



The Buddhist Society, Founded 1924, 58 Eccleston Square, London SW1V 1PH

Buddhism SACRE Reading List

[Items in bold are recommended foundation for subsequent key stages, i.e. it would not be advisable for Key Stage 5 students to study the listed texts without the foundation provided by at least some of the texts in bold in key stage 3 & 4]

Early Years Foundation Stage (up to 5 years old)

Where's Buddha by Marisa Aragon Ware

EYFS + Key Stage 1 (up to 7 years old)

The Seed of Compassion by The Dalai Lama

A Handful of Quiet: Happiness in Four Pebbles by Thich Nhat Hanh

Little Sid by Ian Lendler

Under the Bodhi Tree: A Story of the Buddha by Deborah Hopkinson

Buddhism for Kids: 40 Activities, Meditations, and Stories for Everyday Calm, Happiness, and Awareness by Emily Griffith Burke

Dharma Family Treasures: Sharing Mindfulness with Children - A collection of Essays on sharing Dharma with Children edited by Sandy Eastoak

Secular Meditation and Mindfulness for EYFS + KS1

Meditation Is an Open Sky: Mindfulness for Kids Book by Whitney Stewart

Meditation for Kids: 40 Activities to Manage Emotions, Ease Anxiety, and Stay Focused by Tejal V. Patel

Key Stage 2: Years 3 to 6 (7-11 years old)

A Pebble for Your Pocket - Thich Nhat Hanh

Prince Siddhartha: The Story of Buddha - Jonathan Landaw

When the Buddha Was an Elephant: 32 Animal Wisdom Tales from Jataka - Mark McGinnis



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Key Stage 3: Years 7 to 9 (11-14 years old)

What The Buddha Taught - Walpola Rahula

The Heart of the Buddha's Teaching - Thich Nhat Hanh

Teachings of the Buddha: The Wisdom of the Dharma, from the Pali Canon to the Sutras - Desmond Biddulph & Darcy Flynn

Mindfulness in Plain English - Bhante Gunaratana

Dhammapada - Published by The Buddhist Society

Foundations of Buddhism - Rupert Gethin

The Jatakas: Birth Stories of the Bodhisatta - Sarah Shaw

Key Stage 4: Years 10 to 11 (14-16 years old)

In The Buddha's Words - Bhikkhu Bodhi

The Essence of the Heart Sutra - Dalai Lama

The Diamond That Cuts Through Illusion - Thich Nhat Hanh

How to See Yourself as Your Really Are - Dalai Lama

Satipaṭṭhāna: The Direct Path to Realisation - Bhikkhu Anālayo

Mindfulness, Bliss, and Beyond: A Meditator's Handbook - Ajahn Brahm

Buddhism Without Beliefs - Steven Batchelor

Zen Mind, Beginner's Mind - Shunryu Suzuki

Key Stage 5: Years 12 to 13 (16-18 years old)

Mahayana Buddhism: the Doctrinal Foundations - Paul Williams

A Comprehensive Manual of Abhidhamma - Bhikkhu Bodhi

Gentling the Bull - Myokyo-ni

Selected Works of D.T. Suzuki: Volume I: Zen

The Zen Canon - Steven Heine & Dale Wright (editors)

The Zen Teaching of Huang Po: On the Transmission of Mind - John Blofeld (translator)

A Concise Introduction to Tibetan Buddhism - John Powers

Contemplating Reality: A Practitioner's Guide to the View in Indo-Tibetan Buddhism by Andy Karr

The World of Tibetan Buddhism by the Dalai Lama

Selected Works of D.T. Suzuki: Volume II: Pure Land



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The Buddhist Society Library

The library at The Buddhist Society is one of the oldest libraries dedicated to Buddhism in the Western world, dating to 1926. With approximately 5000 volumes, the library is a repository of Buddhist wisdom and knowledge representing many centuries of teachings, from Buddhism's inception in India in the 6th century B.C.E., to its flourishing across the Asian continent, and into the contemporary period as Buddhism has become a world religion, benefitting lives globally.

The library, situated in the heart of London, is a free service, in line with the Society's mission to publish and make known the Principles of Buddhism and encourage the study and practice of those principles.

