

**Beliefs and Teachings**

Understand that Buddhism is a religion.  
 Know that people who follow the religion of Buddhism are known as Buddhists.  
 Recognise that Buddhism began about 500 BC (about 500 years before Jesus was born).  
 Understand that Buddhism was founded by Siddhattha Gotama.  
 Siddhatta Gotama became known as the Buddha (which means someone who has gained Enlightenment).  
 Know that Buddhism began in India.  
 Introduce to children that Buddha wanted to teach people to live a good and honest life through.

**The 5 Buddhist Rules (Moral Precepts)**

- 1) Do not kill or hurt living things
- 2) Do not steal
- 3) Be faithful to your partner
- 4) Don't lie or say unkind things
- 5) Don't drink alcohol

**The Four Nobel Truths**

(covered in detail in KS2 in addition to the Nobel Eightfold Path)

**Important Stories and Festivals**

The Story of Siddhatta Gotama – the beginning of Buddhism.  
 The Story of Siddhatta and the Wounded Swan – not hurting living things.  
 The Story of Siddhatta and the Monkey King – the importance of caring for his people.  
 Asala-Dharma Day is when Buddhists celebrate the beginning of Buddhism and Buddha's teachings. It takes place on the first full moon of the 8<sup>th</sup> lunar month.  
 Wesak is the most important Buddhist festival. It is celebrated on the full moon in May. This is a celebration of Buddha's birthday.

**Places of Worship and How Buddhists Worship**

Buddhist worship is called 'Puja'. The Holy books is called 'Tipitaka'.  
 A Buddhist temple is the place of worship for Buddhists that include structures called vihara, chaitya stupa, wat and pagoda in different regions and languages. Buddhists visit their place of worship on special religious days (often when it is a full moon).  
 Buddhists often have a place in their home where they thank Buddha for his teachings.  
 Buddhists chant to show their love for Buddha and make offerings of flowers, incense, candles and pure water.  
 Buddhists sit on the floor when they worship and meditate.  
 Buddhists take off their shoes to show respect for Buddha.  
 Buddhist religious leaders are called monks and they wear simple robes.  
 Theravadin tradition has monks and nuns that abandon or give up worldly goods. They are established in Thailand and Sri Lanka.

**Special Symbols**

|   |   |
|---|---|
|    | The Dharma Wheel – The teachings of Buddha (Eightfold Path) |
|    | The Lotus Flower – Progress & Beauty                        |
|   | The Golden Fish – Happiness & Luck                          |
|  | The Endless Know - Wisdom                                   |
|  | The Conch Shell – Power and Hearing Buddha                  |
|  | The Parasol - Protection                                    |
|  | Statures of Buddha  |

**Vocabulary Introduced**

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|---|---|
| <b>Buddhist</b>                               | Somebody who follows the religion of Buddhism.  |
| <b>Shrine</b>                                 | a holy or sacred place sometimes dedicated towards a certain god, goddess, saint or similar religious figure. |
| <b>symbol</b>                                 | Sign or picture; something that represents something else.  |
| <b>Mantra</b>                                 | A word, syllable, phrase or short prayer that is spoken once or repeated over and over again.                 |
| <b>moral</b>                                  | The importance of a story – a message.  |
| <b>festival</b>                               | A day of period of time set aside for celebration   |
| <b>Sangha</b>                                 | The Buddhist community.   |
| <b>meditate</b>                               | A time of quiet thinking, very focused.   |
| <b>Enlightenment (covered further in KS2)</b> | Finding the truth about life, depth of understanding.   |