



Key Vocabulary

Word	Meaning
Buddha	The teacher and creator of Buddhism.
Meditate	When Buddhists close their eyes and breathe deeply, trying to empty their minds of thoughts.
Enlightenment	Breaking the Buddhist cycle of rebirth and reaching Nirvana
Eightfold Path	The rules laid out by Buddha which will lead to Nirvana.
Nirvana	Perfect peace with no suffering
Dharma	Buddha's teachings
Mindfulness	Being aware of your thoughts, feelings and body and experiencing the moment.
Contentment	Peaceful satisfaction and appreciating what you have.
Happiness	The feeling we get when our mind thinks about achieving something.
Compassion	Feeling pity and concern for the suffering of others shows compassion.

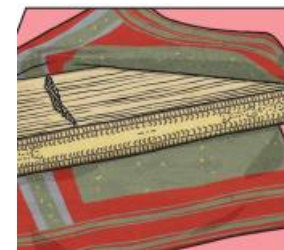
Buddha:



The **Buddha** is known as a teacher, not a god. The **Buddha** reminds Buddhists of an ordinary man who became a very holy man known as the Buddha.

Holy Book:

When the **Buddha** died, people thought it would be a good idea to write down what Buddha said and thought. 500 Buddhist Monks met to check the content of his teachings. The teachings were then passed down by word of mouth for around 400 years, before being written down.



Symbol Of Buddhism:



The Dharmachakra or 'The Wheel of **Dharma**' is a symbol used in Buddhism. This symbol is known as the wheel of life because Buddhists believe in a cycle of birth, death and re-birth.



The Noble Eightfold Path:

Buddhists try to live a good life by following Buddha's teachings, helping them to avoid suffering and bad feelings. They believe nothing in life is perfect and the way to avoid suffering is to follow a set of important guidelines known as the Noble **Eightfold Path**.

The Four Noble Truths:

The Buddha's teachings are known as **Dharma**. Buddhism's Noble Truths are:

- Life always involves suffering (dukkha).
- Suffering happens because people are greedy and not satisfied with what they have.
- Greed and selfishness can be overcome.
- The way to overcome them is to follow the Eightfold Path.

The Noble Eightfold Path:



Extending your learning:

1. Visit a place of worship. This could be a Buddhist temple or a different place of worship.
2. Visit a place that brings you peace and contentment.



Knowledge Organiser Revision Schedule

Here is the revision schedule for this half term's knowledge organiser. Please help your child to learn the specified section each week.

Week	Knowledge Organiser Section to Learn
Week 1 –	
Week 2 –	
Week 3 –	
Week 4 –	
Week 5 –	
Week 6 –	