

## DARUMA DOLLS



A lesson for students ages 4-8, grades K-2  
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### I. Theme/Subject:

A Daruma is a spherical doll with a red painted body and a white face without pupils. Daruma dolls represent Bodhidharma, a Zen monk who meditated for almost 9 years while sitting in the *zazen* meditation posture that his legs were of no use anymore.

Most Daruma dolls are now manufactured by hand in Takasaki (Gunma prefecture). Throughout the year, but traditionally on New Year's Day, one makes a wish or sets a goal and paints one black pupil onto the Daruma doll. When the goal is reached or the wish comes true one then paints on the second pupil and dispose the doll on the following New Year's Day.

### II. Objectives/Concepts:

- Students will learn about the historical Bodhidharma.
- Students will learn how Buddhism came to China from India, and later to Japan.
- Students will learn about the Japanese New Year's tradition of wish making and goal setting as it relates to the Daruma doll.
- Students will learn the legends of Daruma and his dedication to meditation, his achieving enlightenment, and the relationship Daruma has to green tea.
- Students will reproduce their own Daruma doll, set a goal, and work towards achieving their goal.

### III. Standards:

#### A. National Standards

##### 1. Visual Arts

- NA-VA.K-4.1 Standard #1: Understanding and applying media, techniques, and processes
- NA-VA.K-4.3 Standard #3: Choosing and evaluating a range of subject matter, symbols, and ideas

- NA-VA.K-4.4 Standard #4: Understanding the visual arts in relation to history and cultures
- 2. Social Studies
  - NSS-USH.K-4.4 The History of Peoples of Many Cultures Around the World: Understand selected attributes and historical developments of societies in Asia
- 3. Language Arts
  - NL-ENG.K-12.9 Multicultural Understanding: Students develop an understanding of and respect for diversity in language use, patterns, and dialects across cultures, ethnic groups, geographic regions, and social roles.

## **B. Ohio State Standards**

1. Visual Arts
  - Benchmark 1A: Recognize and describe visual art forms and artworks from various times and places.
  - Benchmark 1B: Identify art forms, visual ideas, and images and describe how they are influenced by time and culture.
  - Benchmark 1C: Identify and describe the different purposes people have for creating works of art.
  - Benchmark 2A: Demonstrate knowledge of visual art materials, tools, techniques, and processes by using them expressively and skillfully.
  - Benchmark 3A: Identify and describe the visual features and characteristics in works of art.
  - Benchmark 4A: Apply basic reasoning skills to understand why works of art are made and valued.
  - Benchmark 5B: Use the visual arts as a means to understand concepts and topics studied outside the arts.
  - Benchmark 5D: Describe how visual art is used in their communities and the world around them and provide examples.

## **IV. Vocabulary:**

- *Bodhidharma*: An Indian sage credited as the founder of Zen Buddhism.
- *Daruma*: The Japanese term for Bodhidharma; most commonly refers to the Daruma doll.
- *Enlightenment*: A blessed state in which the individual transcends desire and suffering and attains Nirvana
- *Legend*: An unverified story handed down from earlier times, especially one popularly believed to be historical.
- *Meditation*: continuous and profound contemplation or musing on a subject or series of subjects of a deep or abstruse nature; "the habit of meditation is the basis for all real knowledge"
- *Zazen*: meditation posture where the legs are folded and tucked beneath the body.

- *Zen Buddhism*: school of Mahayana Buddhism asserting that enlightenment can come through meditation and intuition rather than faith; China and Japan

## V. Materials:

### A. For Studio Activity:

For Kindergarten and 1<sup>st</sup> grade students:  
(materials are per student)

- (1) 9x12" sheet red construction paper
- (1) 4.5x6" sheet white construction paper
- (1) template Daruma doll body
- (1) template Daruma doll face
- Pencil
- Safety scissors
- Crayons or markers
- Glue stick
- Gold tissue paper

For 2<sup>nd</sup> grade students:  
(Per student)

- (1) 1.5' Aluminum foil sheet
- (1) marble
- (1) 1 ounce *Crayola Model Magic* packet
- (1) Daruma doll printed face
- Safety scissors
- Colored pencils or markers
- (1) paint brush
- Red acrylic paint
- Gold paint pen/marker
- Paintbrush
- Water dish
- Paper towels
- Pencil
- Black fine point marker

### B. For Power Point Presentation:

- Microsoft Power Point
- Laptop with CD drive
- LCD projector
- CD with Daruma Power Point Slide show
- Projection screen

**VI. Strategies and Procedures:****A. Engage (motivation):**

Students will be introduced to Bodhidharma (also known as Daruma)  
Students will discuss New Year's traditions, comparing those of the United States to those of Japan, specifically the Daruma doll.  
Students will compare goal setting that they have done in the past with the premise of the Daruma doll.  
Students will note the modern use of the Daruma during political elections, etc.

Students will view Power Point presentation with slides of Bodhidharma as subject of paintings and examples of Daruma dolls.

**B. Explore:**

Handouts:

1. *Japanese New Year's: Daruma Dolls*
  - What do Daruma dolls represent?
  - What do you do with one?
  - Where can you get these dolls?
  - What materials are they made of?
2. *The Legend of Bodhidharma*
  - Who was Bodhidharma?
  - Why did he meditate?
  - According to legend, how did green tea come to China?
3. *Daruma Doll: Goal Setting*
  - Color in Daruma doll body and decorations.
  - Write goal down and record date. (Don't forget to write your name!)
  - Color in pupil of the doll's left eye.
  - When goal is achieved, color in pupil of the other eye!

Students will view examples of Bodhidharma in artwork and discuss the similarities and differences between Daruma in each work.

**C. Create:**

Students will create their own Daruma doll!

Directions for Kindergarten students:

- Trace around Daruma doll body template onto red construction paper using pencil.
- Carefully cut out red body shape using safety scissors.
- Trace around Daruma doll face template onto white construction paper using pencil.
- Carefully cut out white face shape with safety scissors.
- Glue white face shape onto red face shape with glue stick.
- Draw Daruma's eyes, nose, mouth, eyebrows, and mustache/beard onto white face using crayon or marker.
- Draw designs onto gold tissue paper with pencil.
- Carefully cut out drawn designs from gold tissue paper with safety scissors.
- Glue cut-out gold tissue paper designs/decorations onto red body of Daruma doll using glue stick.
- Color in the pupil of the Daruma doll's left eye and set a goal or make a wish.
- When your wish comes true or you reach your goal, color in the pupil of the doll's right eye!

Directions for 1<sup>st</sup> and 2<sup>nd</sup> grade students:

#### Session 1:

- Using safety scissors, cut out face shape.
- Color and decorate paper face shape with colored pencils and/or markers.
- Form 1.5' sheet of aluminum foil into oval shape (approximately 1.5"x1.75")
- Roll oval onto hard surface so sharp edges are compressed into a smooth surface.
- Using the "pinch-pot" method, press 1 ounce of *Crayola Model Magic* until 1/4" thick.
- Mold 1/4" thick *Crayola Model Magic* around aluminum foil oval form, covering all exposed foil edges.
- Reshape and smooth surface into an egg or oval shape.
- Push shape down onto flat surface gently, creating a flat bottom to the shape.
- Write name or initials on bottom of doll.
- Press colored cut-out face into front side of oval shape.
- Form modeling clay around face shape creating a small lip.
- Add a small even layer of white glue to the back of the face cut-out.
- Press face (with glue on back) into indentation.
- Let clay and glue dry for 24 hours.

#### Session 2:

- Apply red acrylic paint to the surface of the fully-dried Daruma doll with a soft paint brush.
- Set aside and let dry.
- Once red paint has dried completely, use gold paint pens/markers to add decoration to the body.
- Re-write name or initials on bottom of doll (after paint)

## VII. Assessment:

Students' knowledge/understanding will be tested by asking review questions, such as:

- *Who was Bodhidharma?*  
The historical Bodhidharma was an Indian sage who lived sometime in the fifth and sixth century AD., credited with bringing Zen Buddhism to China (and later spread to Japan).
- *What was another name for Bodhidharma?*  
Daruma
- *According to the legend, why does Bodhidharma have no eyelids or lashes?*  
In order to stay alert/awake while he was meditating, Bodhidharma allegedly cuts off his eyelids and lashes.
- *What happened to Daruma's eyelashes after he cut them off?*  
According to legend, after Daruma cut off his eyelashes they fell to the ground and took root in the soil. They later grew to become the green tea plant, used to increase alertness!
- *Why does the Daruma doll have no eyes (pupils) when you first get (or make) one?*  
The Daruma doll has no pupils when he is first purchased or produced with the idea that the owner can make his wish or set his goal, paint in the first eye, and make an "agreement" with Daruma that he will paint in the second eye when he has either reached his goal or his wish has come true at the end of the year,
- *When do you paint in the second eye?*  
The second eye is painted in when the goal has been reached or the wish has come true.
- *According to the legend, why does Daruma have no legs or arms?*  
Daruma has no legs or arms according to legend because while he was deep in meditation for such a long time both his legs and arms atrophied and withered away.
- *What does the beard/mustache on the Daruma doll represent?*  
On some Daruma dolls the beard or mustache is painted to represent the tortoise, a symbol of long life. In Japan, the tortoise is said to live for 10,000 years.
- *What do the eyebrows on the Daruma doll symbolize?*

On some Daruma dolls the eyebrows are painted to represent the crane, another symbol of long life. In Japan, the crane is said to live for 1,000 years.

### VIII. Closure:

#### A. Students will participate in the Daruma game!

Directions:

- Teachers and students sit in a circle with their arms and legs folded.
- Participants sway from side to side in rhythm and chant in unison:

**Daruma-san, Daruma-san  
Nira Miko Shimasho  
Waratara Dame Yo  
Ichi Ni San Shi Go**

(Mr. Daruma, Mr. Daruma)  
(Let us stare at each other)  
(You had better not laugh)

- Everyone must be serious as they stare at each other!
- The first person to laugh is out!

#### B. Students will learn the *Zazen* meditation posture.

##### 1. The posture

- Traditionally, one sits in the center of the zafu (round cushion), crossing legs into the lotus or the half-lotus position. Students will sit on the floor (preferably carpet) and fold their legs in front of them.
- Keep spine aligned straight. Have students imagine that they are marionettes being pulled up straight by a string attached to their heads.
- Keep shoulders parallel to ground.
- Eyes should be gently closed—open enough to let some light in but closed enough so that students cannot focus.
- Mouths should be closed, but teeth should not be clenched. (Clenching jaw and teeth creates stress on the body and mind) Tongues should be positioned so that the tip touches the roof of the mouth (the palate). This allows the mind to focus on meditating.
- Have students put left hands on top of the right hands, with the palms turned towards the sky, thumbs touching each other and forming a straight line.
- Hands rest on top of the feet, with the edges of the smallest fingers gently against the center of the abdomen.
- Shoulders are relaxed. The tip of the tongue touches the palate.

##### 2. Breathing

- Zen breathing was long ago called "Anapanasati" in Sanskrit; it can only occur with correct posture. The most important goal of zen breathing is to establish a strong yet slow and natural rhythm based on a soft, long, and deep breathing out. Air is exhaled slowly and silently through the nose, while the push created by breathing out goes down into the stomach. At the end of the exhalation, inhalation takes place naturally. The masters compare the zen breathing to the mooing of a cow or to the breathing out of a baby who cries as soon as he is born.
3. State of Mind
- During *zazen*, let images, thoughts, and mental shapes appearing from the unconscious, pass like clouds in the sky, without fighting them, without grasping them. At this point, one ideally reaches the deep unconscious-- without thinking, beyond thought (*hishiryo*), true purity.
  - The *zazen* state of mind emerges naturally from a deep concentration on the posture and breathing, allowing the control of mental activity resulting in better cerebral circulation.

#### IX. Across the Curriculum:

- A. History:** Have students explore the history of Buddhism throughout India, China, and Japan. Make a list of similarities and differences or create a Venn diagram.
- B. Science:** Research the origin of green tea. Find out what (if any) ingredients promote alertness or help you stay awake!
- C. Language Arts:** Have students write a brief essay describing their goal (set with the Daruma doll) and how they will achieve it.
- D. Math:** Have students create a classroom graph, marking when each person's goal is reached!

#### X. Resources:

##### A. Books:

1. *Daruma: The Founder of Zen in Japanese Art and Popular Culture*. Tokyo & NY: Kodansha International, 1987.
2. Fiarotta, Phyllis. *Papercrafts Around the World*. Sterling, 1996. Crafts from Indonesia, Japan and other countries. Make Daruma dolls from Japan. Youngsters may need adult help.
3. Satoshi, Kako. *Little Daruma and Little Rabbits*. 1972. This is the third book in the popular Little Daruma series. It introduces many plays and games appropriate for wintertime.

##### B. Websites:

1. <http://www.japan-guide.com/e/e2104.html>
2. <http://www.search.eb.com/eb/article?toclid=9080361>

Bodhidharma Encyclopædia Britannica. Retrieved January 10, 2005, from Encyclopædia Britannica Online.

3. <http://www.search.eb.com/ebi/article?toclid=9276006>  
Zen Britannica Student Encyclopedia. Retrieved January 10, 2005, from Encyclopædia Britannica Online.
4. <http://www.onmarkproductions.com/html/daruma.shtml>
5. <http://japanese.about.com/>