

RE - Buddhism- Year 6 Summer Term

Prior Learning:

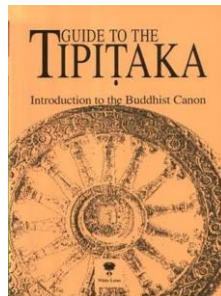
Y4- What are our rules?

Key Vocabulary

Contentment	A state of happiness and satisfaction.
Enlightenment	Finding the true meaning of life.
Journey	The act of travelling from one place to another.
Meditate	To focus your mind for a period of time, with the aim of relaxing.
Nirvana	A state of perfect peace and happiness.
Suffering	Going through pain or hardship.

Holy Text

The teachings of Buddhism, the words of the Buddha and the basis for the teachings of the monks, can be found in the sacred texts which are known collectively as the Tripitaka.



The Story of Buddha

Siddhattha Gotama was a prince who lived a life of luxury. When he was 29, Siddhattha went outside his palace and saw people suffering for the first time.

He decided to leave his palace and live among holy men in search of truth. His search took him six years, but he became enlightened while meditating under a fig tree.

Following this, Siddhattha became known as the Buddha, which means the 'awakened' or 'enlightened' one. From then on, he dedicated his life to spreading his teachings.

Key Learning

Buddhism was founded in Nepal, near India by a man called Siddhattha Gotama, or Buddha.

Buddha taught his disciples that in life, there are four noble truths. These revolve around suffering, greed and desire.

Buddhists believe that you can achieve enlightenment. To do this, they believe that you have to practise Buddha's teachings, set out in the Eightfold plan.

Buddhists also call enlightenment Nirvana, a state of perfect peace and happiness.

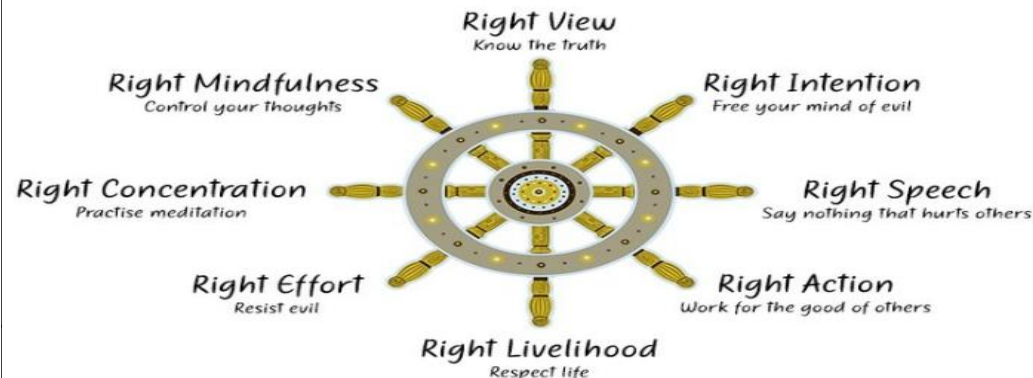
The Four Noble Truths

1. DUKKHA- In life, there is suffering, pain and anguish
2. SAMUDAYA- Suffering happens all the time because people always want more or something better than what we have. Because we don't have what we want we suffer and feel upset.
3. NIRODHA- If we accept what we have and stop wanting more we will become happy.
4. MAGGA- To accept what we have, we must follow the Eightfold Path.

Buddha's Four Noble Truths for a 4 Year Old

1. Sometimes people feel sad.
2. Sometimes the thing that makes people sad is not getting something they want or getting something they don't want.
3. There is a way not to be so sad about not getting what you want or getting something you don't want.
4. The way is to not think so much about what you want at all, but instead think about how you can be kind and helpful to your family, your teachers, your friends, other people, animals, bugs, and everything that lives.

The Eightfold Plan



Can I answer:

What is contentment?
 What do I need in life to be happy?
 What made Buddha go on his journey of enlightenment?
 How do the four noble truths and the Eightfold plan have an impact on Buddhists lives?
 How does someone live a 'good' life?