Year 8 - Knowledge Organiser - Buddhism

Key Words	
bhikkhu	A Buddhist monk.
bhikkhunis	A Buddhist nun
Bodhisattva	A person that has gained enlightenment
Buddha	The awakened or enlightened one.
Dhammapada	Buddhist sacred text.
dharma	The Buddha's teachings.
enlightenment	State of being awakened to the truth about life.
Karma	Forces that influence people future rebirth.
Lay/laity	Buddhists that are not monks or nuns.
Mahayana	'The great vehicle'
meditation	The practice of focusing the mind.
Middle Way	Not living life at either extreme rich/poor
nirvana	State of bliss after reaching enlightenment
samsara	The continual cycle of life, death and rebirth.
Sangha	The community of Buddhist monks and nuns.
Theravada	'Teachings of the elders'

Life of the Buddha

1. Was born a prince.
2. When Siddattha left the palace one day and saw the four sights; Old age, illness, death and a holy man.
3. He left the palace forever and joined some holy men, he decided to starve himself to find enlightenment. This didn't work so he left.
4. He went and sat under a Bodhi tree to meditate. Living the middle way. He finds enlightenment.
5. Decides to stay on the Earth to teach others how to achieve the same.

How does the life of the Buddha influence Buddhists?

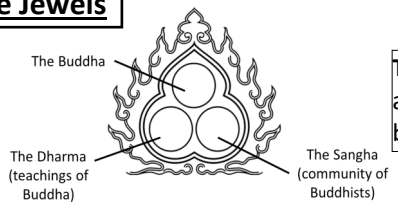
Today Buddhists follow the teachings of the Buddha.
They also chose to live life in the middle way.
Meditation was how the Buddha gained enlightenment to reach Nirvana, this is how Buddhists today try to reach enlightenment today.

Monastic Sangha

I live a very simple life. I do not have a job and I spend most of my time in meditation.	
Very disciplined. Not allowed to spend any time alone with opposite gender, to avoid distraction.	
Lay Sangha community bring us food. Only eat in the mornings—rest of the day spent in meditation.	
5 extra precepts. They are: To avoid eating after midday, to avoid taking part in entertainments, to avoid using jewellery or perfumes, to avoid sleeping in a soft bed, and to avoid handling money.	
This is a list of all the possessions allowed:	
3 robes one cloak one undergarment one outer garment a fan a belt a razor	a staff a toothpick a strainer to strain liquid to avoid swallowing living organisms a needle traditional begging bowl.

The Three Jewels

The Three Jewels (Refuges) are the



Metta - direct lovingkindness toward ourselves and then, towards somebody we love already. Somebody we are neutral towards. Somebody we have difficulty with, then toward all beings everywhere.

Types of Meditation

Through action – to be focused on an action that allows the mind to be calm.

Samatha – concentrate on a specific object or idea so that the mind can become calm.

Vipassana - become aware of ever-changing experiences, without adding to what is going on through our reactions.

Schools of Buddhism

Theravada

Means 'teachings of the elders'.

Best way to live is as a monk or a nun.

Theravada Buddhists do not pray to Buddha, he was just a man.

Each person must gain enlightenment for themselves.

Based on the Buddhist teachings which were written in the ancient language Pali.

Often called 'southern' Buddhism because it is mainly practiced in Sri Lanka, Burma, Cambodia, Thailand and Vietnam.

Monks and nuns can focus on reaching enlightenment more as they do not have other responsibilities – many believe they are closer to Nirvana than other Buddhists.

Mahayana

Began in India about 100BC.

Mahayana means 'great vehicle'. Meaning there are lots of ways to Nirvana.

More popular in northern countries, China, Japan, Korea and Tibet.

Uses the same ideas as Theravada but has a slightly different understanding and explanation of teachings.

Anyone can reach enlightenment as long as they follow the Buddha's teachings.

The biggest difference is the beliefs in Bodhisattvas. These are people that have managed to gain enlightenment so can enter Nirvana but stay on earth to help others.

Mahayana Buddhists pray to Bodhisattvas to help them with gaining enlightenment and everyday problems.

Dharma—Teachings of the Buddha

The Three Signs of Being	The Four Noble Truths	The Eightfold Path	The Five Precepts
Dukkha – Life is unsatisfactory **Anicca** – Nothing lasts forever **Anatta** – There is no soul	1. All life contains suffering (dukkha) 2. Suffering is caused by greed and selfishness. 3. To stop suffering we need to stop greed and selfishness. 4. To achieve this we should follow the middle way and eightfold path.	1.Right viewpoint 2.Right thought 3.Right speech 4.Right action 5.Right living 6.Right effort 7.Right awareness 8.Right concentration	1.To not harm other living things. 2. To not take what is not given. 3. To not take part in sexual misconduct. 4. To not speak falsely 5. To not take drugs that could cloud the mind.

Year 8 - Knowledge Organiser - Buddhism

This knowledge organiser gives you the basic information for this unit. You will need to use it and your own notes in your exercise book to be able to fully cover all the content studied in detail.

There are different ways that you can use your knowledge organiser - **you should not just copy from the knowledge organiser.**

Below are a range of activities you could do, you do not need to do them all. Select the things that you think will help you remember the information. Don't worry if one doesn't work, try a different way until you find an activity that works for you.

Some activities are harder than others, chose one that challenges you, if you find one too hard try a different one.

For this unit of work you should aim to know:

Describe the story of the life of the Buddha

How the life of the Buddha influences Buddhists today – middle way.

Know what the Three Jewels are.

Explain teachings of the Buddha; Three Signs of Being, Four Noble Truths, Five Precepts, Eightfold Path.

Describe what the Lay and Monastic Sangha is.

I describe what meditation is.

Explain why a Buddhist would meditate.

Explain different types of Buddhism.

Evaluate which type of Buddhism is best to reach enlightenment.

- Create mind maps or flashcards.
- Create fact files for each key area.
- Get sticky with your learning: write out key points from the KO as you read over it on post-it notes.
- Use the 'Look, cover, write and check' strategy.
  - **Look:** Look at and read a section for a few minutes.
  - **Cover:** Cover that section/put away the sheet.
  - **Write:** Write anything you can remember from what you just read.
  - **Check:** Check what you have written then correct/add in anything missing.
  - **Repeat:** Repeat this with each section until you can remember it all.
- Write your own basic recall quizzing questions around the keywords, definitions and key facts that you need to know. Test yourself with these questions and then leave it overnight to answer them the next day.
- Write yourself or a partner some quiz questions. Quiz each other or swop your questions to see if you can answer each other's questions.
- Give yourself spelling tests or keyword definition tests.
- Write a letter/blog/article to someone explaining a key idea or concept.
- Summarise each section in your own words.
- Get your parents/carers to test you.
- Write your own challenging questions using the following command words – explain (say why/how something is done), compare (what do two or more things have in common/different), evaluate (weigh up positives and negatives, arguments for and against). Then write an answer for these questions.
- Put the key words from your KO into new sentences.
- Think about the big picture – why is knowing specific information important to you/other people/society/companies/science/technology? The more links that you can make, the more meaningful you make your learning and the more likely it is that you will remember it.
- Think about the big picture – are there any links in the content on your KO to anything that you have watched on TV, read about or heard in the news?
- Draw images and annotate/label them with extra information.
- Learn key quotes (if applicable).
- Prepare to overcome any hurdles: write down any questions or any areas of the KO that you feel you need to speak to your teacher about.
- Draw a comic strip, storyboard, flowchart or a timeline describing any series of events that have a chronological order.