

I should already know:

That Buddhism is one of the six world religions.

Know and retell the story of Siddhartha and how he became Buddha.

Know that for a Buddhist, the way to end suffering is to follow the four Noble Truths.

Know that for a Buddhist nothing is permanent, everything changes

Know that for a Buddhist kindness and compassion are central to the belief.

By the end of this unit I will:

Know what Buddhism teaches about suffering.

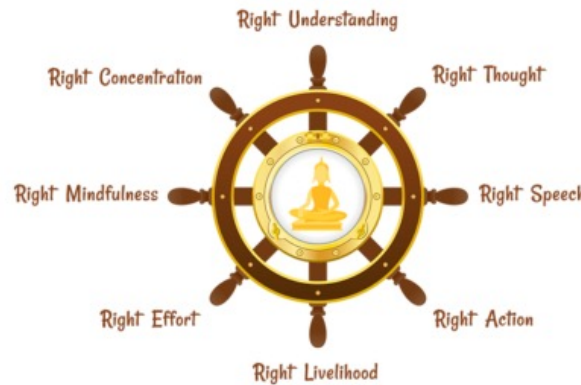
Know the role of the noble eight-fold path plays in helping a Buddhist live their life.

Know what samsara is and how a Buddhist understands karma as a way of breaking free from samsara.

Know what being part of the sangha means for a practising Buddhist.

Key Vocabulary

Buddha	Founder of Buddhism, Siddhartha Gautama
Enlightenment	Realisation of truth about life, releases a person from the cycle of rebirth
Dukkha	Suffering, illness, dissatisfaction, imperfection,
Karma	Actions and the consequence of actions Important concept in Buddhism, Hinduism and Sikhism
Samsara	In Buddhism, Hinduism and Sikhism it is the cycle of life, death and rebirth
Nirvana	An indescribable state, held by Buddhist to be the ultimate goal, breaking free from samsara
Sangha	Buddhist community of practitioners
Meditation	Thinking quietly as a spiritual or religious exercise



The Eight-Fold Path