

TOPIC: Buddhism

Key Question 3.9 – Should happiness be the purpose of life?

What are we learning about?

- What do Buddhists believe?
- What is meditation and how can it help people?
- Who was the Buddha and what did he teach?
- What does Buddhist philosophy say about suffering and reaching happiness?



Why are we learning about it?

- To consider a religion that does not believe in a God.
- To consider if there are any benefits to meditation, regardless of how 'religious' a person is.
- To explain the impact of the Buddha's words for Buddhists today.
- To consider life in communities of traditional Buddhism.



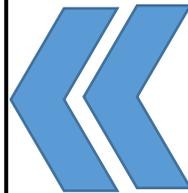
What new **KNOWLEDGE** will I gain?

- What did the Buddha teach?
- The importance of religious communities in eastern countries.
- The way in which Meditation can be helpful to anyone in finding happiness.
- Key religious terminology related to Buddhism



How does this build on the **SKILLS** I already have?

- Developing my use of religious texts to answer questions (Reference to Scripture)
- Being able to explain my own opinion with limited teacher's help (Judgement).
- Building skills in religious vocabulary (Knowledge)
- Explain how religious beliefs help to influence believers to do certain things (Explain/Influence).



What new **SKILLS** will I develop?

- Ways to meditate, which can be used by all religious and non-religious people.
- Interpret meaning from religious words and images.
- Justify in a respectful way your own opinion on where happiness can be found within and outside religious traditions.



How does this build on the **KNOWLEDGE** I already have?

- The moral codes found in other religions studied.
- Eastern religious concepts such as Karma and samsara.
- Religious scripture in other religions studied, and being able to compare Buddhism to this.
- The presence of the six major religions in the world.