

## Year 5 & 6 - What do people believe about being a Buddhist, can we all be enlightened?

Key vocabulary	
<b>Buddha</b>	The teacher and creator of Buddhism.
<b>Meditate</b>	When Buddhists close their eyes and breathe deeply, trying to empty their minds of thoughts.
<b>Enlightenment</b>	Breaking the Buddhist cycle of rebirth and reaching Nirvana.
<b>Eightfold Path</b>	The rules laid out by Buddha which will lead to Nirvana.
<b>Dharmachakra</b>	'The Wheel of Dharma'.
<b>Nirvana</b>	Perfect peace with no suffering.
<b>Chattra</b>	Buddhist symbol meaning 'parasol', a protection from suffering.
<b>Dhvaja</b>	Buddhist symbol meaning 'spiritual victory', often popular with warriors.
<b>Shrine</b>	A special place that is linked with a holy object or person.

Key Knowledge	
<b>Preceding</b>	<ul style="list-style-type: none"> <li>• Siddhartha Gautama was the Buddha.</li> <li>• Buddhists believe life is a journey to Nirvana and is affected by our actions and behaviours.</li> <li>• Holy book: Tripitaka - 3 parts.</li> <li>• 5 Precepts (morals) which are the rules that Buddhists live by.</li> <li>• Recognise and explain the meaning for the key Buddhist symbols.</li> <li>• Buddhist worship is called puja. Worship at home or in temple.</li> </ul>



Key Knowledge	
	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Noble Truths: <ol style="list-style-type: none"> <li>1. Dukkha - Everyone suffers in life.</li> <li>2. Samudaya - The cause of suffering is a craving for things and wanting to control things.</li> <li>3. Nirodha - To end the suffering life must be lived one day at a time. You must also let go of cravings.</li> <li>4. Magga - To end the suffering for good, people must follow the eight-fold path created by Buddha.</li> </ol> </li> <li>• The wheel of Dharma is the symbol for the eight-fold path.</li> <li>• The path is divided into three sections: body, speech and mind.</li> </ul>