

Vocabulary

Word	Meaning
Buddha	the teacher and creator of Buddhism
Dharmachakra	'The Wheel of Dharma'
Eightfold Path	the rules laid out by Buddha which will lead to Nirvana
enlightenment	breaking the Buddhist cycle of rebirth and reaching Nirvana
Four Noble Truths	are one of Buddha's key teachings
meditate	when Buddhists close their eyes and breathe deeply, trying to empty their minds of thoughts
Nirvana	perfect peace with no suffering
puja	the Buddhist act of worship
shrine	a special place that is linked with a holy object or person

Our Focus

In this unit we will look at how the Buddha discovered the way to achieve a state of perfect happiness (Nirvana) and how others can try to do the same by following some basic rules in life.

The Big Question:

What can we learn from the life of Buddha about being happy?

Key Knowledge

There are no gods in Buddhism. It was created by a man called Siddhartha Gautama, who was born into a noble family.



He lived a sheltered early life, but when he was older he went out into the world and saw that sickness, age and death come to everyone.

After seeing this, Gautama meditated and found the answer to life. This made him the Buddha.

This was called enlightenment and the Buddha decided to teach others how to reach it.

History

- Buddhism began in north-eastern India and is based on the teachings of Siddhartha Gautama.
- The religion is 2,500 years old and is followed by 350 million Buddhists worldwide.
- Buddhism is the main religion in many Asian countries. It is a religion about suffering and the need to get rid of it.

Buddhism

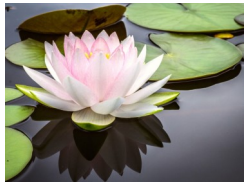
Making Links

- Buddhists live by five rules:
 - Never take the life of a living creature
 - Do not steal
 - Be faithful to your partner
 - Do not lie
 - Do not drink alcohol



- The lotus flower grows in mud at the bottom of a pool, but rises above the surface to become a beautiful flower. Buddhist say this is how people should rise above everything which is **dukkha**. A flower may be very beautiful and have a wonderful scent, but it soon withers and dies. This shows that nothing in life is perfect.

- Buddhists believe in karma.—that our past actions have an effect on who or what we are in our next life.



Personal Connections

The Four Noble Truths

Dukkha

Everyone suffers in life.

Sumudaya

The cause of suffering is a craving for things and wanting to control things.

Nirodha

To end the suffering, life must be lived one day at a time. You must also let go of cravings.

Magga

To end the suffering for good, people must follow the **Eightfold Path** created by Buddha.

Life as a Buddhist

The **Eight-fold Path** focuses the mind on being fully aware of our thoughts and actions, and developing wisdom by understanding the **Four Noble Truths**.

Wisdom	Right understanding
	Right aspiration
Morality	Right speech
	Right action
	Right livelihood
Concentration	Right effort
	Right mindfulness
	Right concentration

To think about at home

What makes us truly happy?

- Can you make a list of the things that make you truly happy in life. Remember, they can be things that you cannot hold, such as feelings and experiences.
- What rules and values do your family follow that help you to all be as happy as possible?
- How could you help others to feel happiness?

Religious Education

Year 3 Autumn Term