

# Make a Daruma Card 達磨

## THE JAPANESE HOUSE ACTIVITIES



*Learn about Daruma and how the Japanese make New Year's resolutions. Make a Daruma card with your own resolution.*

*This activity can be done at any time of the year when you want to establish new goals.*

### 1. Learn about Daruma

Daruma was an Indian Buddhist priest who was said to have lived approximately 1,500 years ago. In English his name is Bodhidharma, but in Japanese he is known as Daruma. It is said he was born a prince in southern India and traveled to China, where he sat in a cave meditating for nine years. From that experience, he created the set of teachings called Zen Buddhism. Some people say that he even traveled to Japan to bring Zen Buddhism there.

Today, Daruma is a symbol of determination, strong will, and persistence for the Japanese. Daruma is still popular in Japan today, and you can find his images and name all over Japan, in toys, on cards—there's even a Daruma Pokemon! The most popular style of Daruma images is a red Daruma doll made of papier-mâché. These red papier-mâché Daruma dolls are often sold in temples, especially at the New Year. In Japan, the New Year is the most important holiday of the year, and many people make resolutions, just like elsewhere in the world. People write their goals on the back of Daruma dolls during the holiday and use them as a reminder as well as a symbol of their goals.

#### **TIME:**

20 minutes

#### **MATERIALS:**

- Daruma activity sheet
- Red construction paper or card stock
- Markers, crayons, colored pencils
- Glue sticks
- Scissors
- Other decorating materials (optional)

#### **PRONUNCIATION GUIDE:**

Daruma: *dah-roo-mah*



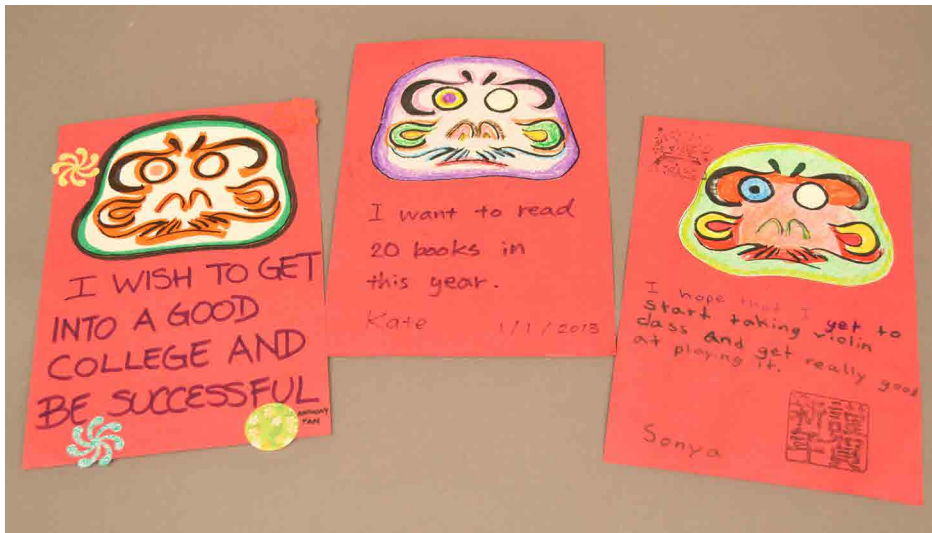
## 2. Make Your Own Daruma Card

*Before you start:* Talk about possible resolutions and goals for your card.

1. Cut out the Daruma face.



2. Glue the face onto the red paper to make a Daruma card.
3. Write your goal on the bottom of the Daruma card. Make sure to write the date.



4. Color in just one pupil. This shows you are halfway to completing your goal.
5. Decorate the cards however you want.
6. Do your best to complete your goal! Don't forget to color the other pupil when you do.

### 3. Things to Talk about

- Daruma wanted to become a better person in order to help others in need. He chose to use meditation to figure out how to become more compassionate. What are some other ways to find these answers? In what ways do you help others? What are some examples of doing the right thing in in your life?
- Meditation helped Daruma focus and find answers. How do you focus when you feel overwhelmed? What do you do when there's a lot going on and you need a break?



