

Exploring Buddhism



This Religious Education unit follows on from previous studies of Buddhism in KS1. This unit will deepen the children's understanding of Buddhism as they will focus on how and why Buddhist worship, the sacred place they attend to worship, as well as the eight paths Buddhists follow to enjoy a life of happiness or enlightenment. Buddhists most important teachings are known as The Noble Four Truths which are essential to understanding Buddhism.

Key Knowledge

- Buddhists are people who follow Buddhism. They follow the teachings of a man named Siddhartha Gautama, who became known as the Buddha.
- Buddhism is one of the world's oldest religions. It is around 2,500 years old and originates from India.
- Followers of Buddhism are said to not acknowledge a supreme god but instead focus on achieving enlightenment—a state of inner peace.
- The religion's founder or leader, Buddha, is considered an extraordinary human being, but not a god.
- Widely observed practices include the art of meditation which Buddhists believe help awaken truth.



Links with other religions

Buddhism is closely related to other Indian religions, including Hinduism and Sikhism.

There are a lot of similarities between Hinduism including worshipping at a temple, karma and reincarnation.

Similarities between Buddhism and other religions are highlighted as Buddhists believe people should live generous, caring lives, they should focus on helping the poor, they pray and worship and refer to sacred texts as do many other religions.

Buddhist like Muslims share a faith of their founder, both Buddha and Muhammad are beloved.

Key Vocabulary

Buddhist — A follower of Buddhism

Buddha — A religious leader

Enlightenment — means to 'awaken'

Eight Fold Path — There are 8 things that people need to do in order to live a good life

Dharma Wheel — is one of the oldest symbols of Buddhism. The wheel is meant to represent the eight aspects of the Noble Eightfold Path. Around the globe it is used to represent Buddhism in the same way that a cross represents Christianity.

Buddhist Meditation — Meditation is a deep state of relaxation. During meditation, you focus your attention on the present which calms.

Four Noble Truths — The truths of the Noble ones

Temple — Place of worship



Personal Reflection

How do people feel when they worship?

In what ways does Buddhism teach people to value peace?

What is your number one piece of advice to a person looking for peace or contentment?

What do you think is meant by the word 'suffering'?