



Topic: **Buddhism**

Key Question: **What do we mean by a 'good' life?**

Summer 1 Year 6

The Four Noble Truths



1

• All lives are filled with suffering.

2

• Suffering is caused by craving for worldly things.

3

• Suffering will stop when people are free of their desires

4

• The way to eliminate desire and to achieve nirvana is to follow the Eightfold Path.

These are the four main teachings of the Buddha.



Vocabulary you will know...



Nirvana	Released from the cycle of death and rebirth. The final goal of Buddhism.
Contentment	A state of happiness and satisfaction.
Enlightened	Spiritually aware.



Vocabulary you will hear...



Monk, suffering

Prince Siddhartha

He grew up near the border of India and Nepal. He grew up in luxury, shielded from aging, sickness and death.



At the age of 29, Siddhartha left the palace to go and travel the world. On his travels, he saw an old man, a sick man and a dead man.

He then saw a monk who looked peaceful despite being surrounded by suffering.

His aim was to be like this monk. One day, while sitting and meditating he became enlightened (free from desire and suffering).

Ultimately, he became the Buddha. Which means 'enlightened one'.

The Eight Fold Path

The Eightfold Path teaches people to live in a positive way and share their happiness and contentment with others.

A Buddhists aim is to reach Nirvana. The way to do this is to follow the teachings of the Eightfold Path.

