# **Disposition:** Being Reflective and Self-Critical

## **Lesson:** Two

### **Question/LO:** How do Buddhist teachings encourage people to do better? What are Buddhist teachings about life?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning about religious traditions and non-religious worldviewsExplore how Buddha helped his followers to change. | Ask children to share their advice from last lesson.Continue the story of what happened to Siddhartha. He continued his journey and went through a period of extreme poverty – looking for enlightenment. He saw that he had lived a life of luxury and had lived in poverty. He sat under a Bodhi tree mediating on the Middle Way. This is when he realised he had to follow a middle path between these two extremes in order to be happy.The Four Noble Truths are: 1. Suffering exists. No-one can experience total satisfaction. Nothing is permanent. 2. The cause of suffering: People suffer because they are not satisfied. They are greedy and self-centred. 3. To remove the suffering we need to recognise our feelings of greed and dissatisfaction and get rid of them. 4. Follow the path of the Buddha.These can be related to a cure for the world’s illness:1. The illness: the illness is the suffering and unhappiness that everyone feels at some time in their lives.2. The cause of the illness: The cause of the illness is craving. We tend to want more and more of everything. We become unhappy with what we have. There is always something else going on to make us feel right.3. The cure is possible: It is possible to feel happy and free of the craving. This state of freedom and happiness is known as enlightenment.4. The remedy – The way to overcome the unhappiness and craving is to follow the Buddha’s path and teachings – this path is called the Middle Way. Explain this to the children and discuss the “wants” that they have and the idea that they always want more. Use examples of adverts and their attempts to make people want more than they have.Children to draw a picture of a world spilt in two. A “good” world and a “bad” world.  | The Arts Society, Birmingham, has made films, richly illustrated print resources and activities for KS2, available free of charge.School Visits to Places of Worship in Birmingham<https://birmingham-faith-visits.theartssociety.org/buddhism>Buddhist ViharaAnita GaneriISBN 0713654988 Bodh GayaMandy RossISBN 0431155178 |
| Learning from faith and non-religious worldviews | How can I improve myself?Would I like to free myself from “wanting more”?How does Buddhist teaching say that people can free themselves from wanting more than they have? |  |