

RE

Wednesday 29th April 2020

WALT understand Buddha's teachings

Success Criteria

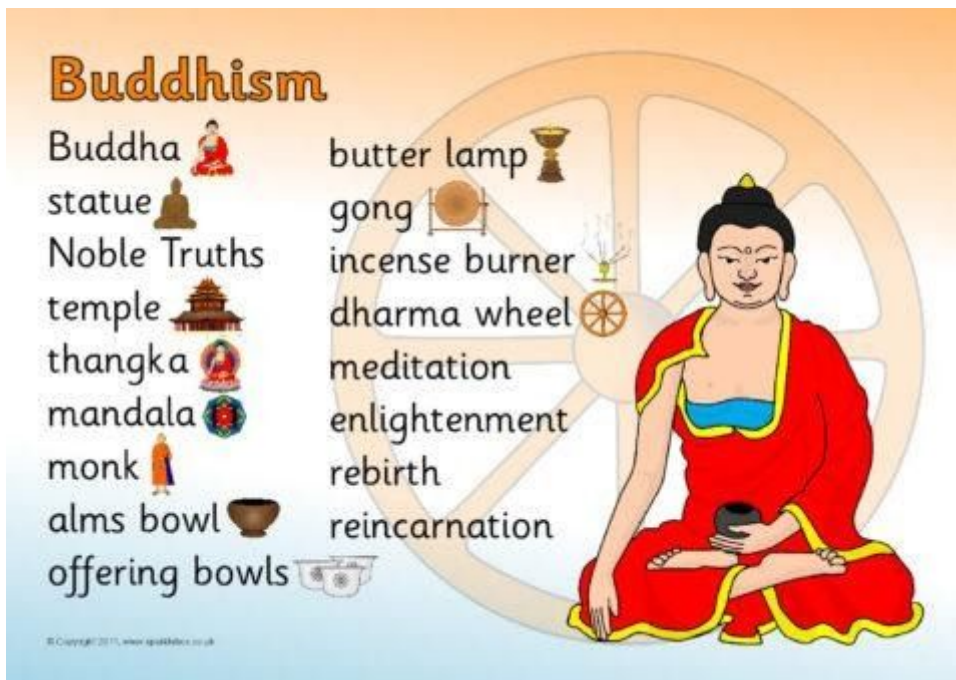
I know the four noble truths

I can explain the four noble truths

I understand the four noble truths can be related to our lives

Our focus in RE this term is Buddhism.

Here is a word mat below with key vocabulary you will need to know.



(image taken from sparkle box)

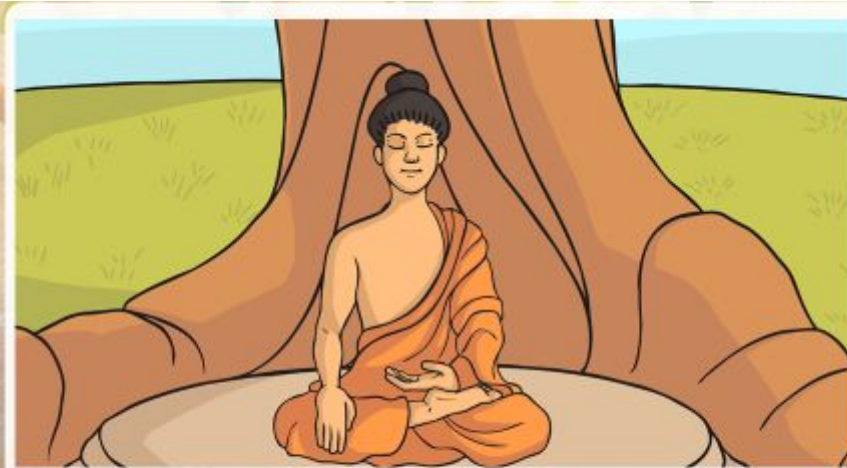
Please write the date, WALT and success criteria into your purple book.

Put on a three minute timer and write down in your purple book any key words and their meanings or anything about the story of Buddha.

In today's lesson, you are going to be focusing on Buddha's teachings. We are going to have a look at the end of the story of Buddha to find out his teachings.



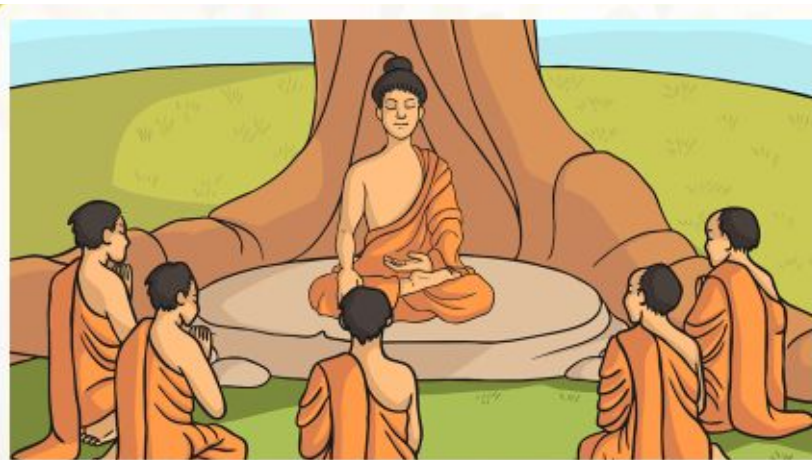
These four sights were a turning point for Siddhartha. He wanted to know if there was more to life than sickness, old age and death so he decided to leave his riches behind and go and find out for himself.



Dressed as a monk, he went to meditate under a Bodhi tree and promised himself that he wouldn't rise again until he found the truth. As he sat, he thought carefully about the past, present, future and the four sights he saw when he left the palace. After some time, he realised there was a way for people to end their pain and sadness. Within this moment, he became wise and enlightened.



He began to teach people about what he had realised and people began to call him Buddha or 'teacher'. He taught them the Four Noble Truths.

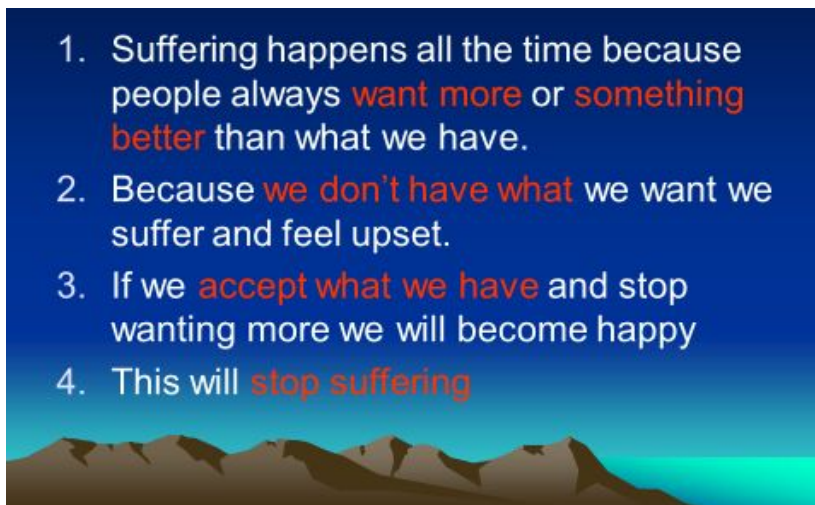


The first Noble Truth was about the fact that suffering exists. Our lives are a struggle. The second was about the cause of suffering. We create some of our own difficulties in the way we think. The third was that it is possible to end suffering, by realising we cause some of our own difficulties. And the fourth explained the path (the Noble Eightfold Path) to be followed in order to end suffering.

Below is a more detailed explanation of what the noble truths are. It also shows their name too.

Dukkha	Suffering exists: people feel lonely, angry or frightened.
Samudaya	There is a cause for suffering: a need to control something, or a craving. For example, a desire for fame, money, or to avoid unpleasant feelings.
Nirodha	There is an end to suffering: suffering can be overcome if we let go of our desires and learn to live each day at a time without going over the past or imagining a perfect future.
Magga	In order to end suffering, follow the Eightfold Path: the set of eight rights, or instructions, concerned with wisdom, morality and meditation.

The Four Noble Truths are explained in more simple terms underneath:

1. Suffering happens all the time because people always **want more** or **something better** than what we have.
 2. Because **we don't have what** we want we suffer and feel upset.
 3. If we **accept what we have** and stop wanting more we will become happy
 4. This will **stop suffering**
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(slide taken from tes)

Watch the animation below to help you understand The Four Noble Truths:

<https://www.youtube.com/watch?v=TIPMLPMzWb8> explanation of The Four Noble Truths

Read this made up (real life) problem below:

Jemma is polite, well behaved and talented piano player who has a few close friends she knew from primary school. In her year is Hannah who is popular and funny with loads of different friends all the time. Jemma is jealous of Hannah because she seems to have loads more friends than her and more people know her.

(taken from tes)

Your task:

In your purple book, please give Jemma some advice on what she should do about this feeling of jealousy. Remember to use capital letters and full stops. Look up the spellings of any key words you are unsure of in any of the slides, the key word mat, on an online dictionary. You can also ask whoever is at home.

First you need to think, why is Jemma jealous of Hannah? How could Jemma use the four noble truths to stop that horrible feeling of jealousy? What could she do to end her suffering?

You could start off with:

Jemma I am so sorry to hear that you are suffering. I want to change this. I think I have some good advice to help you overcome this feeling. I think you are jealous because_____.

You can use the four noble truths to help you feel better by_____.

To end your suffering, you could_____.

I hope this helps,

Miss. Andrews

(Write your name)