



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

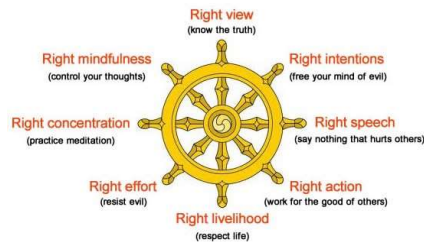
**Subject: RE**

**Year group: 6 Term: Summer 2**

**Title:** What do we mean by a 'good' life?  
Key Question (to be used all year): Is life like a journey?

### What should I already know?

- That Buddha was an important man.
- Buddhist teaching have been passed down through oral and written stories.
- Where the Buddhist scriptures come from and what they are.
- The Eightfold Path.



### Facts I will learn:

- That true contentment is a deep-seated sense of accepting who and where you are at any given moment – you are satisfied with what you have
- How Prince Siddhartha left the comfort and safety of his father's palace and saw 'Four Sights' that were to change his life
- The Four Noble Truths and the Eightfold Path
- Buddhists meditate to understand the world and themselves in a deep and transforming way. If they succeed, they are 'awakened' or Buddha
- That a good life may mean having what you need to survive and some things we don't

### Key questions:

- What is true contentment? What does contentment look like?
- What is the story of Prince Siddhartha about?
- What are the Four Noble Truths?
- How and why do Buddhists meditate?
- What does a good life mean to me?



### Key Skills:

- Analyse Buddhists beliefs and teachings about how to be content
- Explain Buddhist beliefs and values
- Describe and explain what is involved in following the Eightfold Path
- Consider the daily meditation in Buddhism
- Ask and respond thoughtfully to questions about their own happiness
- Identify potential barriers to their happiness and what they can do to overcome these

### Web links

[Charlie and the Chocolate Factory Veruca Salt Golden Ticket HD - YouTube](#)  
[BBC Two - Belief File, Sikhism and Buddhism: Introduction to Buddhism, The Story of Prince Siddhartha, founder of Buddhism](#)

### Experiences that school will provide:

Whole class guided meditation- [Buddhist Studies - Primary Level: Guided Meditations with Instruction. \(buddhanet.net\)](#)  
 Discuss the story of Prince Siddhartha and how despite having everything he is not content.



### Experiences that could be provided at home...

Discuss the story of Prince Siddhartha. What did his father try to protect him from? How did he do it? Was he a good parent?  
 Think about a time you protected someone in the family. How did you do it? Why did you do it?

### Key vocab

### Definition

Contentment	Satisfied about a particular circumstance
Eightfold Path	right view, right resolve, right speech, right conduct, right livelihood, right effort, right mindfulness, and right Samadhi (meditation)
Buddhism	The religion. Buddhists believe that the human life is one of suffering, and that meditation, spiritual and physical labour, and good behaviour are the ways to achieve enlightenment, or nirvana
Four Noble Truths	Knowing that there are things in life that cause suffering, for example desire, which is the need for things to be a certain way.
Mediation	To commit (oneself) to a particular course of thought or action