

# **Buddhism**

This half term, we are going to be learning about one of the five major religions...

Buddhism

# Buddhism

The Buddha

**TTYP or have a think if you are on your own...**

- What do you know about Buddhism?
- What experiences do you have of the religion?
- Do you know any Buddhists?

**LI: To be able to understand who the Buddha is and how he gained his title.**

Success Criteria:

- I can understand who the Buddha is.
- I can explain how he became enlightened.
- I can understand why the Buddha is significant to Buddhists.

## **Starter**

TTYP or have a think if you are alone:

Have you ever seen anything pleasant or upsetting which has influenced or affected you?

## What is important to you?

Which of the following things do you think are important for happiness:

- Money
- Fame
- Good looks
- IQ of 160
- True friends
- Something else (add your own)?

Which is most important to you? Give a reason why.

# Today

Today we are going to be learning about The Buddha.

As we learn, think about what may have been important to his happiness.

# Introduction

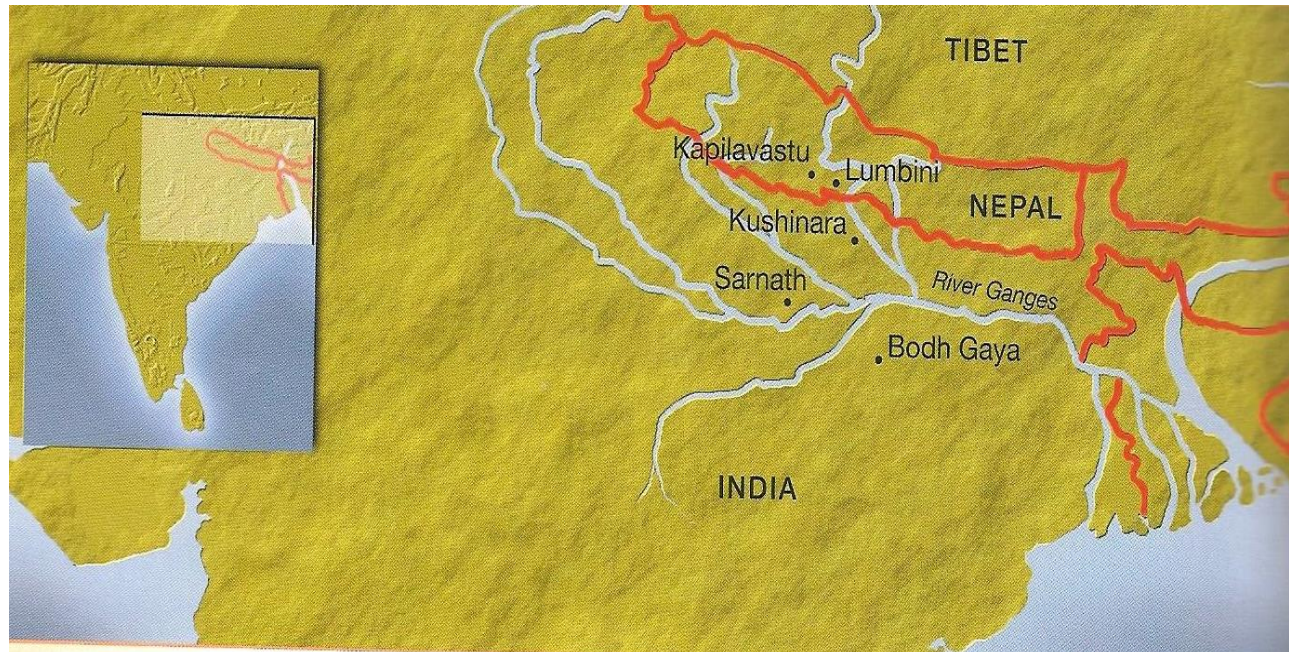
In Buddhism there is one person whose life and teaching helps people to understand more about life. Buddhists believe he was the wisest teacher of all. His name was Siddharta Gautama but he is known by his special title; the Buddha.





## The Life of Buddha – Before Birth

The Buddha was born Siddhartha Gautama in a town called Lumbini, in India, near Nepal about 2500 years ago



# Location of NEPAL in world map





## The Life of Buddha – Special Signs

Before and after his birth there were signs that the child would be important.

His Mother Queen Maya had a dream a special dream which meant the Buddha was going to be important.



## The Life of Buddha – Life at The Palace

The King did not want his son to see suffering so he decided Siddhartha should live a life of luxury sheltered from the realities of the world.

He had everything he could ever want and at an early age married a beautiful princess Yasodhara.



## The life of Buddha – The Four Sights

The King attempted to protect Siddhartha from the realities of the world but Siddhartha was not happy living like a prisoner.

One day he went out hunting and he saw four sights:

- Old age
- Sickness
- Death
- A holy man (Poverty)





Old



Sick



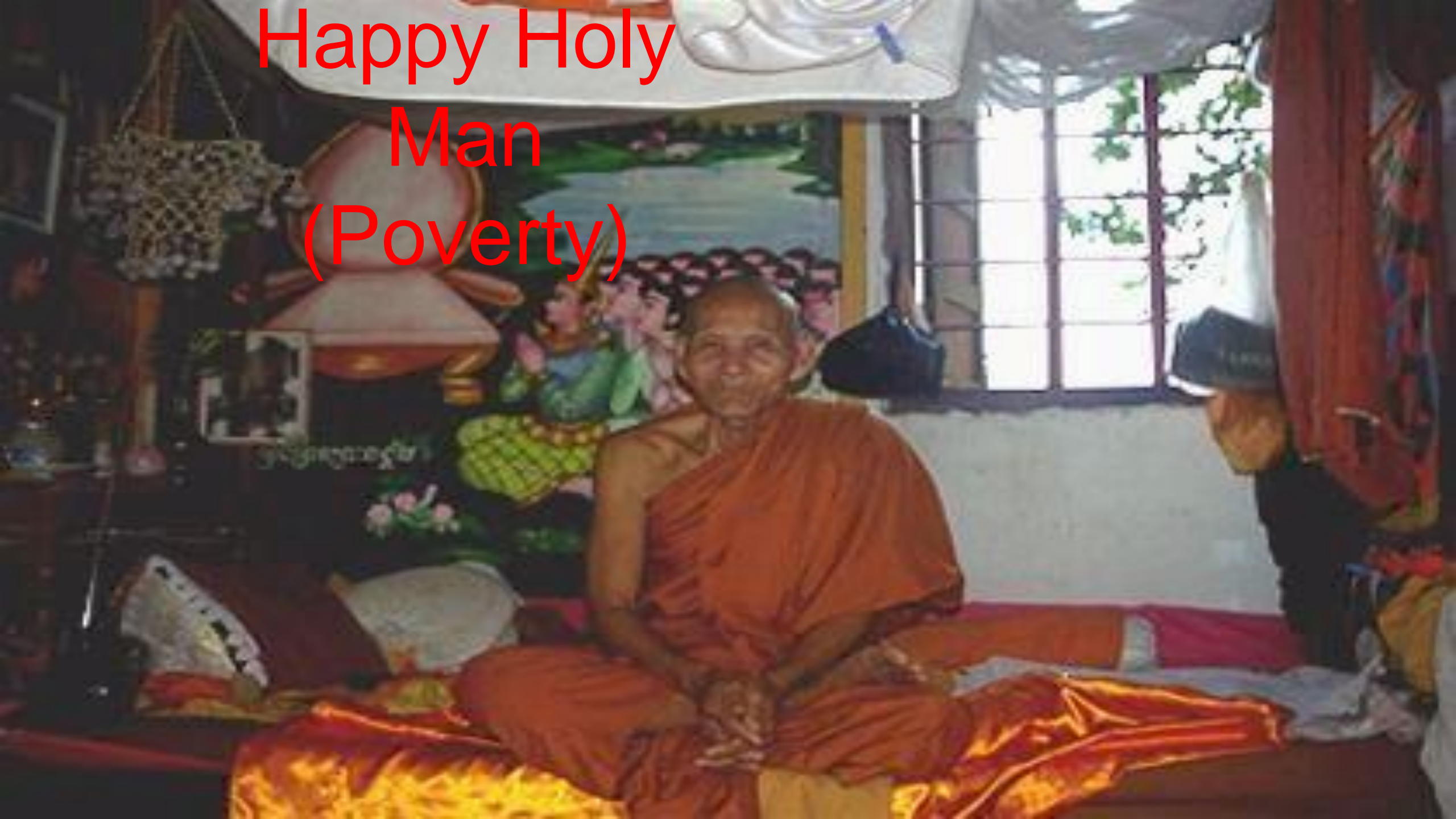




Mourning



Happy Holy  
Man  
(Poverty)



## The life of Buddha

Each of the four sights made Siddhartha sad and this made him think about life.

The day after his son Rahula was born, Siddhartha decided that he must leave home in a quest for enlightenment. It was tough for him to leave his family but he thought he was doing it for the best and as soon as he reached enlightenment he would return.



Enlightenment – knowledge of the world / understanding what life is about / wisdom / truth.

## His Holy Life

He spent six years travelling around India searching for enlightenment.

He starved himself, he worked with teachers and monks but he did not find it. He then went and sat under the BODHI tree (meaning tree of wisdom) and it was there he gained enlightenment.





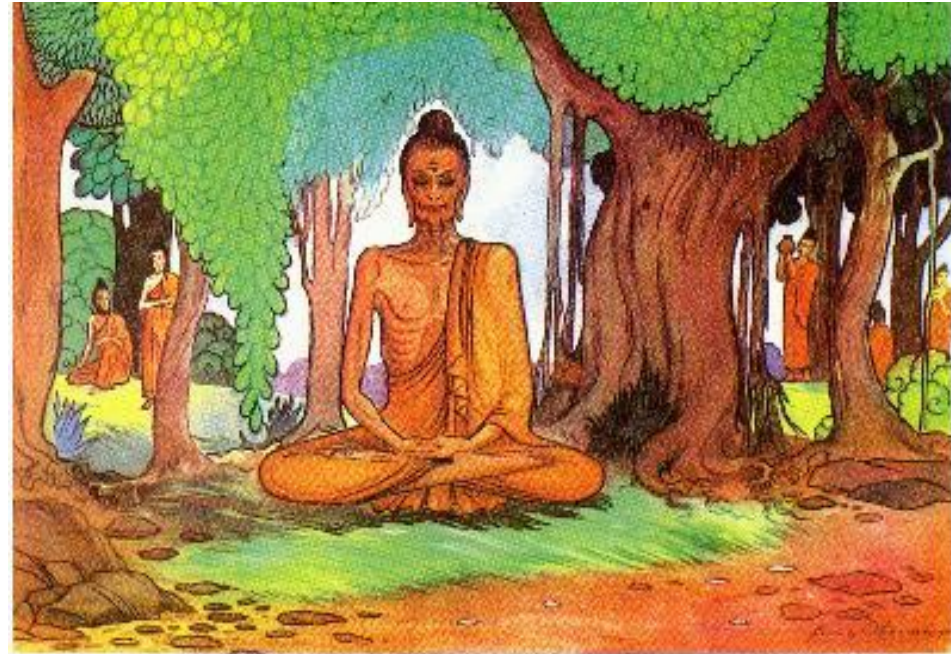




## Life of Buddha

Siddhartha then lived as a Holy man. He had no money, clothes or luxury. He ate very little and was near to death when he realised this was not the answer.

He gave it up and decided a middle way was better between extreme luxury and extreme poverty



# The Life of Buddha - Enlightenment

Siddhartha did not give up his search. Instead he sat himself under a Bodhi tree and meditated, determined to find the truth.

Whilst under the tree he was faced with many temptations sent by Mara – the force of evil.

Then gradually as morning came he saw things in a new way, he became enlightened and the supreme Buddha.



## The Life of Buddha – His First Teachings

Siddhartha was now the enlightened one -The Buddha- and had reached enlightenment.

He decided to share his teachings and ideas.

The Buddha then went and taught his first sermon in the Deer Park at Sarnath.



## What Would You Do?

If you were Siddhartha, would you want to see life outside the palace, or would you prefer to stay inside and enjoy yourself? Why?





## Task

Complete the story board by adding your own explanation of each picture.