

## Year 2 Summer 2 – Buddhism

### Key facts

- Buddhists do not believe in God.
- Buddhism started in India over 2,500 years ago.
- Buddhists follow the teachings of a man called Siddhartha Gautama; he was known as Buddha.
- Buddha, which means 'enlightened' or 'awakened'.
- Buddha discovered that the Four Noble Truths and became enlightened while meditating under a fig tree.
- The Buddhist scriptures are known as the Tipitaka which means 'three baskets'.
- The Tipitaka contains the teachings of the Buddha and his companions' comments, as well as rules for monks.
- Buddhists call the teachings of the Buddha dharma which means 'truth'.



Buddha enlightened



A monk meditating



Dharma wheel



Tipitaka



Buddhist Temple (Wimbledon)

### Vocabulary

- Buddha
- meditation
- dukkha
- damudaya
- nirodha
- magga
- dharma
- tripitaka

### We are thinking about:

Why is meditation important to Buddhists?

How is this similar to how you relax?