

## English subtitles tv program “Boeddha in de polder”

### Part 1: 21.55 – 27.19

#### 21.55

Joris: Buddhist Douwe Hoitsma has been working in primary education for 20 years when he can no longer tolerate the pressure to perform in schools. He sees a lack of time and attention for the development of the child... And he decides to develop a method in which he puts age-old Buddhist wisdom in a child-friendly guise.

#### 22.12

Douwe: Well let's get started. We will practice the sit exercise by taking a journey through our body with our attention. And that journey starts at your feet. And if you want to feel your feet even better, you can bring your toes to your knees.

#### 22.31

Joris: Does regular education actually miss this phenomenon?

#### 22.34

Douwe: It is indeed true that education is very cognitive. If you look at the Inspectorate, it concerns arithmetic and language. And then I looked at the child and the person as a whole. That is a broader view than just the cognitive. It is also about the broader development of children as human. I thought it was important to include that.

#### 22.55

Joris: Have you actually made Buddhism child-friendly: so that it can be understood by children?

Douwe: Yes, yes.

Joris: How did you do that?

Douwe: Through animals for example.

Joris: You came up with animals yourself.

Douwe: I have come up with animals that have certain qualities. They are actually general human qualities, such as kindness, happiness, connectedness and helpfulness, that define us as people, so to speak. The four heart qualities are the catalysts of our humanity.

#### 23.23

Joris: Douwe focuses on four important heart qualities in his lessons to make it understandable for the children. It's about being kind, helping each other, being happy with ourselves and others and connection.

#### 23.36

Fenna: I had, I like to give compliments, attention and help to others.

Douwe: Wow. And what animal is that?

Fenna: Generous Gerald.

**23.45**

Joris: You work with those I-cards? How does this work?

Douwe: I-cards are actually personal goals. For example, I have one here. An I-card consists of the name, of course. It also consists of the animal they have chosen. And from the animal, a sentence/line from a portfolio folder is selected that they need to develop themselves.

**24.13**

Kaat: I selected Patient Penelope. And my line is: If I don't succeed immediately, I will stay calm then.

**24.20**

Douwe: It is also important, the motivation, why you chose it. And what influence this has on yourself, others or your work.

Douwe: Why is that line relevant to you?

Kaat: Well, for example, I always find clocks difficult. If I don't succeed, then I want to give up.

Douwe: Ok, and if you think about that line, what happens next?

Kaat: I'll just keep practicing until I succeed.

Douwe: Wow.

**24.45**

Douwe: But, would you like to draw a card yourself?

Joris: Yes. So I need to formulate a question for myself?

Douwe: Yes

Joris: Like many people, I am of course concerned about the mental state of children and young people. So I'm curious to see if what we're doing with this program is useful. And whether I can be helped with that. Something like that? Is that a good question?

Douwe: Which card helps me to convey the message that children become less stressed?

Joris: Patience (laugh a little). Well that's great! (Douwe and Joris laugh). I'm afraid I'll need a lot of patience. And all of us, of course. Because you want to change everything straight away. But that doesn't work.

Douwe: Unfortunately it doesn't.

Joris: I also don't believe at all what I used to believe as a boy in revolutions and upheavals. I now much more believe in very small, slow and thorough. So....

Douwe: Small steps

Joris: Yes, step by step, stroke by stroke

Douwe (agreeing): Step by step, stroke by stroke

**25.55**

Douwe: Minne!

Minne: I have the phrase. "If someone bullies me, I stay calm inside".

Douwe: O, and why is that phrase important to you? For you chose it very consciously, I think.

Minne: Yes, because sometimes when someone bullies or teases me, I get angry real quickly. And when I get angry, I get very angry. That's why I have that phrase.

Douwe: Ok and does it work if someone challenges you or bullies or teases you? You may feel angry, but that in itself is not very unusual, of course. But can you also remain calm inside?

Minne: Yes it works more and more

Douwe: Sure?

Minne: Yes it works more and more

Douwe: Because if you've learned that, then you've learned something about patience. About Patient Penelope. And that will help you for the rest of your life.

### **26.46 – 27.19**

Joris: And if you look at a class like we were in this morning, what do you see in those children?

Douwe: Yes, what really moves me is the enormous inner wisdom and compassion they have. Which they also tap into at such a young age. They know exactly what it's about. And to keep that awake, that's something very important, I think. And when I hear those children, I find it incredible what knowledge and wisdom they actually have.

## **Part 2: 30.42 tot 34.36**

### **30.42**

Joris: In Douwe's class, the heart is central all day long. In this way, the children mainly learn to feel instead of thinking. And that creates a positive and safe feeling in the classroom.

Joris: It is a time when more and more children are also becoming depressed. Adolescents get a burn-out. How can we counter that?

Douwe: I think the four heart qualities evoke a lot of positivity. So it is also very preventive actually. To develop that positivity, so that you already have a different state of mind.

Joris: So instead of a performance culture you're moving more towards a positive culture?

Douwe: Yes, that is very important. And dealing with unwanted behaviour and difficult emotions is also important. How do you deal with that?

### **31.29**

Joris: And can you tell me again what four rules you have in your classroom?

Isabelle (looking at the phrases):

“We get along with each other”

“We help each other”

“We are kind to each other”

“We are happy for and with each other”

Joris: What is the finest phrase?

Phine: I let everyone participate. I always act like this, I go to the person and I try to make them happy.

Isabelle: Because really, we are a class where there is not much bullying, not really, and that is nice.

Joris: And how come, it is like that?

Isabelle: Well, we adhere to these wishes.

### 32.05

Joris: Master Douwe has taught you a lot of things. Does that help you?

Kenan: Yes, very much.

Joris: what, for example?

Kenan: Sometimes I don't give things to my sister or friends, but because Master Douwe says all kinds of things, I give more to children.

Joris: Oh, that you sometimes give something to other children

Kenan: Yes.

Joris: What kind of things do you give?

Kenan: Sometimes someone needs an eraser, sometimes I say: "No, you have to arrange that yourself". But now I give it.

Joris: Have you started helping more people through the lessons?

Kenan: Yes.

Joris: That's strange, isn't it? And how does it actually feel like when you help someone else?

Kenan: Good, great! It is good to do something nice for someone else.

Joris: Do you feel good here at school?

Phine: Yes! Because here everyone is nice to each other. Here we don't often exclude each other

### 33.09 – 33.36

Joris: So you have actually incorporated your own Buddhist insights into a teaching method. Do you think this could change the world?

Douwe: I can't say this will change the world. I can say that it brings positivity to the world. That is very important. And that is mainly because you get to know yourself. That is very much the case in this method. That also allows you to bring about changes. And you also see that in the classroom: that self-knowledge. And that is the beginning of change!

Joris: And if you see that class in your mind's eye for a moment, what one word comes to mind?

Douwe (thoughtful): I think compassion! Compassion, right. The Dalai Lama also says: Education is the best vehicle for training compassion. I am involved in that. (emotionally).

Joris: What moves you so much?

Douwe: Well that just touches my heart. Especially when you consider the kind of world we live in, we really need that. And I try to achieve that in education. Every day again. Yes. With full energy and motivation. Never a dull day!