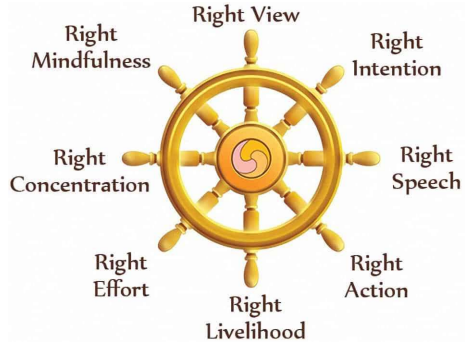


**Inspiring children to be resilient and aspirational learners,
within a positive and considerate community.**

	Subject: RE Term Summer 2 – Buddhism	Year group: 6	Title: What do we mean by a 'good' life?
Lesson	Key Knowledge /objectives	Skills/Key Questions	Vocabulary
1 Shared Human Experience	To know that contentment is a state of happiness and satisfaction. That true contentment is a deep-seated sense of accepting who and where you are at any given moment To understand that happiness is a bit different from a feeling. Rather, it is an experience, usually hallmarked by positive thinking, joy, pride and even laughter. Contentment, on the other hand, is a long lasting feeling accompanied by peacefulness, gratitude and satisfaction To be content you need to live in the moment, be grateful for what you have and appreciate the smaller things in life and people around you. To know that what we truly need to survive and all the other things, we actually just want To understand that we need values and rights to be content too	What is true contentment? What does contentment look like?	Contentment Happiness Satisfaction Peaceful Grateful
2 Beliefs and Values	To know an account of how Prince Siddhartha left the comfort and safety of his father's palace and saw 'Four Sights' that were to change his life. As he looked on old age, sickness, death and holiness, he determined to search for the real answers to the meaning of life – Play the story to the children	What is the story of Prince Siddhartha about?	Prince Siddhartha – Buddha Holiness Determined Life Suffering Four Noble Truths Dukkha

	To understand that Prince Siddhartha describes how, despite having everything he is not content		Craving Nirvana Enlightenment 'middle way' Luxurious 'Eightfold Path' Dharma Wheel
3 Beliefs and Values	To know that the Four Noble Truths are the truth of suffering, the truth of the cause of suffering, the truth of the end of suffering, and the truth of the path that leads to the end of suffering. More simply put, suffering exists; it has a cause; it has an end; and it has a cause to bring about its end To understand that the Four Noble Truths are one of Buddha's key teachings. They explain the problems humans face and why. The truths also begin to offer some understanding into how humans can escape these problems 1 - All human life involves suffering. This is known as 'dukkha'. This does not mean humans are never happy. However, even things that make us happy will eventually end. This is because the world is always changing (impermanent) 2 - The root of suffering is craving. This is the idea that humans always want things; we are never satisfied. This leads to suffering as in an impermanent world we cannot get everything we want 3 - We can escape suffering if we learn to be contented and stop craving. This state is known as nirvana. Buddha achieved this through his enlightenment 4 - We can end suffering by following what Buddha described as the 'middle way'. This involves living a life which is somewhere between the luxurious life Buddha lived in the palace and the poor, difficult life he lived as a	What are the Four Noble Truths?	

	holy man. This is also known as the 'Eightfold Path' – the Dharma Wheel.		
4 Living Religious Traditions	To know meditate is a practice for calming one's mind and body To know virtue is a kind of behaviour which is thought to be good To understand that The Fourth Noble Truth teaches that, in order to achieve virtue, happiness and eventually Nirvana, the Eightfold Path should be followed To know a dharma wheel is where the Eightfold Path is represented as a wheel with parts of the Path labelled as spokes.  To know the path of right concentration is sometimes translated as meditation. To understand that meditation aims to still the mind so that the person doing it can become fully aware. Daily meditation is important for Buddhists in their aim of achieving nirvana and they often choose to start their day by meditating.	How and why do Buddhists meditate?	Buddhists Meditate Calming Mind Body Noble Path Virtue Eightfold path Dharma Wheel Aware Concentration Nirvana
5 Search for Personal Meaning	To know while we may not choose unhappiness, it's not like we don't have any control over what happens to us. Life is entirely made up of choices, most of which are ours to make, and that includes our choice to be happy	What does a good life mean to me?	Life Good Happiness Affected Choice

	To understand that social relationships, temperament/adaptation, money, society and culture, and positive thinking styles can affect our happiness To know that happiness can be affected by those we surround ourselves with and the people we live with and come into our lives To know that changes and challenges in our lives can impact on our happiness and to overcome them we can – <i>Manage your stress levels. If you have a lot of stress in your life, find ways to reduce it, such as learning a few time-management techniques or meditation and calming activities</i> <i>Enjoy yourself</i> <i>Boost your self-esteem</i> <i>Have a healthy lifestyle</i> <i>Talk and share</i> <i>Build your resilience</i> To know that The word 'good' has a very different meaning for very many people; however, there are some aspects of 'the good life' that most people can probably agree on such as: Material comfort. Wellbeing. Engagement in meaningful activities and school life. Have loving and meaningful relationships family and friends		Stress Self esteem Relationships Meaningful
6			