

Name of religion: Buddhism

Name of people who study religion: Buddhists

Founder of religion: Dalai
Lama

Place of worship: Buddhist
Temple



This is our local Buddhist
Temple – Fat Yue Temple



Buddhist
festivals

Vesak

Buddha's birth,
enlightenment
and death



Uposatha

Renewing their
commitment



Trips and
visitors

Visiting a
Buddhist
temple

Key knowledge for this unit

- ❖ Buddhists are followers of the religion Buddhism.
- ❖ Buddhists believe those who have overcome their cravings (Tanha) to want more can achieve enlightenment which is perfection.
- ❖ Buddha was born in Nepal, in a place close to the north east border with India. Buddha was the first person to achieve enlightenment and to teach others how to attain it.
- ❖ Buddha was born around 566 BCE and died around 486 BCE at the age of 80.
- ❖ There are Four Noble Truths – The Noble Truth of Suffering, The Noble Truth that the cause of suffering is craving, The Noble Truth that Suffering ends with the extinguishing of craving and The Noble Truth of How to put an end to Suffering and attain Enlightenment.
- ❖ To Buddhists, the word 'Suffering' expresses the feeling of being unfulfilled and discontented with life.
- ❖ Spiritual suffering (Dukkha) involves needing a bigger purpose and meaning to life, which is different from physical suffering.
- ❖ To Buddhists, the word 'craving' expresses that the craving of things is the cause of being unfulfilled and discontented with life.

Vocabulary you will use:

Word	Definition
Dukkha	Spiritual suffering
Tanha	To crave
Karma	A process that results in good actions
Siddhartha Gautama	The founder of Buddhism
Buddhist Temple	Place of worship for Buddhists
Buddha	'the Enlightened One'

Stories

"The Buddha and the Angry Man" "The Buddha and the Wounded Swan" "The story of Siddhartha Gautama's Enlightenment"

Artefacts

"Wheel of Dharma"



Questions we'll ask you
throughout the unit to
check your knowledge and
understanding.

Where was
Buddha
born?

How old
was
Buddha
when he
died?

What are
the Four
Noble
Truths?

What does the
word
'suffering'
mean to
Buddhists?

Explain what
the word
'Craving'
means to
Buddhists?

What advice would
you give to someone
feeling spiritual
suffering or
discontent?