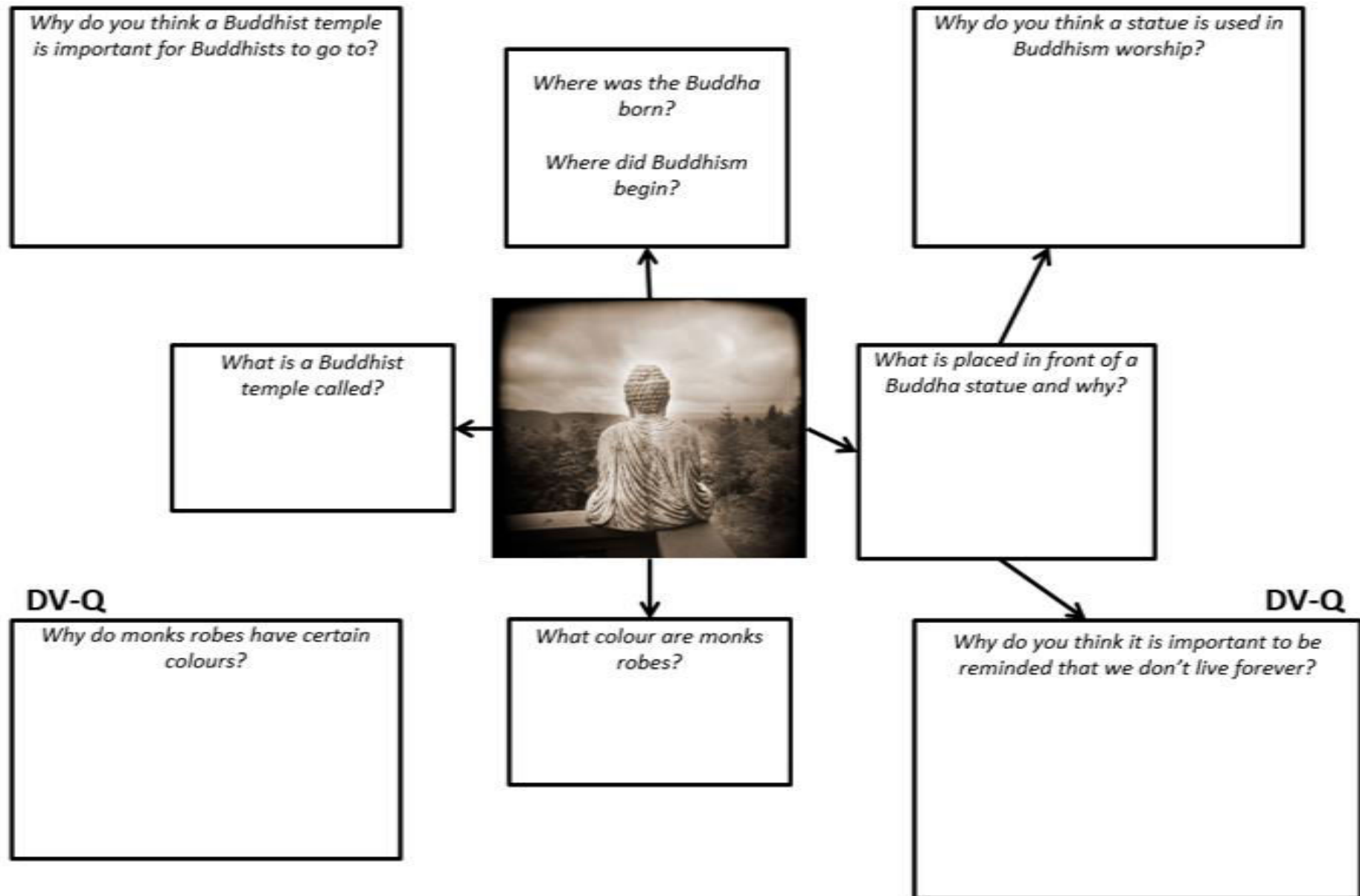


Catch up work - LC3 - year 8 - Introduction to Buddhism



Catch up work – LC3 - year 8 – The life of the Buddha.

1) Is having everything you ever wished for a good/bad thing? Why?

2) The Buddha life as a whole was very \_\_\_\_\_ because he was locked in the palace with no-where to go and then he finally left and found peace and truth about the world. He must have been very \_\_\_\_\_ at first as all he wanted was to see the outside world.

Finally, he left and was \_\_\_\_\_ about leaving because he could see the real world for the first time. However, he felt \_\_\_\_\_ when he discovered the 4 sights, as the outside world was not what he expected.

He finally went to live in the forest with the holy men. However, it was not working out and felt \_\_\_\_\_ because he was not any closer to the truth.

When he was sat under the tree he felt \_\_\_\_\_ because finally found the middle way.

Confusing

Frustrated

Sad

Very happy

Angry

Happy

3) What did the Buddha learn from the 4 sights?

4) What did the Buddha do after seeing the 4 sights?

5) What is the middle way?

6) Can you give an example?

Catch up work – LC3 - year 8 – The three jewels.

- 1) At difficult times in their lives, people sometimes look for **refuge** - a place or a person who helps them make sense of things which aren't easy to make sense of.

Can you think of something you take refuge in?



For **Buddhists**, there are three refuges that help them make sense of life. – The three jewels.

- 2) What are the three jewels?

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- 3) Why are the three jewels important to Buddhists?

Catch up work – LC3 - year 8 – The three signs of being.

- 1) What does the word DUKKHA mean?
- 2) Why is life DUKKHA?
- 3) Choose two news stories and use them to explain how Dukkha is unavoidable in life.
- 4) Write a definition of the word “Anicca”.
- 5) Draw two things that are always changing and explain how for each example.

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- 6) The Buddha said that what passes on when we die is not a soul but a life force (ANATTA).
- 7) What do you think this life force is made up of?

Catch up work – LC3 - year 8 – The four noble truths.

1) What are the four noble truths?

**Dukkha**

*We don't always get what we want from life, and we have to accept that.*

1) Do you think it is fair that every person's life includes effects from the lives they have lived before, so no one's life can ever be perfect?

**Samudāya**

*All of our worries and problems are caused by desire.*

1) Do you think there are times that we should be selfish in life?

**Nirodha**

*We need to not be attached to material things*

1) Do you think it is possible to stop wanting everything in life?

Extension – Do you think it is a good thing to do this?

**Magga**

*Follow the eight steps to avoid suffering*

1) What do you think these eight steps might be?

Catch up work – LC3 - year 8 – The eightfold path.

1) What is the eightfold path?

| <b><i>Path</i></b>       | <b><i>What is it?</i></b> | <b><i>What might a Buddhist do?</i></b> | <b><i>Easy or Hard?</i></b> |
|--------------------------|---------------------------|---|-----------------------------|
| <i>Right Vision</i>      |                           |   |                             |
| <i>Right Emotion</i>     |                           |   |                             |
| <i>Right Speech</i>      |                           |   |                             |
| <i>Right Action</i>      |                           |   |                             |
| <i>Right Livelihood</i>  |                           |   |                             |
| <i>Right Effort</i>      |                           |   |                             |
| <i>Right Mindfulness</i> |                           |   |                             |
| <i>Right Meditation</i>  |                           |   |                             |

Catch up work – LC3 - year 8 – The five precepts.

1) What are the five precepts?

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Christians have TEN commandments, but Buddhists have only FIVE precepts.

2) Are there any rules that you think are missing from the Buddhist precepts?

3) Which set of rules would you prefer AND WHY?

Catch up work – LC3 - year 8 – Buddhism in Britain.

- 1) A Buddhist society was founded in \_\_\_\_\_ when \_\_\_\_\_ began translating their holy books into English. Many Buddhist \_\_\_\_\_ came to Britain in the 1960's to escape from the \_\_\_\_\_ War.

**Vietnam**

**scholars**

**1907**

**refugees**

- 2) How many Buddhists are there in Britain?
- 3) How did Buddhism first find its way to Britain?
- 4) Is Buddhism practiced differently In Britain to how it is practiced in the East?
- 5) How are festivals celebrated in Britain?
- 6) What is a multi-faith society?
- 7) What are some of the positives and challenges of living in a multi-faith society?