

The Eightfold Path

Drama Cards



Right Understanding

Right Understanding is about seeing the world as it really is and not how you want it to be.

Task:

Think of a situation that you have wanted to change, or own or possess something. Create a short drama scene where a character has wanted something to be different to how it really is which has resulted in them becoming angry or upset. Then repeat the drama where the character does see the situation as it really is, and is more accepting and calm.

Right Intent

Right Intent is concerned with having the right intention behind a decision. Do we have the right reasons behind our intentions? Or are we being selfish and trying to manipulate a situation for our own purposes?

Task:

Create a drama scene where a character's intentions were for their own ends rather than for someone else's benefit. Then repeat the drama with a different ending showing the Right Intent.

Right Speech

Right Speech is concerned with being aware of what we say to other people or about them.

Task:

Create a drama scene where unkind words said in anger or with unkindness, cause problems for the characters. Then repeat the drama showing how the upset could have been avoided by using kind words, or not gossiping.

Right Action

Our actions and how we behave affect those around us and those we care about.

Task:

Create a drama scene where a character (or characters) have not chosen the right action and have caused particular consequences. Then re-create the drama showing how the negative outcome could have been avoided and the right action achieved instead.

Right Livelihood

Our choice of livelihood can affect others.

Task:

Create a drama scene where a choice of career is harmful for someone else, and then show a contrasting career choice that is for the good of others and helps them.

Right Effort

Right Effort is concerned with avoiding feelings of greed, jealousy and want, and developing positive feelings of compassion, care and respect.

Task:

Create a drama scene where a character is putting the wrong effort into something and developing negative feelings, and then contrast it with a drama where the right effort is developing positive feelings.

Right Mindfulness

This step is concerned with not judging everything in terms of whether we like something or not, but being fully aware of a moment without fear, worry or wishing for inaccessible things.

Task:

Create a drama scene where someone ruins an event by wishing it was different. Contrast it with another drama where an occasion or event is fabulous because they have enjoyed the moment rather than getting side tracked by thoughts and judgements that don't really matter.

Right Concentration

Concentration is needed to carry out different activities to the best of our abilities. On a simple level, the necessary focus needed is very important to make sure we complete something the best we can for the best outcome possible.

Task:

Think of a situation where concentration is very important and something might go wrong if that concentration isn't there. Create a drama scene where concentration is lost and there is a negative outcome as a result.