



Year Group: 3

Worldview: Buddhism



Enquiry Question: Is it possible for everyone to be happy?

In this enquiry, 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

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.

Key Vocabulary

- 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)

Impact on Believers

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.

Key Questions

- 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?

