

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

Lesson sequence

- Lesson 1 – To understand who is Buddha
- Lesson 2 - To understand the main beliefs of Buddhists
- Lesson 3 - To know the Four Noble Truths
- Lesson 4 – To know Buddha's teachings
- Lesson 5 - To understand the significance of Wesak
- Lesson 6 – To know the quote, "We are what we think. All that we are arises with our thoughts. With our thoughts we make the world."

Concept Links/Prior Knowledge

In year 2 children learn:

To know where and when Buddhism started. To know about the life of the Buddha. To know some of the things that he saw that made him question his position. To know what meditation is and how it can be done, and how it can make someone feel. To know what reflection means and how people reflect on actions and life differently.

Vocabulary I have been taught before

Buddha
Meditation
Reflection

Sticky learning

New Knowledge

To know some of the rules and guidance used by believers and how that might be applied in working with others from different traditions
To know the 4 noble truths.
To know how these help to find happiness and if we can be happy when others are unhappy.
To know how we can change a person's emotions and feelings from sad to happy.
To know where we might see some of the suffering in life today.
To know what can be done to improve someone else's life, to make them happy (or happier).
To know Buddha's teachings.
To know the quote & who said it, "We are what we think. All that we are arises with our thoughts. With our thoughts we make the world."

New Skills

To link own ideas about how to lead a good life to what we have learnt about Christianity and Buddhism and how prayer and meditation can bring you closer to God in different ways.

I can provide good reasons for the views I have and the connections I make.

I can ask important questions about the practice of faith and compare some different possible answers

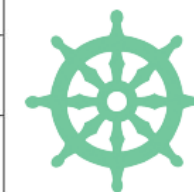
New Vocabulary

Dukkha	Samudaya	Nirodha	Magga
Everyone suffers in life.	The cause of suffering is a craving for things and wanting to control things.	To end the suffering, life must be lived one day at a time. You must also let go of cravings.	To end the suffering for good, people must follow the Eightfold Path created by Buddha .

Enlightenment	Breaking the Buddhist cycle of rebirth and reaching Nirvana .
Eightfold Path	The rules laid out by Buddha which will lead to Nirvana .
Dharmachakra	'The Wheel of Dharma'.
Nirvana	Perfect peace with no suffering.



Lotus flower



Buddhism originated in Northeast India and now has followers from all over the world. The **Dharmachakra** is a symbol used in Buddhism.