

# University Learning in Schools

# Religious Education

## Buddhists in the World

### Lesson 1 Resources

### Sheets 1A – 1D



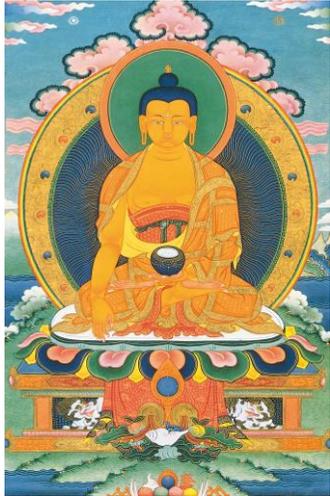
## Where did Buddhism begin, and where do we find it now? (Sheet 1A)

Match up the Buddhists images with where you think they originate. Your teacher may give you some clues!



<http://commons.wikimedia.org/wiki/File:BlankMap-World-v2.png>

## Where did Buddhism begin, and where do we find it now? (Sheet 1B)



Sources: [http://www.sharontenney.com/attachments/Image/Giant\\_Buddha\\_Japan.JPG](http://www.sharontenney.com/attachments/Image/Giant_Buddha_Japan.JPG),  
<http://www.vam.ac.uk/content/articles/g/gupta-style-of-the-buddha-and-its-influence-on-asia/>,  
[http://upload.wikimedia.org/wikipedia/commons/b/bd/Buddha\\_Beipu.jpg](http://upload.wikimedia.org/wikipedia/commons/b/bd/Buddha_Beipu.jpg),  
<https://fairtrade.wordpress.com/2013/07/05/when-the-iron-bird-flies/>,  
<http://anothercrabinthebucket.blogspot.co.uk/2012/04/crabmans-trip-to-wat-umong.html>

## Buddhists in the World Sheet 1C

### Who was Siddhartha Gautama, and how did he become the Buddha?

This section of the lesson is intended to cover the story of how Siddhartha Gautama became the Buddha.

The video created and hosted by True Tube <https://www.truetube.co.uk/film/enlightenment-buddha> can be used to narrate the story. Or there are many versions of the story available and the teacher can read the account.

If there is time, you may wish to discuss and set the following questions:

- 1) Why did Siddhartha Gautama's father attempt to protect him from all suffering?
- 2) What were the four sights Siddhartha Gautama saw?
- 3) What other activities did Siddhartha Gautama try to do before he eventually sat down to meditate?
- 4) Who tried to tempt him away from Enlightenment? (Mara) Do the students recognize this type of figure from other religious traditions?

### Buddhist Timeline

The timeline hosted by BuddhaNet may be shared with students, so that they can position Buddhism historically. The timeline shows the development of Buddhism alongside other key historical events.

[http://www.buddhanet.net/e-learning/history/b\\_chron-txt.htm](http://www.buddhanet.net/e-learning/history/b_chron-txt.htm)

## The Four Noble Truths: from Dhammacakkappavattana Sutta Sheet 1D

Tradition says that this sermon was given by the Buddha after his Enlightenment to his first five followers. The Four Noble truths are the central teachings of Buddhism and the rest of Buddhist teachings rest on them.

- 1) Match up the section of the text with the correct meaning and medical equivalent.
- 2) Answer these questions in your books: **a)** Give some examples of suffering. **b)** What causes suffering? **c)** How can you stop suffering? **d)** What will help you to stop suffering?

<p>“The Noble Truth of Suffering (<i>Dukkha</i>), monks, is this: Birth is suffering, ageing is suffering, sickness is suffering, death is suffering, association with the unpleasant is suffering, dissociation from the pleasant is suffering, not to receive what one desires is suffering - in brief the five aggregates subject to grasping are suffering.”</p>	<p><b>The Truth of the Cause of Suffering</b></p>	<p><b>Well-being/health</b></p>
<p>“The Noble Truth of the Origin (cause) of Suffering is this: It is this craving (thirst) which produces re-becoming (rebirth) accompanied by passionate greed, and finding fresh delight now here, and now there, namely craving for sense pleasure, craving for existence and craving for non-existence (self-annihilation).”</p>	<p><b>The Truth of the Path leading to the End of Suffering</b></p>	<p><b>The disease</b></p>
<p>“The Noble Truth of the Cessation of Suffering is this: It is the complete cessation of that very craving, giving it up, relinquishing it, liberating oneself from it, and detaching oneself from it.”</p>	<p><b>The Truth of Suffering</b></p>	<p><b>Cause of the disease</b></p>
<p>“The Noble Truth of the Path Leading to the Cessation of Suffering is this: It is the Noble Eightfold Path, and nothing else, namely: right understanding, right thought, right speech, right action, right livelihood, right effort, right mindfulness and right concentration.”</p>	<p><b>The Truth of the End of Suffering</b></p>	<p><b>The medicine for the disease to cure it.</b></p>