



## Topic 1: Buddhism

The RE skill we are focussing on in this topic:  
**Knowledge & Understanding**

### Discussion questions for at home:

**Do you believe in a soul?**

What is a soul? What evidence is there to support belief in one?

**What is karma?** Do you believe in karma? Why/why not?

**Does everyone suffer?** Are there different types of suffering? Is there a point to suffering?

**Do you think there is a meaning or point to life?** If so what do you think it is? Why?

**Can we ever stop wanting?** Is it a bad thing if we can't? What kind of things do humans want?

**What do you think happens after this life?** Is it possible for humans to be reborn?

**What evidence do some people have that humans are reborn?** What different things do they claim we can be reborn as? Do you agree/disagree with this?

Buddhism provides a guideline to avoid actions which may cause harm to living beings. **Do you think this is a good guideline?** Do you think it would be easy to keep?

### Useful resources:

<a href="https://www.bbc.co.uk/bitesize/topics/znkxpv4">https://www.bbc.co.uk/bitesize/topics/znkxpv4</a>	Information about key Buddhist beliefs and practices.
<a href="https://www.truetube.co.uk/search/?_sf_s=Buddhism&amp;_sfm_length=0+500++++&amp;sort_order=relevance+desc">https://www.truetube.co.uk/search/?_sf_s=Buddhism&amp;_sfm_length=0+500++++&amp;sort_order=relevance+desc</a>	Various videos covering Buddhist beliefs and practices.
<a href="https://classroom.thenational.academy/units/buddhism-beliefs-and-teachings-9bab">https://classroom.thenational.academy/units/buddhism-beliefs-and-teachings-9bab</a>	Online classroom containing resources about Buddhism including quizzes to check understanding.

### Keywords for this topic:



**Buddha** – name that means 'enlightened' or 'awakened' one.

**Enlightenment** – gaining new knowledge that no other human has.

**Dukkha** – first universal truth, which is the Buddhist belief that everyone suffers.

**Anicca** – second universal truth, which is the Buddhist belief that things are constantly changing.

**Anatta** – third universal truth, which is the Buddhist belief that there is no fixed soul or self.

**Karma** – means deed or action. It is the belief that actions have consequences.

**Realm** – one of six areas in which Buddhists believe they can be reborn into.

**Bikkhu** – Buddhist monk.

**Bikkhuni** – Buddhist nun.

**Lay Buddhist** – a Buddhist who is not a monk or nun.

**Precept** – a guideline Buddhists follow.

**Meditation** - a practice where an individual uses a technique, e.g. chanting, to develop a calm and still mind.