

Topic: Buddhism

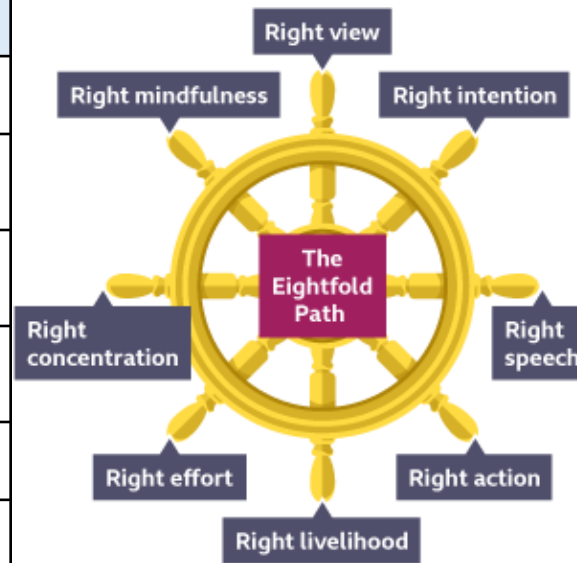
Key Question: What do we mean by a 'good' life?

Summer 1

Year 6

Vocabulary you will learn:

Contentment	Feeling peaceful and satisfied with what you have.
Dharma	The teachings of Buddha that guide people on how to live well and find happiness.
Karma	The belief that actions have consequences, so good actions lead to positive outcomes.
Meditation	A way of calming and focusing the mind to understand thoughts and feelings more clearly.
Nirvana	A state of perfect peace and freedom from suffering.
Four Noble Truths	Teachings that explain why people suffer and how suffering can end.
Eightfold Path	Eight ways of living (such as right speech and right action) that helps Buddhists live a good life.



Religious Story/Religious Beliefs:

Siddhartha Gautama was born a prince and lived a life full of comfort, with his father trying to protect him from anything sad or difficult. However, when Siddhartha left the palace, he saw four important sights: an old man, a sick person, a dead person, and a holy man. These experiences made him realise that suffering is a natural part of life and that wealth and luxury do not bring true happiness. Siddhartha decided to leave his palace and search for answers about how to live a good life. After many years of thinking and meditation, he sat under a tree and reached enlightenment. He understood the causes of suffering and how to overcome it, which he later taught as the Four Noble Truths and the Eightfold Path. From then on, he was known as the Buddha, and his teachings help Buddhists today to live peaceful, thoughtful, and content lives.

Key facts about Buddhism:

Holy book: Triptaka

Place of Worship: Buddhist Temple

Belief: Buddhists believe that wanting too much can cause suffering, true happiness comes from being content and following the Buddha's teachings.

Goal: To achieve Nirvana, ending suffering and escaping the cycle of rebirth.

What I will know at the end of the unit.

1	That Buddhism teaches that a 'good life' is about contentment rather than wanting more.	
2	The story of the Buddha and how his experiences led to his teachings.	
3	The meaning of the Four Noble Truths and how they explain suffering.	
4	How the Eightfold Path guides Buddhists to live positively and make good choices.	
5	Why meditation is important in helping Buddhists find calmness, happiness and understanding.	