# Title: The Buddha’s Enlightenment and Teachings

**Key Questions:** Why is it a positive thing to be thankful? Are there times when I need to do things that make others thankful to me? What things in life makes us joyful? What things in life make us happy or joyful?

**Key Concepts:** Joy, Changes, Transformation, Inspiration, Impact.

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| **Learning objectives** | **Activities** | **Resources** |
| LO: to investigate answers that Buddha gave to life’s problems.. | Pupils feedback what they can remember from the previous lesson about the life of the Buddha.Watch the short film until the end or read the story of the Buddha’s life from when he sat under the Bodhi tree until he dies. Pupils could either complete their storyboard or write a paragraph to explain it.In groups pupils investigate the Buddha’s teachings on :The Four Noble TruthsThe Five PreceptsThe Ten Precepts (with five addition rules for Monks and Nuns)The Eightfold Path.Each much prepare a presentation to the rest of the class which explains what they are and a question to think about e.g do you think it would be easy to follow this? Do you think following these rules would make you happy?Pupils feedback and ask for responses to their questions.Show the video: Do you think being a Buddhist would affect the way a person lives their life? | <https://www.youtube.com/watch?v=nVKK-WVW2uw> Buddhism textbookThere is a video download associated with this lesson plan: Being Silent and Attentive to…On-line code:KS3\_14\_05\_06\_VideoShow the video in its entirety or from 5 minutes in. Here teenager Surekha performs a meditation at the Mara Vihara at Hockley, Birmingham. In interview she tells us how her faith affects how she lives her life, calmly. |