

Year 3 & 4 - What is Buddhism?

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	Buddhist symbol meaning 'parasol', a protection from suffering.



The Dharmachakra is a symbol used in Buddhism.

Key Knowledge

Buddhism originated in Northeast India
There are no gods in Buddhism.
Wesak is an important Buddhist festival celebrating the Buddha's birthday.
Buddhists live by five rules: <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.

Worship

- Buddhists can worship from home or at a temple, which are 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.



Chattra



Dhvaja

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. This was called enlightenment and the Buddha decided to teach others how to reach it.