

Knowledge Organiser

Year: 6 Subject: RE Unit: How do Buddhists explain suffering in the world?

Overview:

During this sequence of learning, pupils will study how Buddhists view suffering and the things that they believe in to end suffering.

What should I already know?

Buddhism

- Buddhism is a religion to about 300 million people around the world.
- The word comes from 'budhi', 'to awaken'.
- Buddhists see Buddhism as a philosophy or 'way of life'.
- Buddhists strive to:
 - lead a moral life,
 - be mindful and aware of thoughts and actions
 - to develop wisdom and understanding.
- Buddhism teaches that the solutions to our problems are within ourselves not outside.
- The Buddha asked all his followers not to take his word as true, but rather to test the teachings for themselves.
- Buddhists believe that each person decides for themselves and takes responsibility for their own actions and understanding.

What will I know by the end of the unit?

Buddhism

- Buddhists try to live a good life by following the Buddha's teachings, helping them to avoid suffering and bad feelings. They believe nothing in life is perfect and the way to avoid suffering is to follow a set of important guidelines known as the Noble Eightfold Path.
- The Four Noble Truths are a Buddhist teaching. They show Buddhists why they should follow the Middle Way. The Four Noble Truths are: -
 - Life involves suffering
 - Suffering is due to having desires
 - Suffering can be ended by overcoming desires

Vocabulary:

Buddha



Buddhist

The enlightened or awakened one.

A person that follows the teaching of Buddha

Eightfold Path

The path to nirvana - comprising eight aspects.

Four Noble Truths

The four central beliefs of Buddhist teaching.

Five Moral Precepts

The Buddhist version of rules to help people behave in a moral and ethical way.

Jataka tales

These are the stories that tell about the previous lives of the Buddha, in human and animal form.

Tipitaka

The traditional term for the Buddhist scriptures.

Metta Sutta

The Mettā Sutta is the name used for two Buddhist discourses found in the Pali Canon.

Dharmachakra



A wheel of Dharna.

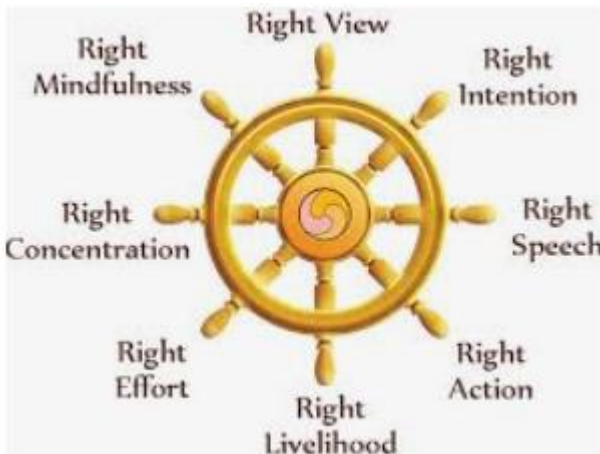
Dhamma

To uphold.

Triple refuge

Three things that Buddhists give themselves to, and in return look toward for guidance.

- The way to end suffering is by following the Eightfold Path
- The path that leads to the end of suffering is called the Eightfold Path.
- The Eightfold path says that truth is found in the Middle Way.
- A person can get to the Middle Way by following the eightfold path. The eight rules are these:
 - Right Viewpoint. A person should see things in a bad way at first. This way, they are never disappointed.
 - Right Values. A person should try to make their ethics and morals better in small ways.
 - Right Speech. A person should try to be truthful and kind when they talk.
 - Right Actions. A person should try to do good things. If they cannot do a good thing, then they should try to not do a bad thing.
 - Right Livelihood. A person should not work at something that can hurt themselves or other people.
 - Right Effort. A person should try to be better.
 - Right Mindfulness. A person cannot be confused. They must not use drugs or alcohol.
 - Right Meditation. A person must try to reach enlightenment through meditation.
- The Five Moral Precepts are Buddhist version of a code of conduct or rules to help people behave in a moral and ethical way. Buddhist should follow the Five Moral Precepts to ensure they are living a morally good life. This helps them to get rid of suffering and achieve nirvana.



Dharma	The teachings of the Buddha.
Sangha	The community of people who have attained enlightenment.
Suffering	To undergo pain, distress or hardship.
Anguish	Several mental or physical pain/suffering.
Enlightenment	To shed light upon.
Meditate	To focus our thoughts.
Virtue	Being morally good.
Nirvana	The final goal of Buddhism - a place where there is no pain, suffering, desire or sense of self.
Middle way	Used to describe the Noble Eightfold Path.
Compassion	To recognise the suffering of others and then take action to help.