

RE Knowledge Organiser

Southwold Primary School



Topic: What is the best way for a Buddhist to lead a good life?

Year 4 Summer

Strand: Buddhism

What should I already know?

- **Dukkha** (usually translated as suffering) exists – such as sickness and death, and also in things that are pleasing, because the pleasure will end.
- Dukkha is caused by **craving**. This keeps us constantly wanting more and not being satisfied – this creates suffering.
- Dukkha can be stopped. People do not need to be **greedy and selfish** and do not need to suffer.
- The way to end Dukkha is by following the Noble **Eightfold Path**.

Impact on believer / daily life

Buddhists try to follow the path in significant matters. For example, choosing their job.

It must be a job that helps and **causes no harm**.

This is a personal daily struggle for Buddhists in the modern world.

Vocabulary

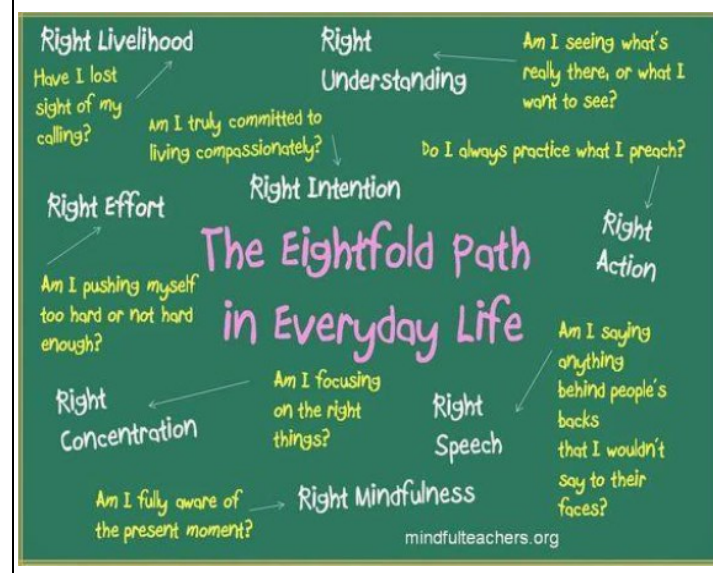
Budda	The Buddha was a human being (not a God or Prophet) who became “enlightened.”
Meditation	A way of taking control of the mind so that it becomes peaceful and focused.
Eight-Fold Path	The Buddha’s practical instructions to reach the end of suffering.
Respect	Act in a way that shows you care about their feelings and well-being.

What will I know by the end of this unit?

Noble Eightfold Path

- Right Viewpoint – You should look at life in the right way (i.e. being positive).
- Right Thought - You should think about others, not just yourself.
- Right Speech – You should talk to people properly, with respect.
- Right Action – You should act in a way that does not hurt people e.g. no killing or stealing.
- Right Living – Your job must help, not harm other people or animals.
- Right Effort - You should do the best that you can
- Right Awareness - You should be sensitive to the needs of others - think about those around you.
- Right Concentration - You should focus your mind on what needs to be done - especially solving problems - Concentrate by using meditation.

Images



Links with other religions

- **Code of Practice** (different religions) - Many religions have rules which believers try to follow in order to live a good life. For example: The 10 Commandments (Judaism/Christianity), The 5 Pillars of Islam (Islam) and The 3 Golden Rules (Sikhism).
- **The Five Pillars of Islam** (Islam) - Muslims try to live a good and responsible life by following the Five Pillars of Islam.
- **A Good Life** (Sikhism) - Sikhs believe that your actions are important and you should lead a good life. A good life is lived as part of a community, by living honestly and caring for others. To live a good life a person should do good deeds as well as meditating on God.
- **Mitzvot** (Judaism) - The mitzvot are Jewish laws. There are 613 mitzvot in the Torah and they guide Jews on how to live a good.