentions a temple they know. “What have you learned there?” Xiaohe asks. She hears a new story. The four names do not need to become competing teams. Start with respect, then gradually learn more about each rich tradition.

Pause and ask: How does Xiaohe learn about the other family?

A Buddhist idea

Listen and learn,
without ranking people.



Talk together

Can a hat or colour tell us everything about a tradition?

What could you ask about an unfamiliar tradition?



Try an activity

Make four equal-sized tradition bookmarks.



For grown-ups

Read aloud, discuss and try a small activity.

Stories and exercises: BlessFu

Illustrations: AI-assisted

Full references and guidance are in the companion booklet.

