

Buddhist Life A Monks Day vs My Day

Using the table below, make a timetable for both your day and a Buddhist monk's day. Use a ruler to divide the timetable into blocks of time (for example, you may want to make 00:00-07:00 a block of time for sleep). Shade each block in a different colour so it is clear and easy to see.

A Monk's Day	My Day
00:00	00:00
01:00	01:00
02:00	02:00
03:00	03:00
04:00	04:00
05:00	05:00
06:00	06:00
07:00	07:00
08:00	08:00
09:00	09:00
10:00	10:00
11:00	11:00
12:00	12:00

13:00	13:00
14:00	14:00
15:00	15:00
16:00	16:00
17:00	17:00
18:00	18:00
19:00	19:00
20:00	20:00
21:00	21:00
22:00	22:00
23:00	23:00
24:00	24:00

Buddhist Life A Monks Day vs My Day Answers

Answers for the monk

00:00-04:00 – Sleep

04:00-05:00 – Wash and get ready for day

05:00-06:00 – Chanting and meditation as group

06:00-07:00 – Collecting food

07:00-07:30 (roughly) – Eat breakfast

07:30-11:00 – Chores and study

11:00-12:00 – Main meal

12:00-19:00 – Further study and meditation

19:00-20:00 -Chanting and meditation as group

20:00-10:00 – Private study and then sleep.