

Vocabulary

Word	Meaning
Atheist	A person who believes that there is no God.
Buddha	Enlightened one. The religious leader of Buddhism.
Enlightenment	To give someone more knowledge or information about something.
ethical decisions	A morally right decision.
meditation	To think deeply about something in silence, to make your mind calm.
moral	A lesson in the right behaviour.
rationality	Based on reason.
reason	To explain the cause of something or why something happened.



Our Focus

In this unit we will look at who / what Buddhists and Humanists look to for inspiration and to explore our own ideas of who or what inspires us.

The Big Question:

Who do we look to for inspiration and why?

Inspiration

Inspiration is when someone is filled with ideas or enthusiasm. Inspiration can come from different sources.

Sometimes, a person inspires us—someone we look up to and what to be like.

Sometimes a place can inspire us—a view, a landmark or a special building.

Our faith or beliefs can also inspire us to want to do certain things or to live our life in a certain way.

Buddhists aim to reach Enlightenment, therefore their inspiration is to follow the Buddhists rules: The Five Buddhist Morals and The Four Noble Truths.

Humanists focus on being happy and making the most of their life. They also believe they have a duty to support others.



Humanism

Humanists do not believe in a god, nor do they follow a holy scripture. Humanists value traits like reason and rely on science to explain the way things are. They believe that people have one life to live - there is no afterlife. Their main beliefs and ideas comes from science, reason and rationality. They also believe that humans give their own lives meaning by making good choices (ethical decisions).



Making Links



Daily Life

Some Buddhists choose to meditate every day to ensure they have a calm mind. During their meditation, they focus on their breathing, they wish others positivity and focus on compassion. Prayers or mantras are usually spoken during this time.

Humanists daily life consists of them making good choices in life that are based on rationality and reason. Humanists try not to focus on their emotional reactions, but instead a reaction that is well thought out with reason.

Community

Buddhists follow the teachings of the Buddha in order to reach Enlightenment. This can be achieved in many different ways including following the Four Noble Truths, completing selfless acts and working to help those in need. Some Buddhists choose to become vegetarian to support their enlightenment journey.

Some Humanists choose to help their communities by volunteering, or helping those in need. There are lots of different ways that Humanists can show their duty to support others. They focus on being happy and making the most of their life, as they believe they only have one life to live.



Buddhism

Buddhism teaches people to lead a moral life, to be mindful and aware of their own thoughts and actions, and to develop wisdom and understanding.

Buddhists have five morals that they follow to help to remind them of these teachings. Buddhists also have the Four Noble Truths, which guides Buddhists to Enlightenment.

The Five Buddhist Morals

- Do not take the life of any living thing
- Do not lie
- Do not steal
- Do not drink alcohol
- Be faithful to your partner



The Four Noble Truths

Dukkha – The truth that suffering does exist.

Samudaya – Suffering exists so that it can control negative emotions.

Nirodha - There is an end to suffering.

Magga - In order to end suffering, follow the Eightfold Path.

Personal Connections

When thinking about what inspires you:

- What makes someone inspirational?
- What links can you make to own beliefs/ religion?
- Is it only people who can be inspirational?

Religious Education

To think about at home

Where do we find inspiration?

- Find out more about a well-known person who inspires you.
- Research what people from other religions see as a source of inspiration.
- Locate a special place that inspires you and spend some time meditating in that place.
- Make a list of characteristics that make a person inspirational.

Year 6 Summer Term