

# Buddhism home learning



Enjoy learning about Buddhism as you work through this booklet. There will be opportunities for you to self-assess your work. If you have any questions please email Mrs Crosley.

# Keywords

Fill in the missing words to learn the keywords for Buddhism

1. **4 Noble truths** - An important part of the Buddha's teachings explaining the t..... about existence. These include: suffering, the cause of suffering, the end of suffering, the path to the end of suffering.
2. **5 Precepts** - 5 basic guidelines that Buddhists follow to guide their actions and b.....
3. **Anicca** - Impermanence. The belief that nothing is p.....
4. **Buddha** - means 'an enlightened person'. It also refers to the man who started the r..... of Buddhism.
5. **Chanting** - Singing or r..... repetition of a word, prayer or sound.
6. **Concentration** - Focusing one's a.....; an important part of meditation and mindfulness of breathing.
7. **Consciousness** - The state of being a..... of something/your surroundings before or without perception.
8. **Craving** - The ongoing state of d..... which causes suffering; grasping at things we enjoy/want.
9. **Dhamma (Dharma)** - The teachings of the B.....; these are the ultimate truth
10. **Dhammapada** - A source of w..... and authority; part of the Pali Canon that includes some of the most famous teachings of the Buddha, including the Eightfold Path.
11. **Dukkha** - Suffering. Belief that all life includes s..... and unsatisfactoriness
12. **Eightfold path** - The fourth Noble Truth. Known as 'The M..... Way,' it includes the way to wisdom; mental training and the way of morality. Eight stages to be practised by Buddhists.
13. **Enlightenment** - A state of wisdom that enables total clarity and understanding of the truths of existence; achieving Enlightenment allows being freed from the c..... of rebirth.
14. **Karma** - Literally 'action.' The belief in cause and effect, intentions and actions will affect the f.....
15. **Meditation** - A s..... experience that opens a person up to the highest state of consciousness.
16. **Nirvana** - The belief that individuals can achieve a state of p..... peace where they experience liberation from the cycle of birth, death and rebirth.
17. **Rebirth** - This refers to the belief that when a being d..... they are reborn.
18. **Shrine** - A room or part of a room which contains a Buddha statue, c....., an incense burner and sometimes other offerings.
19. **Temple** - A structure/b..... for religious or spiritual activities, such as meditation. Will usually contain a shrine

**MISSING WORDS** – Suffering, Future, Truth, Dies, Desire, Rhythmic, Cycle, Attention, Building, Behaviour, Spiritual, Aware, Perfect, Buddha, Religion, Candles, Middle, Permanent, Wisdom.

## Lesson 1 – Introduction to Buddhism

### Lesson objectives

- Understand why it is important to learn about Buddhism
- Explain the basic beliefs and practices of Buddhism
- Compare the different schools of Buddhism

### Starter

Use the following website to find out some facts about Buddhism:

<https://www.history.com/topics/religion/buddhism>

- 1) Which country was Buddhism founded in?
- 2) How many years ago was Buddhism founded?
- 3) Approximately how many followers does Buddhism have?
- 4) What was the Buddha's original name?
- 5) What does the word Buddha mean?
- 6) Name 3 Buddhist symbols
- 7) True or false? Buddhists don't acknowledge a supreme deity (God)

**Don't forget to self-assess your answers!**

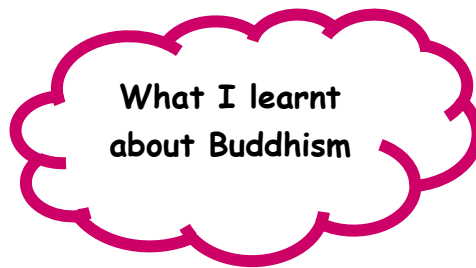
### Why do we study Buddhism?

- According to the 2011 census there are 178,000 Buddhists in Britain.
- Buddhism focuses on values such as happiness - something everyone can relate to!
- Buddhism teaches us how to overcome suffering and cravings. Something we could all benefit from.
- It is important that we have an understanding of ALL religions.

### Main task 1

Watch the YouTube video below and create a spider diagram with new information you learn about Buddhism

<https://www.youtube.com/watch?v=WawmRPOfrhY>



## **Main task 2**

Just like in other religions, all Buddhists are not exactly the same. They have different denominations or 'schools' which all have different practices and beliefs. Read the information about the main 2 Buddhist schools and complete the tasks after.

### **1) Mahayana Buddhism**

Strongest in Tibet, China, Taiwan, Japan, Korea, and Mongolia and is the largest major tradition of Buddhism existing today (around 53%). Mahayana Buddhists believe they can achieve enlightenment through following the teachings of the Buddha. The goal of a Mahayana Buddhist may be to become a Bodhisattva and this is achieved through the Six Perfections. Compassion is very important in Mahayana Buddhism. Therefore, Bodhisattvas choose to stay in the cycle of samsara to help others to achieve enlightenment as well as themselves.

This is a key difference between Theravada and Mahayana Buddhists. Whereas Theravada Buddhists strive to become Arhats and gain freedom from the cycle of samsara, Mahayana Buddhists may choose to stay in the cycle of samsara out of compassion for others.

### **2) Theravada Buddhism**

Theravada Buddhism is strongest in Sri Lanka, Cambodia, Thailand, Laos and Burma (Myanmar) and makes up approximately 15% of the Buddhist population. It is sometimes

called 'Southern Buddhism'. Theravada Buddhism is older and the more conservative of the two main divisions of Buddhism and is often referred to as the 'traditions of the elders'. Many Theravada Buddhists follow the teachings of the Buddha exactly, and many of them are monks or nuns.

Theravada Buddhists strive to be Arhats. Arhats are perfected people who have gained true insight into the nature of reality. This means they have followed the Noble Eightfold Path to 'blow out' the three fires of greed, hatred and ignorance and have become enlightened. In Buddhism, enlightenment leads to Nirvana, which means freedom from the cycle of rebirth (samsara). Consequently, they will no longer be reborn through samsara.

## Task

Complete this table to consolidate what you have just read

	What countries are they strongest in?	What percentage of the Buddhist population does it make up?	What do they believe about following the Buddha's teachings?	What do they believe about Samsara (the cycle of re-birth)?
Mahayana Buddhism				
Theravada Buddhism				

## Plenary

*'All Buddhists should have the same beliefs about Samsara'*

What is your opinion about this? Explain with two reasons.

# Lesson 2 - The Early life of the Buddha

## Lesson objectives

- Understand who Siddhartha was
- Explain the events and impact of Siddhartha's early life

## Starter

Think back in to when you were a small child. Can you think of the first time that you became aware of the following things?



**Natural Disasters**



**Extreme Poverty**



**Man-Made Disasters  
(e.g. war)**

**Question** – Explain how you felt when you became aware of these things for the first time. If you cannot remember, try to think of the feelings you or other people might have had.

## Main task

You are now going to learn about Siddhartha early life and the impact this had on him.

Watch the YouTube clip below and write down the 5 key moments in Siddhartha's life

<https://www.youtube.com/watch?v=nsN7NLs-0jI>

1)

2)

3)

4)

5)



**Extra challenge** – Which event do you believe had the greatest impact on Siddhartha and why?

Think back to your starter task – how did they link to Siddhartha's life? (Hint: think about what Siddhartha saw when he left the palace)

### **Main task 2**

Bullet point the main parts of the early life of the Buddha. Include details about his birth, the warning from a wise man, life at the palace, his marriage, the 4 sights, decision to leave the palace, meeting the monks, meditation under the Bodhi tree

**Extra challenge!** Do you think Siddhartha Gautama should have stayed at home and looked after his family instead of leaving the palace? Explain your answer.

### **Plenary**

Complete the short answer questions to assess your learning

1. What did Siddhartha spend a lot of time thinking about when he left the palace? [1 mark]  
a) The universe    b) God    c) Suffering    d) Hunger
2. What was always replaced in the palace so that Siddhartha never saw suffering? [1 mark]  
a) Clothing    b) Flowers    c) Money    d) Food
3. Name two of the 4 sights that Siddhartha saw [2 marks]  
• \_\_\_\_\_  
• \_\_\_\_\_

## **Lesson 3 – Enlightenment**

### **Learning objectives**

- Understand what is meant by the term Enlightenment
- Explain how Siddhartha became enlightened
- To consider if we think there can ever be a middle way

## **Settler**

Think back to last lesson and answer the following question...

Which of the 4 sights do you think had the biggest impact on Siddhartha and why? (hint: which one do you think inspired him to try and find the cause and solution to suffering?)

## **Starter**

Unscramble the definition to find out what enlightenment means.

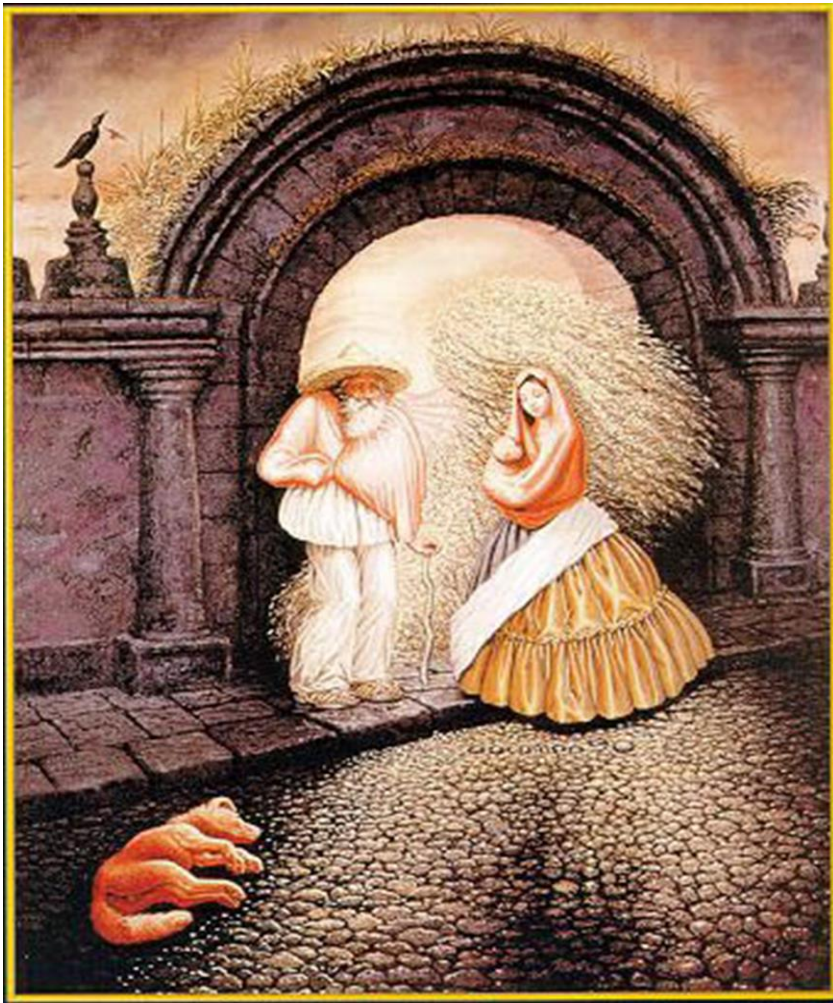
Enlightenment manes to konw the tturh, tougrhh matidetoin, Bishuddts try to fnid out the tturh aobut the urinvese. Wehn a Bishuddt has avieched enlightenment tehy wlil raceh Nirvana (release from the cycle of reincarnation).

**Write it unscrambled here:**

## **Main task 1**

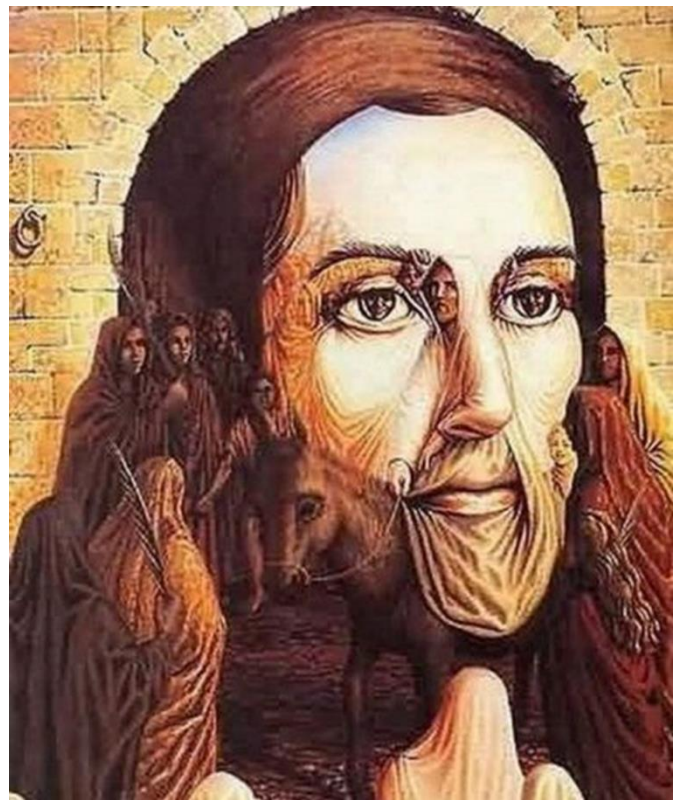
Look at each picture and write down all the things you can in the painting - give yourself only a minute for each!





What can you see?

What can you see?





## What can you see?

### Question

How would you describe the feelings you had when you suddenly saw a face or something you hadn't seen before in one of the illusion pictures?

**Today you are learning in more detail what Siddhartha did after he saw the 4 sights**

A way to imagine how enlightenment would feel is to remember how you felt when you saw the illusion pictures. At first you might not have noticed all of faces in the pictures. But then you recognised and understood how the picture had been created! For a Buddhist, enlightenment is the same - suddenly you realise how to overcome suffering, and you understand everything, and you feel completely happy.



## Main task 2 - How did the Siddhartha become enlightened?

Watch the short YouTube clip and write a summary of how Siddhartha became enlightened

<https://www.youtube.com/watch?v=nVKK-WVW2uw>

### SENTENCE STARTERS TO HELP YOU

After Siddhartha saw the 4 sights he...

He sat under the...

Siddhartha became enlightened when...

After the Buddha had become enlightened and had learnt how to overcome suffering, what did he tell people to do, so that they could overcome suffering as well?

### The Buddha's solution for enlightenment

For each step draw or find a suitable image from the internet to describe Anicca, Anatta and Dukkha

Overcoming Suffering		
<b>Anicca</b>	<ul style="list-style-type: none"><li>• Nothing stays the same. Everything and everyone in the world is always changing. This is called <b>Anicca</b>.</li></ul>	
<b>Anatta</b>	<ul style="list-style-type: none"><li>• If everything and everyone is always changing, then there can be no such thing as a permanent (<i>lasting</i>) self. This means that nothing ever stays the same. This is <b>Anatta</b>.</li></ul>	
<b>Dukkha</b>	<ul style="list-style-type: none"><li>• We want to be certain and safe, and we try to find things and people that will make us feel that way. But it doesn't work because we are always changing, and it makes us sad. This is called <b>Dukkha</b>.</li></ul>	
<b>=</b> Buddha taught that to overcome the suffering that Anicca, Anatta and Dukkha causes, you should accept that things are always changing.		In the boxes above, draw a picture or a symbol to show what <u>Anicca</u> , <u>Anatta</u> and Dukkha mean.

### **Main task 3**

Read through the statements and decide if they are true or false

1. Anicca is the idea that nothing stays the same
2. Dukkha is the idea that everyone and everything is always changing
3. Anicca is the idea that everyone in the world is always changing
4. To overcome suffering the Buddha said you have to accept that things will never change
5. Anatta means that there are no such things that are permanent

### **Plenary**

'It is too difficult for Buddhists today to accept that things are always changing'

Do you agree? Explain with two reasons

## Lesson 4 - The 4 Noble truths

### Lesson objectives

- Understand what the 4 Noble truths are
- Explain how people can use the 4 Noble truths to overcome cravings and suffering

### Settler

Think back to last lesson and match the definitions to the correct keyword

Anicca

Nothing ever stays the same

Anatta

Everyone in the world is always changing

Dukkha

We feel sad when things change and don't stay the same

### Starter

Write down 3 cravings or things you want right now and why you want them

- 1) This is because...
- 2) This is because...
- 3) This is because...

Q1: How does it make you feel to not have these and why?


Q2: Why might having these items not make you happy? E.g. *Having the latest iPhone might not make you happy as there will always be a newer model released.*

## Main task 1

The Buddha came up with a solution to suffering. When people are ill they go to a doctor to find out what is wrong. The Buddha is often compared to a doctor who diagnoses (recognises) the suffering of the world and then offers a cure. His diagnosis - what he recognises as the problem and his cure for it - is summed up in the Four Noble Truths.

To help you understand here is a table of four terrible diseases. You need to help the patients get better by filling in the table. The answers are underneath.

A doctor has examined his patients and now he has to help them to get better again. Can you help?



Statement of Fact	The Reason	The Answer	The Advice
<b>Sweetyrithis</b>	Desire to eat sweets all the time	Eat significantly less sweets	Try other types of food as well
<b>Facebooksyndromos</b>			
<b>Lazyfever</b>			
<b>Spendingcompulsio</b>			

Not being able to get anything done.

Do one thing at a time.

Set a budget for the week which you must keep to.

Limit your time of being online.

Meet your friends in real life for a face to face chatter.

Think of something that does not cost money but is still really fun.

The need to be constantly online on social networking sites.

Face what you have to do and sort it out.

Spending too much money on unnecessary and overpriced things.

*Extension*

## Main task 2

Complete the gap fill to find out what the 4 Noble truths are

The first Noble truth contains the f\_\_\_\_\_. Buddha believed that there would always be some form of s\_\_\_\_\_ in life or a feeling that life is not p\_\_\_\_\_. The 2<sup>nd</sup> Noble truth is the reason we experience suffering. Buddha believed it is caused by us wanting m\_\_\_\_\_ and m\_\_\_\_\_. This feeling of wanting brings u\_\_\_\_\_ because we are always changing. The 3<sup>rd</sup> noble truth contains the g\_\_\_\_\_. Buddha believed that we must accept that things c\_\_\_\_\_. He believed that we must avoid s\_\_\_\_\_ - c\_\_\_\_\_ and try to h\_\_\_\_\_ others. This will make us happier. The 4<sup>th</sup> Noble truth gives u s a\_\_\_\_\_. Buddha taught that if we follow the noble e\_\_\_\_\_ p\_\_\_\_\_, we could use his a\_\_\_\_\_ to live in p\_\_\_\_\_ with others and ourselves.

**Missing words**

guidance

change

facts

suffering

more

advice

help

eightfold path

more unhappiness

perfect

answer

happier

self-

**A way to explain suffering from cravings is...**

You might be really hungry, so you eat your favourite meal. But a few hours later you feel hungry again. This shows how everything in life is constantly changing - your happiness never lasts.

Now come up with your own example to demonstrate how people suffer from cravings

**Questions for reflection**

- 1) Do you believe the 4 Noble truths apply to everything in the world?
- 2) Are the 4 Noble truths relevant today for Buddhists today?
- 3) Do you agree that 'everywhere there is suffering'?
- 4) Do you think that disconnecting ourselves from all material things would be beneficial or harmful?

**Task 3 - The story of Kisa Gotami**

The Buddha taught the 4 Noble truths to people to help them understand how to overcome suffering from cravings. Read the story below and answer the questions after

During Buddha's time, there lived a woman named Kisa Gotami. She married young and gave birth to a son. One day, the baby fell sick and died soon after. Kisa Gotami loved her son greatly and refused to believe that her son was dead. She carried the body of her son around her village, asking if there was anyone who can bring her son back to life.

The villagers all saw that the son was already dead and there was nothing that could be done. They advised her to accept his death and make arrangements for the funeral. In great grief,



she fell upon her knees and clutched her son's body close to her body. She kept uttering for her son to wake up.

A village elder took pity on her and suggested to her to consult the Buddha.

"Kisa Gotami. We cannot help you. But you should go to the Buddha. Maybe he can bring your son back to life!"

Kisa Gotami was extremely excited upon hearing the elder's words. She immediately went to the Buddha's residence and pleaded for him to bring her son back to life.

"Kisa Gotami, I have a way to bring your son back to life."

"My Lord, I will do anything to bring my son back"

"If that is the case, then I need you to find me something. Bring me a mustard seed but it must be taken from a house where no one residing in the house has ever lost a family member. Bring this seed back to me and your son will come back to life."

Having great faith in the Buddha's promise, Kisa Gotami went from house to house, trying to find the mustard seed. At the first house, a young woman offered to give her some mustard seeds. But when Kisa Gotami asked if she had ever lost a family member to death, the young woman said her grandmother died a few months ago. Kisa Gotami thanked the young woman and explained why the mustard seeds did not fulfill the Buddha's requirements.

She moved on to the 2nd house. A husband died a few years. The 3rd house lost an uncle and the 4th house lost an aunt. She kept moving from house to house but the answer was all the same - every house had lost a family member to death.

Kisa Gotami finally came to realise that there is no one in the world who had never lost a family member to death. She now understood that death is inevitable and a natural part of life. Putting aside her grief, she buried her son in the forest. She then returned to the Buddha and became his follower.

Question - What do you think the Buddha was trying to teach in the story of Kisa Gotami?

### Plenary

Do you think that accepting that there is suffering will make you feel happy and enlightened? Explain your answer.

I think that accepting that there is suffering will make me feel... because...

Another reason I feel this way is because...

# Lesson 5 - Is it easy to be a Buddhist teenager and follow the eightfold path?

## Lesson objectives

- To describe what the Eightfold Path is.
- To explain the significance of the Eightfold path for Buddhists
- To consider the challenges Buddhist teenagers may face following the Eightfold path and other Buddhist teachings

## Settler

Think back to last lesson and answer the short answer questions

1. What did the Buddha say the 4 Noble truths help to solve? [1 mark]

a) Unhappiness      b) Death      c) Reincarnation      d) Suffering

2. Name two things Buddhists can learn from the story of Kisa Gotami [2 marks]

- \_\_\_\_\_
- \_\_\_\_\_

## Starter - What are some of the challenges a Buddhist teenager might face today?

List 3 things a teenager might suffer with today (e.g. stress from revision for GCSE exams)

1)

2)

3)

Question - Thinking back to the 4 noble truths, how might getting rid of craving help a Buddhist teenager today?

## Main task 1 - What is the eightfold path?

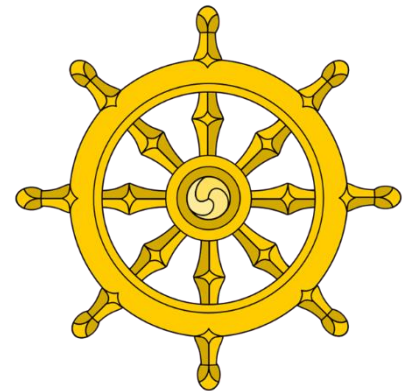
Complete the gap fill to find out what the eightfold path is

The B\_\_\_\_\_ told people to follow the advice of the E\_\_\_\_\_ Path. This path sets out the Buddha's guidance on how to live so that you are at p\_\_\_\_\_ with yourself and the world.

To Buddhists, the Eightfold Path is the r\_\_\_\_\_ way to live. It is not a list of r\_\_\_\_\_, but are principles that can be applied to everyday s\_\_\_\_\_.

Buddhists believe that if they follow the Eightfold path, they can overcome s\_\_\_\_\_ and desire, and achieve e\_\_\_\_\_.

There have been many i\_\_\_\_\_ of the Eightfold Path produced throughout h\_\_\_\_\_ to try and explain what it is and to help Buddhists in the practice of the Path. Many are based on an eight-spoke wheel.






It's called the Dhammachakra.

**MISSING WORDS** - *Suffering, History, Buddha, Rules, Enlightenment, Images, Eightfold, Right, Peace, Situations.*

- Now summarise what the eightfold path is in ONE sentence!

## Main task 2 - What are the principles in the eightfold path and how can it help a Buddhist teenager today?

You are now going to learn what each principle is in the eightfold path. Read through each of them and draw a picture/symbol or find a suitable image from the internet to show your understanding. Some of them already have an image to help you.

	What does this mean for a Buddhist teenager?	Picture/symbol to show understanding
Right Speech	Speak the truth in a helpful way, avoiding gossip and not saying hurtful things.	
Right View	Recognise suffering and try to stop it, try to see life as Buddha saw it	
Right Intention	Commit to doing the right thing, be willing to change and improve your life	
Right Action	Be kind to all living things, be generous, do not hurt yourself or others	
Right Livelihood	Earn a living (a job) in a way that respects Buddhist values	
Right Effort	Try to think good thoughts about everyone, try to improve your life and other's lives	
Right Mindfulness	Be aware of others around you, be aware of what you do and the effects your actions are having	
Right Concentration	Meditate to achieve wisdom, try to get rid of hatred, greed and ignorance	

Task - Choose 3 of the principles from the eightfold path and explain how a Buddhist teenager might put these into practice (in real life). Look at the example below to help you and the sentence starters to help you structure your answers.

*Example - A Buddhist teenager might put right put 'right speech' into practice by not joining in gossip at school about one of their friends. They would speak the truth by telling their friends what they are doing is wrong.*

### SENTENCE STARTERS

A Buddhist teenager might put right... into practice by...

Reflection question: Do you believe it would be easy or difficult for a Buddhist teenager to follow the eightfold path today? Explain with two reasons

Explain how following the eightfold path would help a Buddhist teenager today

**Extra challenge:** The Eightfold path "gives rise to vision, which gives rise to knowledge, and leads to peace, to direct knowledge, to enlightenment, to Nirvana (liberation) - What does this quote tell Buddhist teenagers about the importance of following the Eightfold path.

### Plenary

True or false quiz. Decide if the statements are true or false

- 1) Right livelihood means to have a job that goes against Buddhist principles
- 2) Right speech means to always speak the truth
- 3) To achieve right concentration a Buddhist teenager could meditate
- 4) Right action means to recognise suffering and try to stop it

## Lesson 6 - The 5 moral precepts

### Lesson objectives

- To describe what the Five Precepts are.
- To explain the importance of following the five precepts for Buddhists.
- Compare the 5 moral precepts to the eightfold path.

### Starter

Come up with five rules, which you think everyone should live by and explain why you have chosen these rules.

*For example, don't use violence to get your own way.*

### **SENTENCE STARTERS TO HELP YOU**

Rule 1: ...

I have chosen this rule because...

Reflection question: Why do we have rules?

### Main task 1 - What are the 5 moral precepts?

In Buddhism there are a set of rules called the 5 moral precepts. Watch the video and use it

Moral precept	What is it?	Explain an example of how Buddhists put the precept into practice (real life example)

to help you fill out the table

YouTube link: <https://www.youtube.com/watch?v=j1A2D1X4EaU>

Website link: <https://www.bbc.co.uk/bitesize/guides/zf8g4qt/revision/9>

**Extra challenge!** How does the 5 moral precepts compare to other religious rules? For example Kosher in Judaism and the 10 commandments

**Reflection question:** Which precept do you believe is the most important for Buddhists and why?

## **Main task 2 - How could you follow the 5 Moral Precepts in your life?**

For each Moral Precept, write an example which shows how you could follow the rules in your everyday life.

*For example - I would follow the first moral precept by using a piece of paper to catch a spider and put it outside, instead of killing it, if I saw a spider in the classroom.*

### **SENTENCE STARTERS**

*I would follow the first/second/third/fourth/fifth precept by...*

*This is because...*

*"The most important moral precept is to avoid untrue speech" (6 marks)*

Evaluate the statement by writing...

- X 2 reasons why someone would agree with the statement
- X 2 reasons why someone would disagree with the statement
- A reason why a Buddhist would agree and a reason why they would disagree with the statement
- Your opinion about the statement

### **SENTENCE STARTERS TO HELP YOU STRUCTURE YOUR ANSWER**

*One reason why someone might agree with the statement is because...*

*Another reason why someone might agree with the statement is because...*

*However, someone might agree with the statement because...*

*Another reason why someone might disagree with the statement is because...*

*Some Buddhists may agree with the statement because...*

*However some Buddhists may disagree with the statement because...*

*Overall, I agree/disagree with the statement because...*



## Plenary

*It is more important for a Buddhist to follow the eightfold path than the 5 moral precepts*

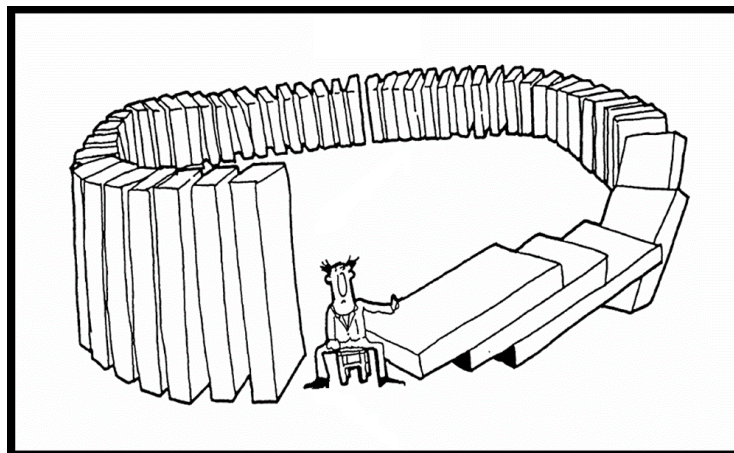
Do you agree? Explain with a developed reason

## Lesson 7 – Karma and Rebirth

### Learning objectives

- To understand what Karma and Rebirth are.
- To explain Buddhist beliefs about Rebirth and Karma.
- To consider our own beliefs about Rebirth.

### Starter



Look at the picture and answer the questions below

- 1) What is happening in this picture?
- 2) What will be the consequences?
- 3) What do you think it means about life?
- 4) Do you have any questions about the picture?

### Main task 1 – What is Karma?

Karma - The law that good actions and thoughts have good consequences and bad actions and thoughts have bad consequences.

What does 'consequence' mean? 'Consequence' is the word we use to describe the effect of something. It is what happens after an action. For example, if you don't do your homework, then the consequence will be a detention.

Give an example of good karma -

Give an example of bad karma -

Buddha found that the easiest way to explain something that is difficult to understand is to use stories. The story that Buddha used to help us understand Karma is called '**The hunter and the monkeys**'. Read the story below and answer the questions after.

## 15 Jataka stories: Cula Nandiya Jataka

This unit and the next tell you about the Jataka stories and relate two of these stories.

The Jataka stories are a collection of about 540 stories of the previous lives of Gotama Buddha, when he was born as a Bodhisatta, and his disciples. These stories are used to teach Buddhist moral values and are important because they illustrate Buddhist ideas like **Kamma** (Karma) and Rebecoming or Rebirth (see Unit 2), and Buddhist values like kindness and gratitude. Here is a typical and well-known story.

### **'The hunter and the monkeys**

Once there lived in the Himalayan forests two monkeys who were brothers. The elder was called Nandiya. They headed a large band of monkeys and lived with their mother, who was elderly, frail and blind. They looked after their mother and brought food for her.

'One day, they went to another distant forest with the band of monkeys in search of food. The two brothers sent fruits and nuts to their mother by giving them to other monkeys to deliver. When they returned home they found that their mother was much

weaker and thinner. She said that she had not received any of the food that they had sent her. The other monkeys had been eating the food.

Nandiya decided that it was far more important to him to look after his mother than to rule the colony. He said to his brother, "You rule the colony, I shall take our mother to the distant forest and look after her." His brother replied, "I care not for ruling the colony. So I shall join you in looking after our mother." So the brothers led their mother to the distant forest and looked after her.

In a nearby city there lived a man who had received a very good education from a famous teacher. When he had completed his education, the teacher, seeing that his pupil was a violent and cruel person, had said, "Do not do anything cruel which you will regret. People who are like you do not do well in life."

Although he was educated, because of his nature, the man was not able to carry on in a suitable job. He had to earn a living as a hunter. He used to kill animals in the forest with his bow and arrow, sell the flesh and provide for his family.

One day he came to the forest on a hunting trip and saw the three monkeys high up on a tree. At the same time the monkeys saw him. As he was preparing to use his bow and arrow Nandiya jumped in front of him and said, "Please do not kill my mother or brother. Instead, please kill me and sell my flesh." The hunter shot Nandiya and then prepared to shoot the mother. Then the brother jumped down and said, "Please do not kill my mother, kill me instead." The cruel hunter, without thinking about what he was doing, shot the brother and then the mother as well. He tied the dead monkeys together and carried them home.

Before he reached home a thunderbolt struck his house, destroying it completely, and killing everyone in his family. When he reached home and saw what had happened he was overcome by grief.

### The Law of Karma

He remembered his teacher's words not to do anything cruel which he might regret. "So this is what my teacher meant," the man thought, "Bad actions have bad consequences, good actions have good consequences."

The Buddha, having related the story, explained the idea of rebirth by identifying the persons associated with him in his last life with the characters in the story. In this birth, Nandiya was Gotama Buddha; his brother was Ven. Ananda (see Unit 1); the famous teacher was Ven. Sariputta; and the cruel hunter was Ven. Devadatta. The mother monkey was Queen Prajapati Gotami, Prince Siddhatta's stepmother who looked after him when he was young (see Unit 8).

This story illustrates the Buddhist ideas of Karma, Rebecoming or Rebirth and self-sacrifice, and the view that children, when grown up, should look after their elderly parents (see Unit 17).

The Jataka stories appear in the Sutta Pitaka of the Pali scriptures and also in the other scriptures.

### NEW WORD

**Karma** (Karma) the law that good actions and thoughts have good consequences and bad actions and thoughts have bad consequences

### FOR DISCUSSION

- 1 Why was the hunter overcome with grief?
- 2 What is the moral of the story?
- 3 What is the Buddhist message of the story?

### THINGS TO DO

- 1 Draw the story of the hunter and the monkeys.
- 2 Act the story, adding a scene about what you think the hunter did next.

### Questions

- 1) What happened to the hunter?

In the story, the hunter...

- 2) Why did this happen to him?

This happened to the hunter because...

3) What is Buddha's message of the story?

In the story, Buddha is trying to tell us that...

4) Did the story help you understand what karma is? Why?

The story did/didn't help me to understand karma because...

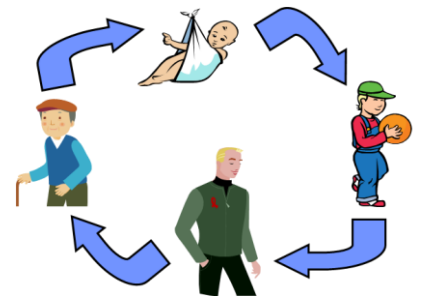
5) Do you think telling a story to explain something is better than just given a definition? Why?

I think telling a story to explain something is...

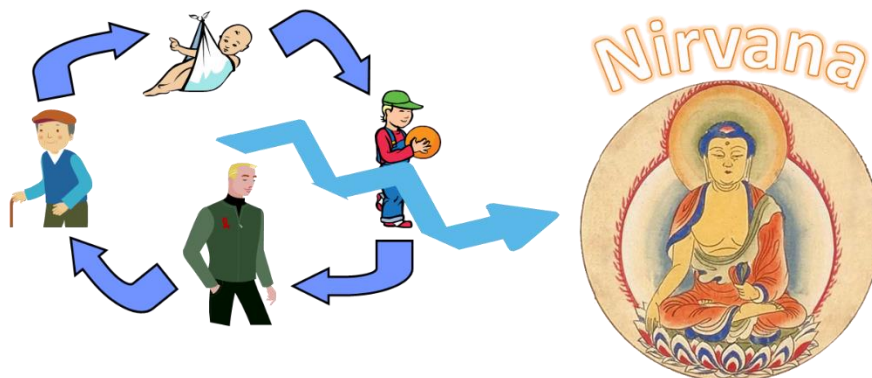
## Main task 2 - How are Karma and Rebirth linked?

Buddhists believe in 'rebirth'. They believe that when someone dies, their karma remains and that it is born again to live a new, different life.

In Buddhism, this is called 'samsara' which means the 'cycle of rebirth' - the repeating cycle of birth, life, death, and rebirth.



Buddhists believe that rebirth continues until all negative karma is removed and you understand how to stop suffering. Once you've done this, you achieve nirvana, which is a state of pure happiness.



Now come up with your own definition of Rebirth

Buddhists believe in rebirth. This means...


How are Karma and Rebirth linked?

Karma and Rebirth are linked because...

Help box

Helpful Key Words

birth death rebirth samsara  
karma human animal nirvana



## Lesson 8 - Meditation

### Lesson objectives

- Understand what meditation is
- Explain why it is important for Buddhists
- Evaluate its effectiveness for achieving enlightenment

### Settler

Thinking back to all your topics, you have learnt so far... answer the questions below

- 1) What were the 4 sights that the Buddha saw?
- 2) What symbol is often used to represent the eightfold path?
- 3) How many moral precepts are there for Buddhists?
- 4) What did the Buddha say was the cause of suffering?
- 5) If you build up lots of good karma what will you achieve?

### Starter

Imagine a place of pure peace. What would it be like? Draw it or explain it.





## Main task 1 – what is meditation?

Enlightenment is to have an understanding of the nature of reality. You understand what is real, and what is truth. The Buddha became aware of three things when meditating that helped him reach Enlightenment.

### Meditation

#### Step 1: mindfulness of breathing

The first step in Buddhist meditation is to calm the mind. This can be done by focusing on the breathing.

#### Step 2: insight meditation

Then you can begin to develop insight into things as they really are because your mind is more alert.

#### Step 3: loving kindness

You can also develop compassion and love towards all living beings.



### Complete the gap fill below

Meditation is a time for q..... thinking and r..... The Buddha became enlightened during deep meditation under the b..... t..... By meditating Buddhists believe that they will become better people and reach e..... It calms the m..... and the b..... It is a central practice in B.....

Missing words - Quiet      Mind      Enlightenment      Bodhi Tree

Reflection      Body      Buddhism

Now it's time for you to try meditation! Follow the YouTube link and do meditation.

<https://www.youtube.com/watch?v=inpok4MKVLM>

Q1) How did you feel when you meditated and why?

### Main task 2 – why is meditation important for Buddhists?

There are lots of reasons why Meditation is important for Buddhists. Below are 4 reasons, your task is to order them in reasons of importance.

- ☐ • ***All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts (Dhammapada).*** These lines from the Dhammapada suggest that the mental states we experience are the key to everything in our lives.
- ☐ • Buddhists believe that meditation stops craving. This is because we will experience the world with kindness, calm and love.
- ☐ • The only way to reach Nirvana is to become enlightened and meditation is how the Buddha achieved this.
- ☐ • There is research that suggests meditation can improve people's mental well-being.

- 1) Order the statements using the boxes next to them with 1 being the most important and 4 being the least.
- 2) Explain your first and last choice using a well explained reason for each.

### SENTENCE STARTERS

*I have chosen 1 as the most important reason. This is because...*

*I have chosen 4 as the least most important reason. This is because...*



# Lesson 9 – What can Buddhists learn from the life of the Buddha?

## Learning objectives

- Explain how the teachings of the Buddha can affect Buddhists today
- Evaluate which of the Buddha's teachings are the most important for Buddhists

## Settler

'All religious people should practice meditation' – Do you agree? Explain with a detailed reason

## Starter

Break down the Buddha's life into 3 stages (if you are stuck look back at your work from lesson 2).

1)

2)

3)

Reflection question: Which stage do you think has the most influence for Buddhists today and why?

## Main task 1 – What can Buddhists learn from the life of the Buddha?

Throughout this topic you have learnt all about the teachings of the Buddha. The Buddha taught that we should use the eightfold path to help overcome suffering and achieve enlightenment.

He also taught that there are 3 kinds of good action that lead to happiness

1. Giving/Kindness
2. Harmlessness (e.g. three of the Five Precepts: No killing, stealing or lying)
3. Meditation

Question: How do you feel when you have been selfish rather than kind?

### **Demonstrating harmlessness**

Ask this spider about his life - rather than being scared and wanting to get rid of/killing it

How did you feel doing this?



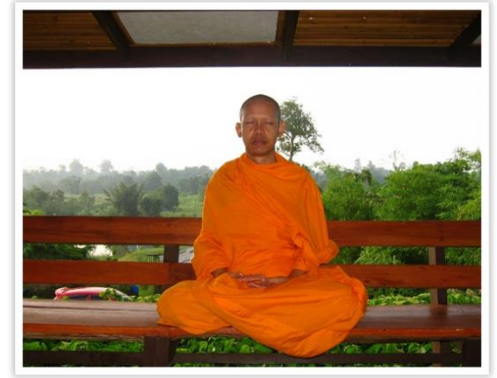
These questions were designed to demonstrate that good thoughts lead to good actions. This task got you to have empathy for the spider, which is what the Buddha wanted.

- How did you feel asking the spider about his life?
- Explain why Buddhists would want to follow these 3 good actions in their lives

### **Main task 2 - How are Buddhists influenced by the life of the Buddha?**

Some Buddhists are so influenced by the Buddha and his teachings that they decide to fully dedicate their lives to their religion by becoming monks.

As you can see from the picture, monks dress as simply as Buddha would have done. They also spend a lot of time meditating.



Watch this video and answer the questions after

<https://www.youtube.com/watch?v=8AeSsJGUGDA>

1. Why is meditation important for the monks?

*Meditation is important for the Monks because....*

2. How have the monks been influenced by the Buddha's teachings?

*The Monks have been influenced by the Buddha's teachings because...*

3. Explain how Gordon felt as someone who isn't a Buddhist

*Gordon felt... This was because...*

All Buddhists should follow five precepts. Monks must follow ten. The precepts have been muddled up below. You must sort these into two categories: those all Buddhists should follow; those only monks need to follow.

- Do not harm living beings.
- Do not take things unless others give them to you.
- Do not eat after midday.
- Sleep on simple bed.
- Avoid entertainment.
- Do not be sexually inappropriate.
- Speak truthfully.
- Avoid wearing unnecessary items like perfume and jewellery.
- Do not confuse your mind with drugs and alcohol.
- Avoid using money where possible.

Precepts ALL Buddhists must follow	Precepts only Monks follow
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)

**Extra challenge!** Could you live as a monk? Explain your answer.

### Plenary

**All Buddhists should become monks if they want to follow the way and life of the Buddha**



Where would you place yourself on this line and why?

# Lesson 10 - Inspiring Buddhist leader: Thich Nhat Hanh

## Lesson objectives

- To understand some of the history surrounding the Vietnam War
- To explore the life and teachings of Thich Nhat Hanh
- To reflect on how Thich Nhat Hanh's teachings may inspire our own lives

## Settler

Name two precepts that only Buddhist Monks must do [2 marks]

- \_\_\_\_\_
- \_\_\_\_\_

## Starter

To understand who Thich Nhat Hanh is, you must first learn about the Vietnam War that took place between November 1, 1955 - April 30, 1975.

Read the information below



The Vietnam War was fought between communist North Vietnam and the government of Southern Vietnam.



The North was supported by communist countries such as the People's Republic of China and the Soviet Union. The South was supported by anti-communist countries, mainly the United States.



The United States lost the Vietnam War. It lasted for twenty years, something the US never expected when it joined in the fight. Not only did the US lose the war and the country of Vietnam to the communists, the US lost prestige (*respect/reputation*) in the eyes of the world.



Over two million young men were drafted into the U.S. military during the Vietnam War, and many young people were at the frontline of protests against the conflict.



The student movement that helped turn the American public against the war began in the early 1960s, with young activists inspired by the civil rights movement.



The American civil rights movement was the protest movement against racial segregation (*separation*) and discrimination in the southern United States, led by figures such as Martin Luther King.



Many people in Vietnam also opposed the war.

In June 1963 Buddhist monk Quang Duc became famous when he was photographed setting himself alight in a suicide protest against the South Vietnamese government then under Ngo Dinh Diem.

Write down 5 things you have learned about the Vietnam war

- 1)
- 2)
- 3)
- 4)
- 5)

## Main task 1 - So who is Thich Nhat Hanh and how does he link to the Vietnam War?

As you watch, write down at least x3 new things you have learnt about Thich Nhat Hanh . One of your points must be about the Vietnam War.

YouTube link: ONLY WATCH UNTIL 8.26 MINS

<https://www.youtube.com/watch?v=NJ9UtuWfs3U>

## Main task 2 - Why is Thich Nhat Hanh inspirational?

Using this website: <https://plumvillage.org/about/thich-nhat-hanh/> and what you have learnt so far you are going to produce a creative piece about him. This could be...

- A leaflet/poster
- A speech
- A television/social media advert
- A song/rap
- A poem

**Extra challenge!** Research and find out about another inspiring Buddhist

## Plenary

**“When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That’s the message he is sending.”**

“Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.”

**“Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.”**

“Nonviolent action, born of the awareness of suffering and nurtured by love, is the most effective way to confront adversity.”

1. Choose one of Thich Nhat Hanh's quotes.

2. How could this quote inspire you in your day to day life?