

# Jigsaw RE Knowledge Organiser

This knowledge organiser is a guide, offering key information to point the teacher in the right direction as to the beliefs underpinning the particular enquiry.  
The summaries must not be taken as the beliefs of ALL members of the particular religion.

<b>Religion /Worldview: Buddhism</b>	<b>Enquiry Question:</b> What is the best way for a Buddhist to lead a good life?	<b>Age range: 7-9 Enquiry 3</b>
In this unit, we look at some more of the Buddha’s teachings with a focus on being in control of our minds and putting in effort in order to be the best we can be.		

Core Knowledge (see also background information documents)	Link to other aspects of belief	Personal connection / resonance
<p>Most Buddhists believe in a cycle of life, death and rebirth. They believe that people live many times and try to be better each time – the goal of this is to achieve enlightenment which will mean they do not have to live again, this is called Nirvana. Some enlightened people like the Buddha choose to keep living in order to pass their teachings on.</p> <p>The Buddha lived to an old age helping people by explaining his teachings.</p>	<p>The Eightfold path links to the four Noble Truths</p> <ul style="list-style-type: none"> <li>•Dukkha (usually translated as suffering) exists – such as change, sickness and death,</li> <li>• Dukkha is caused by wanting things and not being satisfied with what we have</li> <li>•Dukkha can be stopped. People do not need to be greedy and selfish</li> <li>•The way to end Dukkha is by following the Noble Eightfold Path</li> </ul>	<ul style="list-style-type: none"> <li>• Do I put in effort all the time?</li> <li>• Why do I sometimes find it difficult?</li> <li>• Could any of these teachings help me improve?</li> <li>• Which would I need help with?</li> <li>• How could I get help to improve?</li> </ul>
Key Terms and definitions	History/Context	Impact on believer/daily life
<ul style="list-style-type: none"> <li>• <b>Siddhartha Gautama</b> – a prince who became known as the Buddha.</li> <li>• <b>Buddha</b> – a person who has reached enlightenment.</li> <li>• <b>Enlightenment</b> – understanding the world, how it works and the meaning of life.</li> <li>• <b>Dukkha</b> (Suffering)</li> <li>• <b>Nirvana</b> – release from the cycle of life, death and rebirth.</li> </ul>	<p>Many Buddhists do not believe in a God instead they believe in using the Buddha’s teachings to help them be in the right frame of mind; to think, say and do things that are not going to cause suffering. Buddhists all over the world have been doing this for 2500 years.</p>	<p>Buddhists try to follow the noble eightfold path in important decisions, for example, choosing their job. It must be a job that helps and causes no harm. In this unit we look at right effort and mindfulness. This is a personal daily struggle to put in effort especially when things are hard.</p>
Spiral curriculum link	<p>Building on the previous 2 enquiries starting with the Buddha’s story – exploring how the Eightfold path could help lead to enlightenment</p>	
<p><b>Home learning ideas/questions:</b> What could I do at home to use more effort? How could being in control of my mind help me?</p>		