

What Is Inside a Thangka?

Learn together, one small step.



Look closely

Should we begin with “I notice” or “It must mean” ?



Story 1 / 3



Xiaohe and her brother see a painting mounted in patterned fabric. Mum explains that a thangka is a Tibetan scroll painting, often on cloth; textile versions also exist. The boy notices the border and a Buddha seated at the centre of the picture.

Pause and ask: What belongs to the picture and what to the frame?

Story 2 / 3



"I see a lotus," Xiaohe says. "Every leaf must hide a secret!" her brother adds. Mum smiles. "Let us read the label. What we see and what we guess are different." They keep their hands away and step back to look at the whole painting.

Pause and ask: What do we know, and what do we still wonder?

Story 3 / 3



At home, the children draw a lotus and invent a border of leaves. "My looking notes!" Xiaohe says. Mum agrees: "This is an observation and art exercise. It does not mean we have learned to make a traditional thangka."

Pause and ask: What kind of exercise have the children made?

A Buddhist idea

Look before guessing.



Talk together

Which statement is an observation: seeing a lotus or guessing that every leaf hides a secret?

Why look at the whole painting after a detail?



Try an activity

Make looking notes.



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.

