Year 3 RE: Autumn 2

What can we learn from the life of Buddha about being happy?

Links to prior Learning

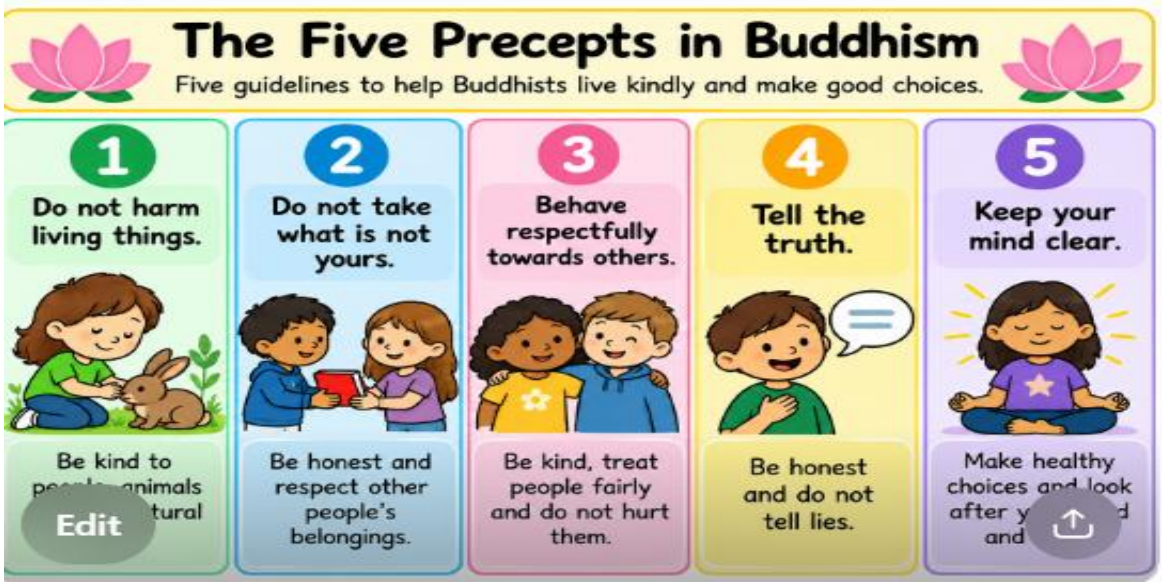
In Year 2 children have learnt about the life of Buddha and how he established the faith of Bud-dhism and what Buddhists believe about change and striving to be a better version of yourself. Chil-dren have learnt about change and thought about change in their own lives.

The Four Noble Truths



-The Buddhist teachings are known as Dharma. They include the Four Noble Truths and the Eightfold-Path. Buddhism's Noble Truths are:

1. Life always involves suffering (dukkha).
2. Suffering happens because people are greedy and never satisfied with what they have.
3. Greed and selfishness can be overcome.
4. The way to overcome them is to follow the Eightfold Path.



Vocabulary

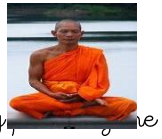
Rebirth-a fresh start, a new cycle of life
Reincarntion- belief that people are born again in a new body after they die.
Bodhi Tree-The **Bodhi tree** is a sacred fig located in Bodh Gaya, India, under which Siddhartha Gautama (the Buddha) attained spiritual enlightenment
Eightfold Path-practice taught by Siddhartha Gautama to end suffering and achieve enlightenment
Contentment-state of quiet happiness, inner peace, and satisfaction with your current life situation, possessions, and status
Mindfulness-the active, non-judgmental practice of paying moment-by-moment attention to your internal thoughts, bodily sensations, and surrounding environment

What do Buddhists do to be happy?

Buddhists believe that wisdom and happiness can be learned by observing the world around us.



Buddhists spend time in meditation—this helps people to be more aware of the world.



Buddhists believe that by [illegible] Eightfold Path they will reach enlightenment or nirvana (complete happiness).