

Year 6 Religious Education HT6 - Buddhism

KEY QUESTION: What is forgiveness and is it important?

School Value - Friendship

In this unit, you should:

- Understand Buddha was and why he is so important to Buddhists today.
- Understand that Vesak is a Buddhist festival that is usually celebrated in May or early June. It celebrates Buddha's birthday. For some Buddhists, it also marks his enlightenment, which is when he found out what life means.
- Learn about the core beliefs of Buddhism and the path to enlightenment, 'The Way'.
- Know that Buddhists see forgiveness as a way to end suffering, bring harmony to our lives and let go of pain.
- Write your own personal point of view: Is there any offence that we should not forgive? Who has the right to forgive? Are there occasions when being merciful could lead to injustice not being challenged? Does the promise of eternal forgiveness ever encourage bad behaviour?



Archbishop Desmond Tutu taught about the importance of forgiveness for a peaceful world. He taught that forgiving is not forgetting, but remembering. Remembering means you can learn from your mistakes.



Religious, spiritual and world leaders teach about the importance of forgiveness. "You do not do evil to those who do evil to you, but you deal with them with forgiveness and kindness". Prophet Muhammad (PBUH)

Key vocabulary:

Buddhist: A Buddhist is someone who follows the teachings of a man called Siddhartha Gautama (or Siddhattha Gotama), who became known as the Buddha.

Nirvana: Once enlightenment has been achieved and so one isn't reincarnated.

Karma: A belief that our past actions affect us, either positively or negatively, and that what we do in the present time will affect us in the future.

Samsara: The cycle of death and reincarnation.

Dhammapada: One of the Buddhist holy texts.

Eightfold Path: A set of eight instructions set out by Buddha to encourage people to follow the right path.

Meditation: Taking the time to focus the mind on a thought or an object.

Vesak: Vesak is a Buddhist festival which celebrates Buddha's birthday. For some Buddhists, it also marks his enlightenment, which is when he found out what life means.

Forgiveness: (noun) is the action of forgiving or being forgiven.

To forgive: (verb) is to stop feeling angry or resentful towards someone for an offence, flaw or mistake. Forgiving means to change the way you feel about something that has happened or been done to you

Key content:

- Buddhists do not believe in a single god who created the world and everything in it. In fact, most Buddhists believe in the teachings of a man called Siddhartha Gautama - also known as the Buddha.
- Siddhartha is believed to have been a prince who was born into a wealthy family in what is now called Nepal in the 5th Century BC.
- It's believed that Siddhartha Gautama realised that wealth and luxury did not guarantee happiness. So, he travelled as a homeless holy man to learn more about the world and saw the suffering in the world.
- Buddhists read the Dhammapada, which contains the teachings of Buddha. It teaches them that forgiveness and love can overcome hate.
- Buddhists do not pray to Buddha or ask his forgiveness; instead they try to forgive themselves and others by following the Eightfold Path.
- The Eightfold Path is a set of rules or instructions for people to follow to reach enlightenment. The Eightfold Path consists of eight practices: view, resolve, speech, conduct, livelihood, effort, mindfulness, and meditation.
- Vesak is one of the most important Buddhist festivals. It is also known as Wesak or Buddha Day. It is a celebration of Buddha's birthday and, for some Buddhists, marks his enlightenment (when he discovered life's meaning). It is also a time to reflect on his teachings and what it means to be Buddhist.

