



Kingshurst Primary School				
Religious Education:	Year 4	Summer 1	Enquiry Question: What is the best way for a Buddhist to lead a good life?	Religion: Buddhism
In this enquiry, you will talk about how Buddhists try to lead a good life according to the Buddha's teachings. You will reflect on how this may impact on your own lives if you chose to follow these teachings.				
What we will learn:			Link to other aspects of belief	Personal connection
The focus of this enquiry is an in-depth look at the Noble Eightfold Path Noble Eightfold Path • Right Viewpoint – You should look at life in the right way (i.e. being positive) • Right Thought – You should think about others, not just yourself • Right Speech – You should talk to people properly, with respect • Right Action – You should act in a way that does not hurt people e.g. no killing or stealing • Right Living – Your job must help, not harm other people or animals • Right Effort – You should do the best that you can • Right Awareness – You should be sensitive to the needs of others – think about those around you • Right Concentration – You should focus your mind on what needs to be done – especially solving problems – Concentrate by using meditation			• The Four Noble Truths • Dukkha (usually translated as suffering) exists – such as sickness and death, and also in things that are pleasing, because the pleasure will end. • Dukkha is caused by craving. This keeps us constantly wanting more and not being satisfied – this creates suffering • Dukkha can be stopped. People do not need to be greedy and selfish and do not need to suffer • The way to end Dukkha is by following the Noble Eightfold Path	• Do I lead a good life? • Could any of these teachings help me improve as a person? • Which of these teachings would I need help with? • How could I get help to improve?
Key Vocabulary			Impact on believer/daily life	
Noble Eightfold Path: the path to end suffering			• Buddhists try to follow the path in significant matters, for example, choosing their job. It must be a job that helps and causes no harm. This is a personal daily struggle for Buddhists in the modern world.	
Dukkha: Suffering				
Siddhatta: Buddha (he who has attained his goal).				
Home learning ideas/questions: Is there a book or any writings that we think is/are important to us or may guide how we live?			 This photograph shows people meditating at the London Buddhist Centre. Buddhists believe that meditation is crucial to understanding the cause of suffering. It is a way to clear the mind of worries and fears.	