

Key Facts

It is generally held that the Buddha was born about 560 BCE. He grew up as a prince with the name Siddhartha Gautama. He was always protected in the palace walls until he went out and saw old age and sickness for the first time.

When he was 29 years old he left all his riches to become a wandering holy man. He decided to take a 'Middle Way' between indulgence and purity.

He began deep meditation under the shade of a pipal tree. During his meditation he became very alert and bright and awoke to the true nature of things; this was his Enlightenment.

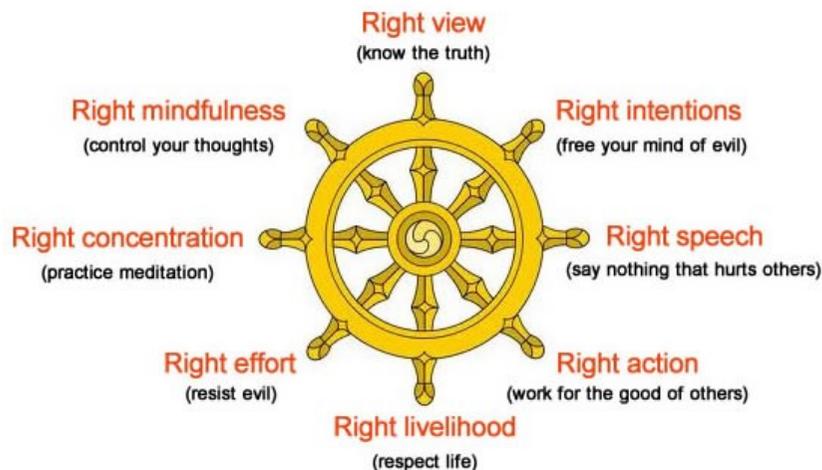
The Buddha realised that the way to reduce suffering is to reduce craving and people can learn to do this by following the Eightfold Path. This gives guidelines for transforming life and the experiences of suffering.



RE Year 5 Summer Buddhism

Vocabulary

Word	Definition
Buddhism	The title of the Indian religious leader and teacher who founded Buddhism
Enlightenment	To give knowledge or information to.
Guidelines	An indicator of a procedure or course to be followed
Meditation	Relaxed and focused period of time. The mind is free.
The Lotus	In Buddhism the lotus is known to be associated with purity, spiritual awakening and faithfulness. The flower is considered pure as it is able to emerge from murky waters in the morning and be perfectly clean
Ush nisha	It is the oval shape found in the top of the head and is the representation of achievement of spiritual reliance.
Wesak	It is an observation of the birth, enlightenment, and death of the historical Buddha



Knowledge and Understanding:

Children will learn:

- To consider what made the Buddha give up his home, family and wealth.
- To know about and respond to the way the Buddha achieved Enlightenment
- To introduce the teachings of the Eightfold Path
- To consider his teachings about lasting forever

Key skills and concepts:

Children will be able to:

- To reflect on his teachings about a Middle Way
- To explore the symbolism of key Buddhist objects.

Key Questions

Why did the Buddha seek Enlightenment?

What are his main teachings?

Key Places

- Lumbini
- Wesak
- Bodhi tree

