

PRIOR KNOWLEDGE:

The English term enlightenment is a western translation of the term bodhi, "awakening" or "understanding". The root budh, from which both bodhi and Buddha are derived, means "to wake up" or "to recover consciousness. It has the western connotation of a sudden insight into the workings of the mind which keeps us imprisoned in craving, suffering and rebirth and has also gained insight into the way that leads to nirvana, the liberation of oneself from this imprisonment. Buddhists may also talk of enlightenment as insight into our true nature.

In Buddhism, enlightenment is when a Buddhist finds the truth about life and stops being reborn. Buddhists believe a person can become enlightened by following the Middle Way: this is the teaching of the Buddha.

KEY VOCABULARY:

Buddha
Enlightenment
Truth
Beliefs
Consciousness
meditation

How did Buddha teach his followers enlightenment?

(Y6) Autumn 1



Enquiry Questions:

1. **ENGAGE** with the meaning of enlightenment
2. **ENQUIRE** into how the Buddha found enlightenment
3. **EXPLORE** (1) enlightenment in Buddhist texts / stories
4. **EXPLORE** (2) the impact of Buddha's enlightenment on the Buddhist community
5. **EXPLORE** (3) the search for enlightenment in Buddhist Living
6. **EVALUATE** pupils' learning about Enlightenment in Buddhism and the key question

CONTEXT:

Siddhartha Gautama (the Buddha) is the first person thought to have reached enlightenment.

Siddhartha was a rich prince and the son of a king. His father went to a fortune teller who predicted that Siddhartha would either become a king or a religious leader.

STICKY KNOWLEDGE:

The First Noble Truth diagnoses a disease.

The Second Noble Truth explains the cause of the disease.

The Third Noble Truth prescribes a remedy.

The Fourth Noble Truth is the treatment plan

Buddhists become enlightened by using meditation (deep thought).

While they meditate, they concentrate very hard and clear their minds of all thoughts.

SKILLS:

Interpret religions and beliefs from different perspectives.

Make comparisons between key beliefs.

Explain diversity between religion, beliefs and cultures.