

R.E Lesson 2

Our Big Question this half term is...

What does it mean to be a Buddhist?

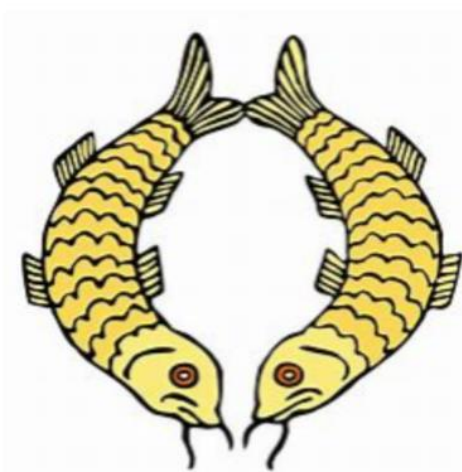
Key Vocabulary for this topic

- Buddha
- Sangha
- Dharma
- Temple
- Siddhartha
- Nirvana
- Karma
- Samsara
- Anitya
- Enlightenment



Recap – Buddhist symbols

How many of these Buddhist symbols can you name from last week?



Recap – Buddhist symbols

From left to right...

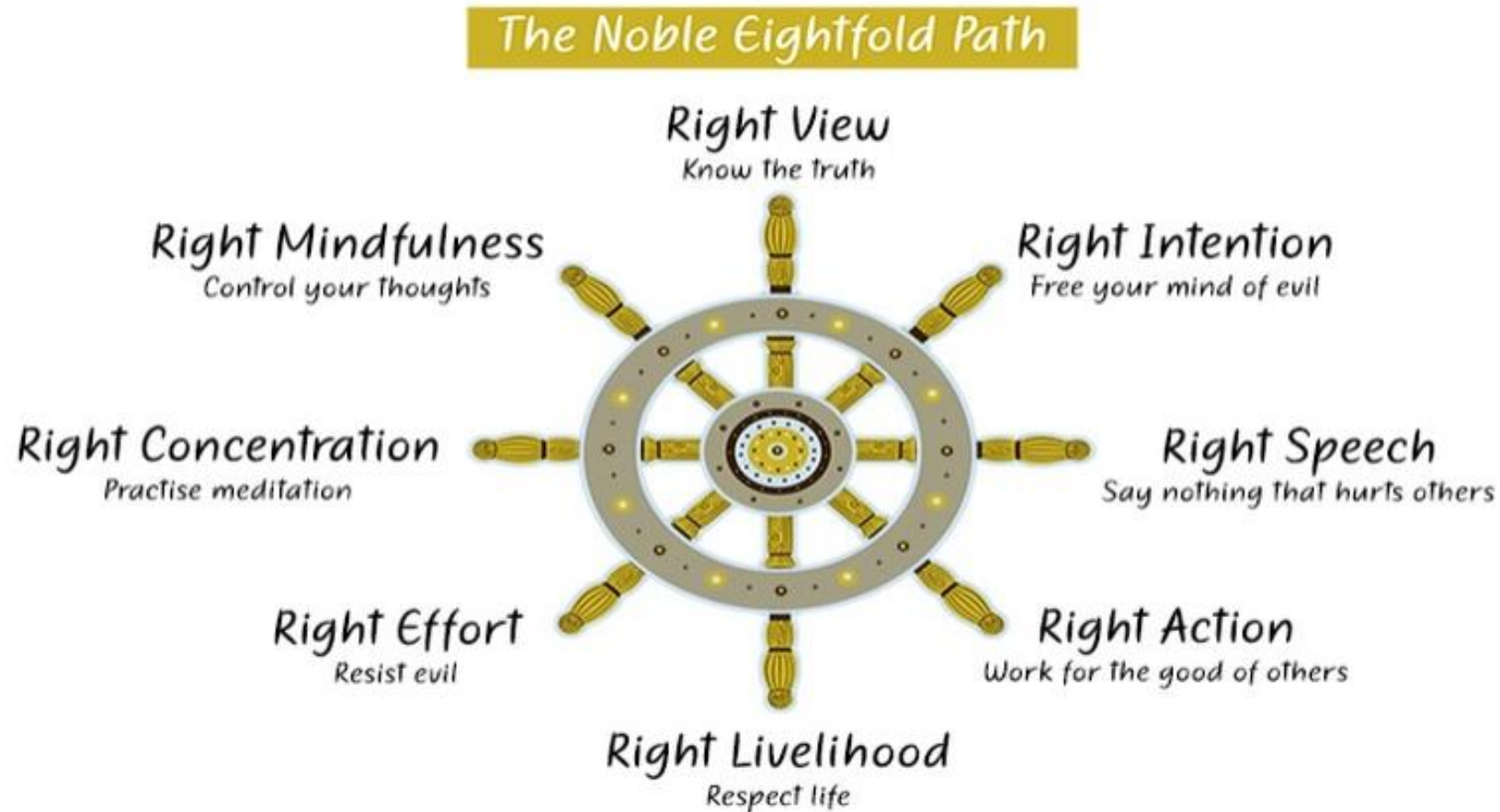
- 1) The wheel of life: Buddhists believe in a cycle of birth, death and re-birth.
- 2) Lotus flower: Buddhists should grow and live a good Buddhist life like a beautiful flower, rising from the mud.
- 3) The Buddha: Reminds Buddhists of an ordinary man who became a very holy man known as the Buddha.
- 4) Golden fishes: Represents good fortune
- 5) Victory banner: Victory of the Buddha's teachings and wisdom
- 6) Endless knot: Infinite wisdom of the Buddha
- 7) Treasure vase: Spiritual and material abundance (having plenty)

Some background knowledge

- **Buddhism began in India about 2,500 years ago. It is the fourth-largest religion in the world.**
- A Buddhist is someone who follows the **teachings of a man called Siddhartha Gautama (or Siddattha Gotama), who became known as the Buddha.** The religion began when Siddhartha, who'd lived a life of luxury as an Indian Prince, realised there was suffering in the world and wanted to understand why. He dedicated his life to finding the answer and teaching others what he discovered.
- Today there are about 500 million Buddhists all over the world.

The Eight-fold path

The Buddha developed a way of life called **the Eightfold Path**, which meant his basic needs were met (food, clothing and shelter) but he did not look for any extra comforts. Buddhists still try to live according to the Eightfold Path:

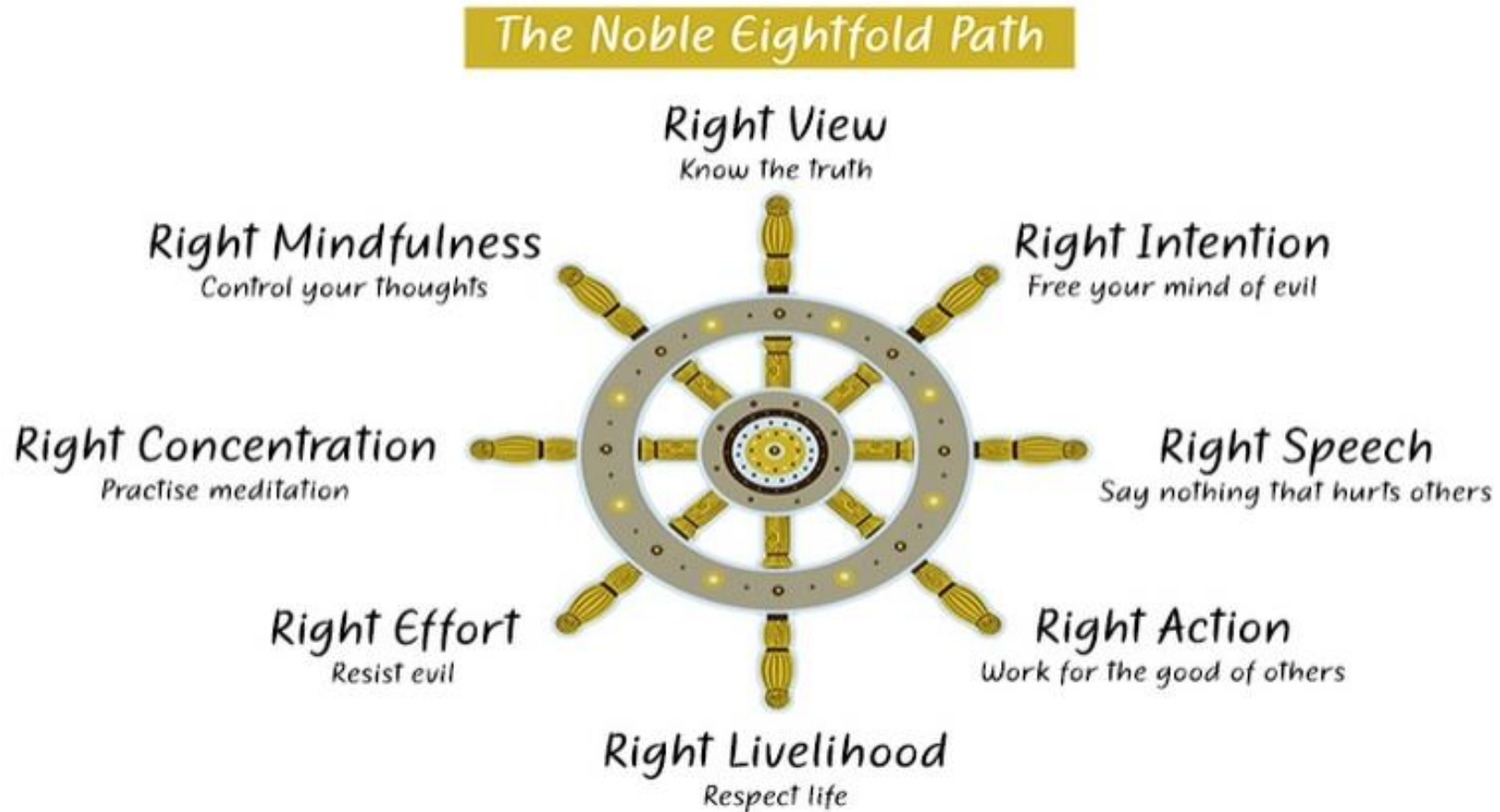


The Eight-fold path

- **Right viewpoint** (looking at life the right way and accepting the Buddha's teachings)
- **Right values / thought** (using the power of the mind in the right way and thinking about other people without being selfish)
- **Right speech** (making sure that your words are kind and helpful and not lying)
- **Right actions** (treating yourself and other people well and not doing anything that harms your body, like smoking)
- **Right livelihood** (having a job that does not harm other people)
- **Right effort** (doing good things and avoiding bad things)
- **Right mindfulness** (training the mind to see things in the right way)
- **Right meditation** (learning to concentrate and calm the mind by using meditation)

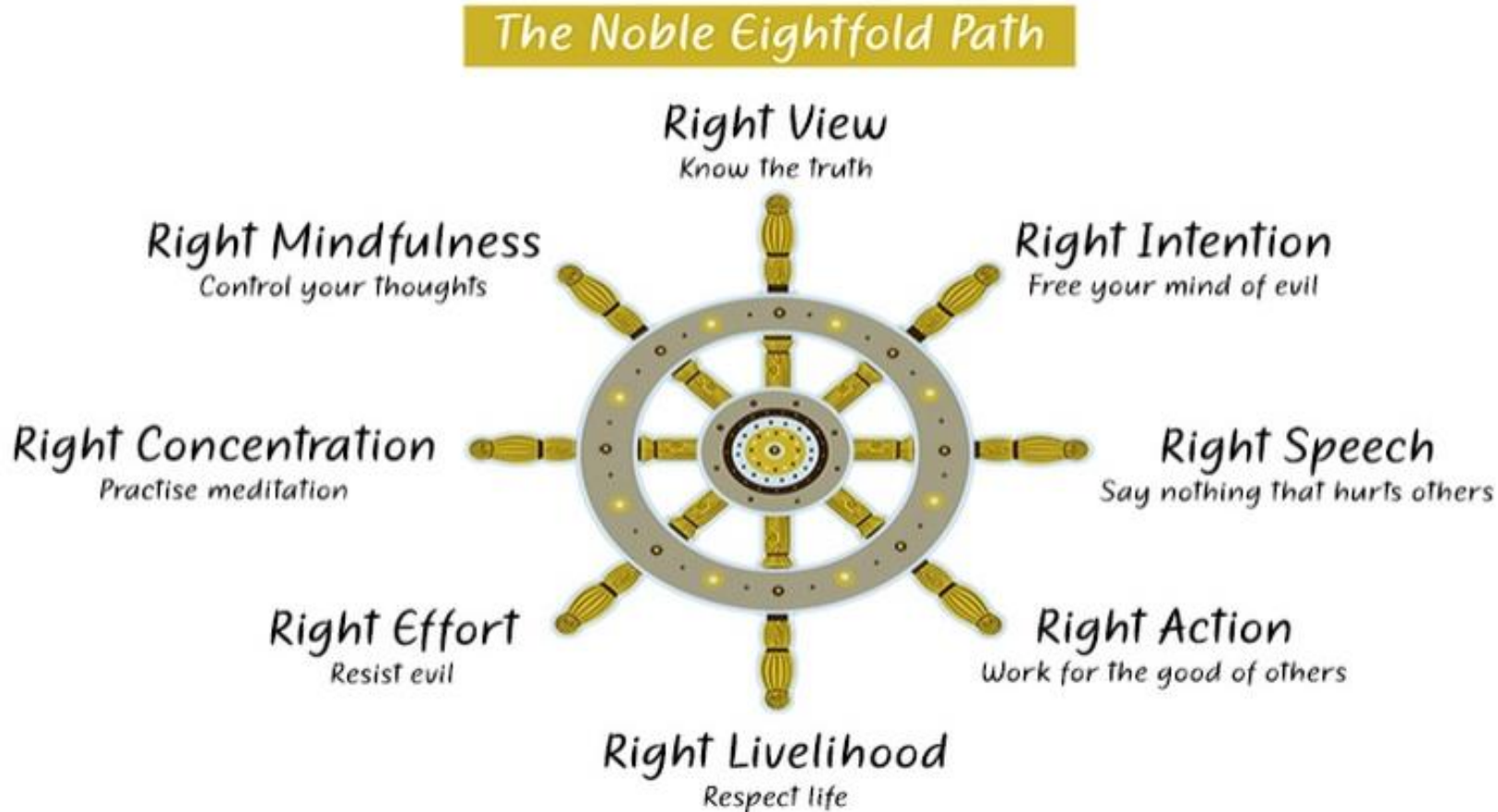
The Eight-fold path

What order would you put the steps in? Why?



The Eight-fold path

How is the eight-fold path similar / different to other religious values?



Think about HPS's Christian Values

- *Koinonia
- *Compassion
- *Friendship
- *Forgiveness
- *Respect
- *Responsibility

LO: To explore the importance of the Eight-fold path to Buddhists

*I can say what some Buddhist symbols stand for and what they represent

* I can think about the way to live my life and compare my ideas with others

Task

Design your own 'Eight-fold path' wheel.

*What eight things would you include if you were going to write eight things that are important to how you live your life?

Some examples:

To show compassion and care to others (to avoid jealousy and greed)

To help tidy our world

To be resilient (try not to get frustrated when things get tough)

Plenary

Could you order the eight things according to their importance?