



Yin-Yang: A Symbol of Balance

Information for students



You have probably seen the yin-yang symbol before, and maybe even know that it comes from an Eastern religious tradition, Taoism. But what does it actually mean? What is the relationship between the dark part and the light part? Watch this short video about the hidden meanings of this common symbol: <https://ed.ted.com/lessons/the-hidden-meanings-of-yin-and-yang-john-bellaimey>.

- Look around the room and list the yin-yang relationships that you can see

Consider this poem by [Anna Bridges](#):

The flame is yang and the heat is yin.
The wick is yang and the flame is yin.
The heat is yang and the aroma is yin.
The wax is yang and the aroma is yin.
The glass is yang and the wax is yin.
My hand is yang and the glass is yin.
My brain is yang and my hand is yin.
The Wax is yang and the aroma is yin.
The glass is yang and the wax is yin.

- Draw the yin-yang symbol with personal images representing the yin and the yang, inspired by the images in the video.
- Consider reading further on Taoist philosophy here: [Taoist Beliefs, Practices and Deities](#).

Materials required

- Device with internet access
- Paper, drawing materials



Information for parents

About the activity

Children could:

- Watch the video to deepen their understanding of Taoism and the importance of balance
- Reflect on the presence of yin-yang in their environment and in their lives
- Draw the yin-yang symbol with personal images representing the yin and the yang, inspired by the images in the video
- Consider reading further on Taoist philosophy here: [Taoist Beliefs, Practices and Deities](#)

Parents should:

- Watch the video
- Discuss the different interpretations of good and evil from a Western religious perspective
- Compare this perspective with the philosophy of Taoism, in which good and evil are linked
- Consider reading further on Taoist philosophy here: [Taoist Beliefs, Practices and Deities](#)