



<b>Religion /Worldview: BUDDHISM</b>	<b>Enquiry Question: What is the best way for a Buddhist to lead a good life?</b>	<b>Summer 1</b>
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In this enquiry, the children talk about how Buddhists try to lead a good life according to the Buddha’s teachings. They reflect on how this may impact on their own lives if they chose to follow these teachings themselves.

**Learning Objectives:** We are learning how Buddha’s teachings make a difference to how Buddhists choose to live.

<b>BAS:</b> Religion and the Individual	Beliefs in Action	Inspirational People	Beliefs and Questions	Sacred Texts- Teaching and Authorities
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Core Knowledge	Link to other aspects of belief	
<p>The focus of this enquiry is an in-depth look at the Noble Eightfold Path</p> <p><u>Noble Eightfold Path</u></p> <ul style="list-style-type: none"> <li>• Right Viewpoint – You should look at life in the right way (i.e. being positive)</li> <li>• Right Thought - You should think about others, not just yourself</li> <li>• Right Speech – You should talk to people properly, with respect</li> <li>• Right Action – You should act in a way that does not hurt people e.g. no killing or stealing</li> <li>• Right Living – Your job must help, not harm other people or animals</li> <li>• Right Effort - You should do the best that you can</li> <li>• Right Awareness - You should be sensitive to the needs of others - think about those around you</li> <li>• Right Concentration - You should focus your mind on what needs to be done - especially solving problems - Concentrate by using meditation</li> </ul>	<p><u>The Four Noble Truths</u></p> <ul style="list-style-type: none"> <li>• Dukkha (usually translated as suffering) exists – such as sickness and death, and also in things that are pleasing, because the pleasure will end.</li> <li>• Dukkha is caused by craving. This keeps us constantly wanting more and not being satisfied – this creates suffering</li> <li>• Dukkha can be stopped. People do not need to be greedy and selfish and do not need to suffer</li> <li>• The way to end Dukkha is by following the Noble Eightfold Path</li> </ul> <p><u>The Five precepts</u></p> <ul style="list-style-type: none"> <li>• To harm no living thing</li> <li>• To not take what is not given</li> <li>• To not use false speech</li> <li>• To not take intoxicants</li> <li>• To refrain from sexual misconduct</li> </ul>	

Vocabulary	History/Context	Impact on believer/daily life	Other RE Curriculum links
<p><b>Dukkha:</b> Suffering</p> <p>Karma: A belief that our past actions affect us, either positively or negatively, and that what we do in the present time will affect us in the future.</p>	<p>Many Buddhists do not believe in a god, instead they believe in using the Buddha’s teachings to help them be in the right frame of mind to think, say and</p>	<p>Buddhists try to follow the path in significant matters, for example, choosing their job. It must be a job that helps and causes no harm. This is a personal daily struggle for Buddhists in the modern world.</p>	<p>Many religions have rules which believers try to follow in order to live a good life, for example: The 10 Commandments (Judaism/Christianity), The 5 Pillars of Islam (Islam) and The 3 Golden Rules (Sikhism). The Five Pillars of Islam (Islam). Muslims try to live a good and responsible life by following the Five Pillars of Islam.</p>

<p><b>Nivarna:</b> Once enlightenment has been achieved and so one isn't reincarnated.</p> <p><b>Samsara:</b> The cycle of death and reincarnation.</p> <p><b>Meditation:</b> A way of taking control of the mind so that it becomes peaceful and focused.</p>	<p>do things that are not going to cause suffering.</p>		<p>A Good Life (Sikhism). Sikhs believe that your actions are important and you should lead a good life. A good life is lived as part of a community, by living honestly and caring for others. To live a good life a person should do good deeds as well as meditating on God.</p> <p>Mitzvot (Judaism). The mitzvot are Jewish laws. There are 613 mitzvot in the Torah and they guide Jews on how to live a good life.</p> <p>Purusharthas (Hinduism). The purpose of life for Hindus is to achieve four aims, called Purusharthas. These aims provide Hindus with opportunities to lead a good life.</p> <p>The 10 Commandments (Christianity). According to Christian belief, the Ten Commandments are important rules from God that tell Christians how to live good lives.</p>
Possible Homework links	Other Curriculum Links		Personal connection / resonance
<p>What could I do at home to be a better person? How could I improve my speech? My actions? My attitude? What impact would this have at home and in life?</p>			<p>Do I lead a good life?          Could any of these teachings help me improve as a person?          Which of these teachings would I need help with?          How could I get help to improve?</p>
Prior Knowledge			
<p>Building on the previous 2 Yr 4 lessons starting with the Buddha's story – exploring how the Eightfold path could help lead to enlightenment.</p>			
Suggested Activities		Questions to support greater depth	
<p>Explain to the children that values are the rules we live by and how we operate. Can we make a list of values that we may have as individuals and as a school? How might these values help you as an individual and the school as a whole?</p> <p>Can make actions to go with each of the 8 fold path actions to learn them. Make the actions achievable and yet tricky – i.e. right speech – to not spread rumours or say unpleasant things – why do we do this? How might life be better for us and others if we changed?</p> <p>Show the children the Buddhist symbol of the Dhamma Chakra. Explain that each spoke of the wheel represents part of the Noble Eightfold Path. Children to make their own Dhamma Chakra, labelling each spoke or add their own</p>		<p>What are your school values?          Which is the value that means the most to you? Why?          Do your school values affect the way you behave/ the choices you make?          Do you have any of your own values?</p> <p>Why did Buddha give the 8 fold path?          What was he hoping to achieve by this?          Which of the 8 fold steps do you think would be the easiest/hardest to follow and why?          Can Buddhists lead a better life by picking and choosing which of the actions they want to?</p>	

examples to the wheel – so right awareness – to think about people around us and the impact we can have on them

Show the children how to make a 'paper fortune teller', with the children making their own and writing each of the actions and an example, e.g. Right concentration – focus on your breathing (mindfulness/calm me).

Physically make stepping stones from one end of the classroom to the other, each stone representing one of the 8 fold path. On the other side of the stone could be examples – children choose one to stick to for the rest of the lesson and feedback at the end to say how hard/easy it was

Make a list of 8 things that would help the class feel safe and happy e.g. kind words.

Make a recipe for happiness

### **End Point Expectations**

I can describe one of my 'good' choices and the consequence of it.

I can also explain the consequences of making a different choice.

I can describe how aspects of the 8-fold path would help Buddhists know how to live good lives.

I can start to tell you why some aspects of the 8-fold path might be hard for some Buddhists to stick to.