



# EP Homework Tasks



## Year 8 Term 1: Buddhist beliefs

Homework 1	Learn keywords	Always make a note of the due date on Go4Schools
Homework 2	Creative activity	
Homework 3	Prepare for knowledge test	

**Homework 1** - Learn the keywords below for a mini test at the start of next lesson. You could read through the words, write them out, create a match up activity or get someone to test you.

**Arhat** A 'perfected person' who has overcome the main sources of suffering  
**Dharma** The Buddha's teachings – how to reach the state of enlightenment  
**Eightfold Path** Eight aspects of life Buddhists live by to try and reach enlightenment  
**Enlightenment** A state of spiritual wisdom which arises from understanding the nature of reality  
**Four Noble Truths** Four truths the Buddha taught about suffering and how to overcome it  
**Four Sights** Four things Siddhartha saw that inspired him to leave his life of luxury  
**Meditation** The practice of focusing or calming the mind and reflecting on teachings  
**Samsara** Cycle of life, death and re-birth  
**Nirvana** A state of complete enlightenment which lies outside the cycle of samsara  
**3 Marks of Existence** 3 Buddhist beliefs about the truth of existence  
**Precepts** 5 key guidelines for life  
**3 poisons** = Causes of suffering. They are greed ignorance and hate  
**Metta** loving kindness

**Homework 2** – Creative task. You are going to write an answer which shows an understanding of the spiritual, emotional and cultural experiences of religious believers.

You are going to write about the early life of the Buddha (Siddhartha Gautama)

1. What was Siddhartha's life like when he was a child?
2. What shocked him when he eventually left the palace?
3. Why did he decide to go on a search for the truth about suffering and truth?
4. Would you have done the same as Siddhartha? Why? Why not?

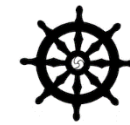
**Homework 3** - Learn the facts in the knowledge organiser at the end of this booklet, for a knowledge test next lesson. You could highlight the key information, create revision cue cards or get somebody to test you.






### Optional Challenge Task

Research the spread of Buddhism. Why do you think it is a popular religion? Why do you think it became popular in the US and Europe recently?



# Year 8 Buddhism – Knowledge Organiser



Key terms	INTRODUCTION: Buddhism is about 2500 years old. There are around 350 million Buddhists in the world. Buddhists do not worship a God. They follow the teachings of a teacher called Buddha. Buddhists focus on the relationship between humanity and nature. Buddhists are mainly vegetarian, they believe it is wrong to kill a living thing. When they can, they worship in a temple called a stupa. They believe that following rules will make them a good person. They don't believe in heaven or hell. Buddhists aim for Enlightenment; where they have realised the truth like the Buddha did.		Key Teachings	
<p><b>Arhat</b> A 'perfected person' who has overcome the main sources of suffering</p> <p><b>Dharma</b> The Buddha's teachings – how to reach the state of enlightenment</p> <p><b>Eightfold Path</b> Eight aspects of life Buddhists live by to try and reach enlightenment</p> <p><b>Enlightenment</b> A state of spiritual wisdom which arises from understanding the nature of reality</p> <p><b>Four Noble Truths</b> Four truths the Buddha taught about suffering and how to overcome it</p> <p><b>Four Sights</b> Four things Siddhartha saw that inspired him to leave his life of luxury</p> <p><b>Meditation</b> The practice of focusing or calming the mind and reflecting on teachings</p> <p><b>Nirvana</b> A state of complete enlightenment which lies outside the cycle of samsara</p> <p><b>Samsara</b> Cycle of life, death and re-birth</p> <p><b>3 Marks of Existence</b> Buddhist beliefs about the truth of existence</p> <p><b>Precepts</b> 5 key guidelines for life</p> <p><b>3 poisons</b> greed ignorance and hate</p> <p><b>Metta</b> loving kindness</p>	<p> <b>Buddha</b> was born <b>Siddhartha Gautama</b> around 500BC in southern Nepal. He grew up in a life of <b>luxury</b> as the son of a Queen. He saw <b>Four Sights</b> and was inspired to leave.</p> <p>The <b>Four Sights</b> Siddhartha saw outside the palace:  An <b>old</b> man – everyone ages  An <b>ill</b> man – everyone becomes ill  A <b>dead</b> man – all things die  A <b>holy</b> man – the only answer to these problems</p> <p>After this he lived an <b>ascetic</b> life of self-denial and pain but wasn't able to become enlightened so left it for the Middle Way between pain and luxury. That's when he finally reached enlightenment and saw the truth about life</p>	<p>The <b>Four Noble Truths</b> - Buddha taught about suffering</p> <p>1. There is suffering &gt;&gt; 2. Suffering has a cause: <u>craving</u> what you haven't got &gt;&gt; 3. Suffering can come to an end &gt;&gt; 4. There is a way to end suffering</p> <p>As well as craving, other causes are known as the <b>Three Poisons</b> of greed, hatred and ignorance. Buddha said you must overcome suffering to reach <b>nirvana</b> – a state of freedom, happiness and peace</p> <p> The <b>Eightfold Path</b> teaches 8 important parts of our lives that must be 'right'.  Speech, action, livelihood, mindfulness, concentration, intention, view, effort</p>	<p><i>"Don't hurt others in ways that you yourself would find hurtful."</i>  (Buddha)</p> <p><i>"Do not harm any living creature"</i> (1<sup>st</sup> precept)</p> <p><i>"Only use words to heal not hurt."</i> (2nd Precept)</p> <p><i>"Do not take what isn't given."</i> (3<sup>rd</sup> Precept)</p>	
	<p><b>Meditation</b> </p> <p>Meditation involves calming the mind and developing <b>deepened concentration</b>. This can be done through <b>mindfulness</b> of breathing where Buddhists concentrate on the pattern of their breath to relax their mind. Buddhists may also focus on developing an <b>understanding of the nature of reality</b>. Buddhists focus on the <b>teachings of Buddha</b>. Some include:  Dukkha: suffering is a part of life that we all face.  Anicca: nothing is permanent. Everything changes  Anatta: we don't have a permanent, unchanging 'soul'. We are constantly changing too.  Understanding these concepts helps move them closer to enlightenment which is their ultimate goal.</p>	<p><b>The Six Perfections</b></p> <p>These are six qualities that Buddhists try to develop. They need practice and thought to develop them.</p> <p><b>Generosity:</b> acting in a selfless way, <b>morality:</b>  thoughts words and acts based on respect for all life, <b>patience:</b> accepting people and things as they are, <b>energy:</b> making effort to work for the benefit of all beings, <b>meditation:</b> clarity of mind, <b>wisdom:</b> insight &amp; understanding.  These all relate to <b>metta</b></p>	<p><b>Five Moral Precepts</b></p> <p>These form a Buddhist <b>ethical code</b>. They are five principles that Buddhists try to live their life by. </p> <ol style="list-style-type: none"> <li>1. to avoid <b>taking life</b></li> <li>2. to avoid <b>taking what is not given</b></li> <li>3. to avoid <b>sexual misconduct</b></li> <li>4. to avoid <b>wrong speech</b></li> <li>5. to avoid <b>intoxicants</b></li> </ol>	<p>Karma and rebirth are key ideas in Buddhism. These are the ideas that our thoughts, words and actions shape our future rebirths for better or worse. In other words, you reap what you sow.</p> <p>The Jakarta tales include parables such as:  <i>The talkative tortoise</i>  <i>The brave pig</i>  <i>The golden elephant</i>  They are a simple way of teaching Buddhists beliefs.</p>

