# Title: Being Human – The Four Sights of the Buddha

**Key Questions:** What strategies can I learn from Buddhism that will help me to be more self-disciplined and content? When do I need to show temperance in my own life? What can followers of Buddhism learn from events in the history of their tradition? What events in the history of Buddhism need to be avoided in the future?

**Key Concepts:** suffering, truth, change, enlightenment

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| **Learning objectives** | **Activities** | **Resources** |
| Explore the early life of the Buddha & his enlightenment. Reflect upon what this teaches us about the nature of humanity. | * There are a number of resources that illustrate the life of the Buddha. Use one that includes the Four Sights that he saw outside the palace walls. Students to reflect upon what the Sights mean. This could be done through drama, discussion, written tasks. * Students create a collage of images from newspapers & magazines that reflect the Four Sights. This could be done individually, in pairs or small groups. * Write a diary entry for the Buddha on the day he saw the Holy Man. What did he think? How did he feel? Why did he resolve to leave the palace? What did he decide to do? * Ask students to reflect upon what these examples teach Buddhists about the nature of human life. Why are these good things for Buddhists? What can we all learn about humanity from the Four Sights? | The Arts Society, Birmingham, has made films, richly illustrated print resources and activities for KS3, available free of charge. Published 2022.  School Visits to Places of Worship in Birmingham  <https://birmingham-faith-visits.theartssociety.org/buddhism>  <https://www.truetube.co.uk/film/enlightenment-buddha>  C:\Users\a.jones\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\IMG_2273.jpgC:\Users\a.jones\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\IMG_2272.jpgC:\Users\a.jones\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\IMG_3600.jpgC:\Users\a.jones\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\IMG_2274.jpg |