



Religion /Worldview: Buddhism	Enquiry Question: Is it possible for everyone to be happy?	Age range: 7-9 Enquiry 1
In this unit, we look at some key teachings that the Buddha gave and look at some important events from his life – what could Buddhists learn from these?		

Core Knowledge (see also background information documents)		Link to other aspects of belief	Personal connection / resonance
The story of the Buddha shows Buddhists that it is important to live your life in the right way. As a prince he was first surrounded by money and possessions, but these did not make him happy. He realised that money could not stop unhappiness, illness and death. He decided to try to live his life in a way that would help others and not just think about himself. Many Buddhists today look at what happened in the Buddha's life and try to learn how his teachings could help them, these messages could include • Being rich does not guarantee happiness • Suffering and death are part of life • Some suffering is caused by people doing selfish things • If we are less selfish there will be less suffering • We should try to help others, like the Buddha did.		• The Buddha's teachings like the 4 Noble Truths and the Noble Eightfold path help people in their search for happiness. This includes Right Viewpoint, Intention, Speech, Action Livelihood, Effort, Mindfulness, and Concentration • Pilgrimage to Lumbini (birthplace) and Bodh Gaya (place of enlightenment) • Buddhist temple visit • The importance of Meditation – use of Mandalas	• What could I learn from the story of the Buddha? • What makes me happy/unhappy? • How could I be more positive and help more people? • How does it feel when someone helps me?
Key Terms and definitions	History/Context	Impact on believer/daily life	Spiral curriculum link
• Siddhartha Gautama – a prince who became known as the Buddha. • Buddha – a person who has reached enlightenment. • Enlightenment – understanding the world, how it works and the meaning of life. • Dukkha (Suffering)	Buddhism started in ancient India but has since spread all around the world. At the time it started people were not treated fairly based on the group they were born into – the Buddha recognised that it is what you say and do that is important not how you start your life or the group you are born into	Most Buddhists try to find enlightenment – this means they try to understand what life is about and how to deal with the good and bad times that happen. Happiness can be achieved through living in the right way each day, making sure your mind is positive and your thoughts and actions cause no suffering for those around you. Suffering is often caused by being too fond of people or objects as we miss them when they are gone> Buddhists know that nothing lasts forever.	This enquiry builds on ones written for ages 5-7, however it does not matter if these have not been studied as it focusses on the life of the Buddha – later enquiries will look at more of the Buddha's teachings
Home learning ideas/questions: How can we take steps to be happier? What is life about? How could being rich cause problems?			