

Year: 7
Term: 3
Topic: Buddhism

Lesson Concepts

1. Prince Siddhartha
2. The article about Buddha
3. The Three Universal Truths
4. Four Noble Truths
5. Eightfold Path
6. Assessment
7. Assessment Feedback
8. The Five Precepts
9. Meditation
10. Nirvana
11. Buddhism and vegetarianism
12. Buddhist worship
13. The Dalai Lama
14. End of Unit Assessment
15. Self-assess assessment

W5 The main Buddhist teachings are:

- *The Three Universal Truths*
- *The Four Noble Truths*
- *Eightfold Path*
- *The Five Precepts*

The goal of Buddhist teaching:

- *Freedom from suffering*
- *Enlightenment*
- *Freedom from the cycle of reincarnation*
- *Nirvana in the afterlife*

Key Words:

W1 Buddha	The founder of Buddhism and the Enlightened One	W3 Siddhartha	A prince that became known as Buddha when he reached enlightenment
Meditation	The process of quieting the mind in order to spend time in religious thought	Right understanding	Understanding concepts such as the three universal truths and feeling them to be true in your heart.
Bodhi Tree	The tree where Prince Siddhartha meditated and became Buddha	Right intention	Doing things for the right reasons, thinking about others rather than yourself.
Dharma	The teachings of the Buddha	Right speech	Speaking only the truth and in a way that makes people happy. Not swearing, lying or gossiping.
Enlightenment	When a Buddhist finds the truth about life and stops being reborn	Right action	Respecting all life and not killing or injuring any living being.
Mandalas	A Buddhist symbol representing the universe	Right livelihood	Making a living in a way that does not harm others (no weapons, meat, slavery).
W2 Anicca	There is nothing in the world that is permanent.	W4 Right effort	Making the effort to abandon negativity and develop positive ways of thinking.
Dukka	Everything is always changing, nothing in life is perfect.	Right mindfulness	Finding mindfulness of a calm and peaceful state of mind.
Anatta	There is no eternal, unchanging soul.	Right concentration	Developing the ability to concentrate on a calm, peaceful state without being distracted. This is through meditation.
Buddhism	One of the six major world religions who focus on the teachings of Buddha	Reincarnation	The process of rebirth
Dalai Lama	The leader of Buddhism who guides Buddhists worldwide	Nirvana	The afterlife paradise for Buddhists that is only achieved when Buddhists become enlightened and break free from the cycle of rebirth
Ascetic	Living a deprived life without necessities	Middle Way	Finding the balance between suffering and excess

W6 The Four Noble Truths of Buddhism

1. **FACT** - Suffering happens all the time.
2. **CAUSE** - We don't have what we want, therefore we suffer and feel upset. People always want more or something better than what we have.
3. **SOLUTION** - If we accept what we have and stop wanting more, we will become happy.
4. **ADVICE** - This will stop suffering.

W7 The Five Precepts of Buddhism

- Avoid harming living things
- To take only when offered
- Avoid improper sexual activity
- Avoid improper speech (lies and gossiping)
- Avoid alcohol and drugs

W8 The Eightfold Path of Buddhism

