

Year 3
R.E. Knowledge Organiser – Buddhism
(AT1:1, AT2:1)

Key Enquiry Questions:	
Who was Buddha?	Buddha started life as Siddhartha Gautama, who was born into a noble family. He lived a sheltered early life, but when he was older, he went out into the world and saw that sickness, age and death come to everyone. After seeing this, Gautama meditated and found the answer to life. This made him the Buddha.
What is Buddhism?	There are no gods in Buddhism. It was created by a man called Siddhartha Gautama. Buddhists believe that there is a cycle of birth, life, death and rebirth. If a person gains Enlightenment (like the Buddha) they can break out of this cycle, to a place of eternal peace that is known as 'Nirvana.'

Key Vocabulary	
Buddha	The teacher and creator of Buddhism.
meditate	When Buddhists close their eyes and breathe deeply, trying to empty their minds of thoughts.
enlightenment	Breaking the Buddhist cycle of rebirth and reaching Nirvana.
Eightfold Path	The rules laid out by Buddha which will lead to Nirvana.
dharmachakra	'The Wheel of Dharma'.
Nirvana	Perfect peace with no suffering.
puja	The Buddhist act of worship.
shrine	A special place that is linked with a holy object or person.
Wesak	Important Buddhist festival when Buddhists try to clear their minds of negative thoughts.
dhvaja	Buddhist symbol meaning 'spiritual victory', often popular with warriors.
chattra (chatra)	Buddhist symbol meaning 'parasol', a protection from suffering.

Important Facts / Ideas

Special shrines	<p>Buddhists can worship from home or at a temple, which can be built in a variety of shapes. Buddhists worship by sitting on the floor, making sure their feet face away from any image of Buddha. Their head and body face the image of Buddha. This is called puja. Buddhists chant to show their love for Buddha and make offerings of flowers and incense at shrines.</p> <div style="display: flex; justify-content: space-around;">   </div>
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Holy Books	<p>When the Buddha died, people thought it would be a good idea to write down what Buddha said and thought. 500 Buddhist Monks met to check the content of his teachings. The teachings were then passed down by word of mouth for around 400 years, before being written down. The Buddhist teachings are called 'Pali Canon' and the 'Sanskrit Canon'.</p> <div style="display: flex; justify-content: space-around;">   </div>
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<p>Wesak</p>	<p>Wesak (also Vesak) is an important Buddhist festival celebrating the Buddha's birthday. It is a time when Buddhists meditate to help clear their minds of negative thoughts.</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="316 219 884 524"> </div> <div data-bbox="903 224 1489 524"> </div> </div>
<p>The Four Noble Truths</p>	<p>This is part of the Buddhist teachings (Dharma). The Four Noble Truths are:</p> <p>Dukkha - Everyone suffers in life.</p> <p>Samudaya - The cause of suffering is a craving for things and wanting to control things.</p> <p>Nirodha - To end the suffering, life must be lived one day at a time. You must also let go of cravings.</p> <p>Magga - To end the suffering for good, people must follow the Eightfold Path created by Buddha.</p>
<p>Buddhists live by five rules:</p>	<ul style="list-style-type: none"> • Never take the life of a living creature. • Do not steal. • Be faithful to your partner. • Do not lie. • Do not drink alcohol

Key diagrams

dharmachakra

Buddhist Wheel of Dharma

chattra

dhvaja