**Key Teachings**

Nothing stays the same, if we can accept change we can achieve a way of life that offers real happiness.

All life involves suffering. If we can avoid craving things out of our reach, we can accept suffering and live happily.

Actions have consequences (karma).

In order to live life to the full you need to calm and focus your mind (meditation).

When you find enlightenment, you break free from the cycle of birth and rebirth.

**Assessment**

* Write a letter home explaining why you have decided to become a Buddhist monk.

**Overview**

Buddhists do not believe in God. They follow a way of life that trains their minds and leads them to Nirvana.

Siddattha was an Indian Prince who left his life of luxury to search for the meaning of life and to understand the reason for suffering.

The Buddha’s teachings are known as The Dhamma. Buddhists follow these teachings to search for enlightenment.

**Key Words**

**Buddha**

**Siddattha Gotama**

**Nirvana**

**Enlightenment**

**Four Noble Truths**

**Five Precepts**

**Eight Fold Path**

**Meditation**

**Skills**

Describe and reflect on celebrations and key moments in life.

Consider and discuss making choices about what is right and wrong.

Identify and describe a range of stories, sacred writings and religious artefacts.

Respond to a range of ‘if’ and ‘why’ questions about personal belief.

**Year 7 Unit of Study**  Buddhism