

TTYP

Who is Buddha?

Buddha

Buddha was a human being who became enlightened, understanding life in the deepest way. He was born around 2,500 years ago and was the founder of Buddhism.

RE Lessons

We are going to be learning about the Eightfold Path which is one of the Buddha's principal teachings and a very important aspect of Buddhists' lives.

LI: To be able to understand the main beliefs of Buddhists

Success Criteria:

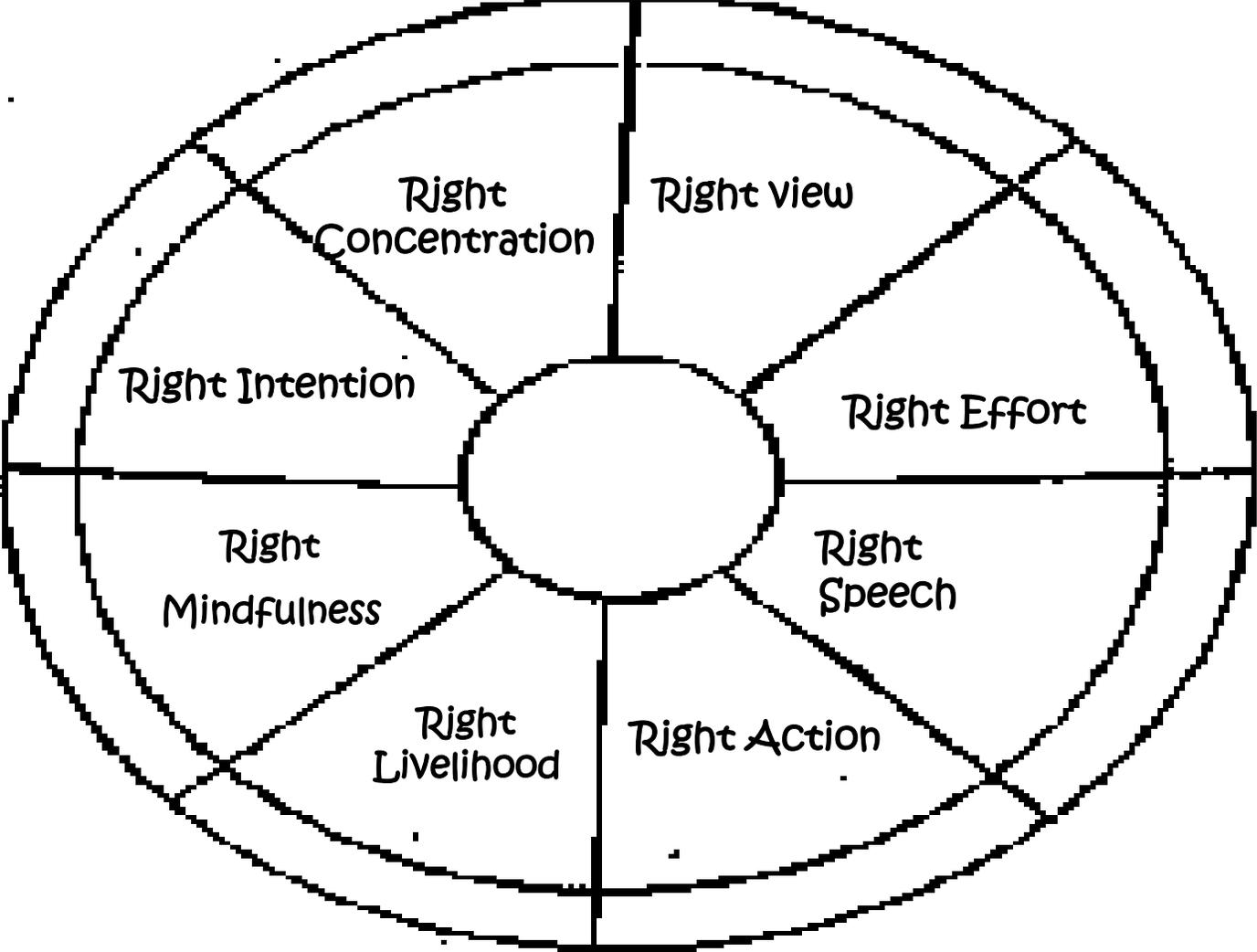
- I can understand what the Eightfold path is.
- I can understand that the Eightfold path is important to Buddhists
- I can understand how the Eightfold path affects Buddhists' everyday lives.

The Eightfold Path

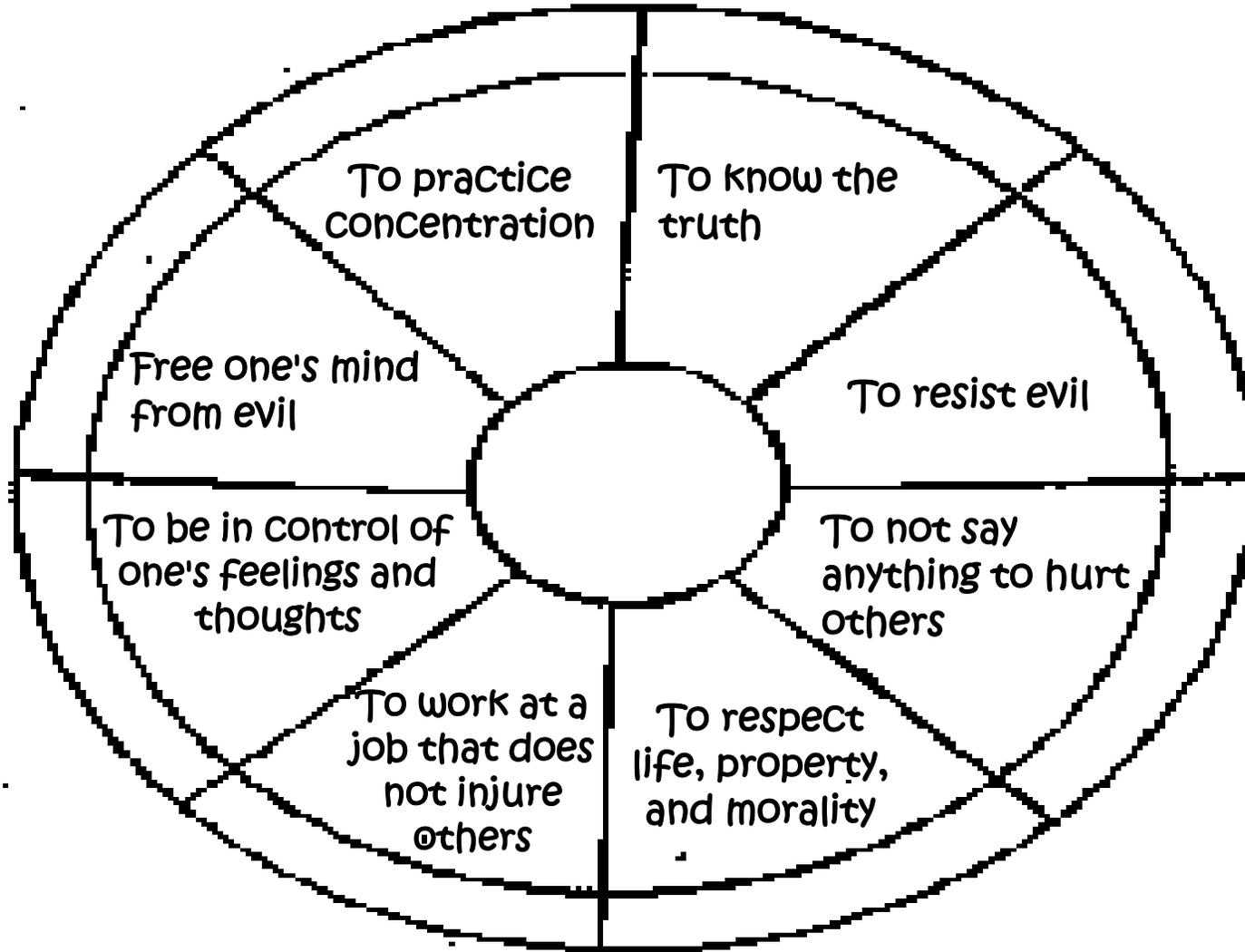
Buddhists' Believe...

- Buddhists believe that to live a good life you must follow the Eightfold Path
- The Eightfold Path has eight parts that must be followed in everyday life.
- These are...

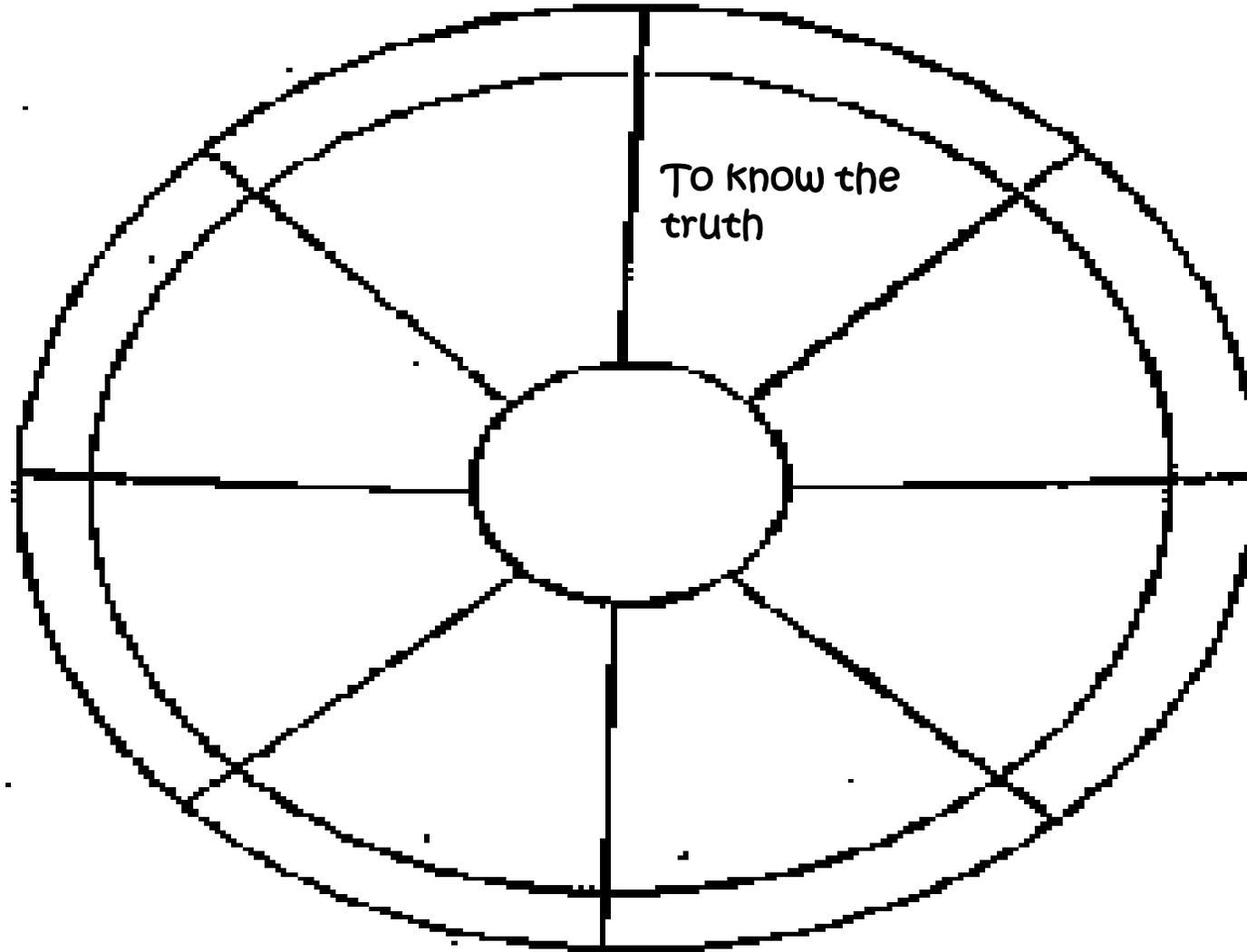
Eightfold Path



Eightfold Path



Right View - Truth



Find the Truth!!

- Below are six statements about Miss Giffin, but only one is true. You have three attempts to guess the truth...

I have lived in three different countries

I have scaled a 55 metre waterfall

I'm a qualified scuba diving instructor

I have five middle names

My Granddad was a Caribbean pirate

I once starred in a shampoo advert

The Truth is...

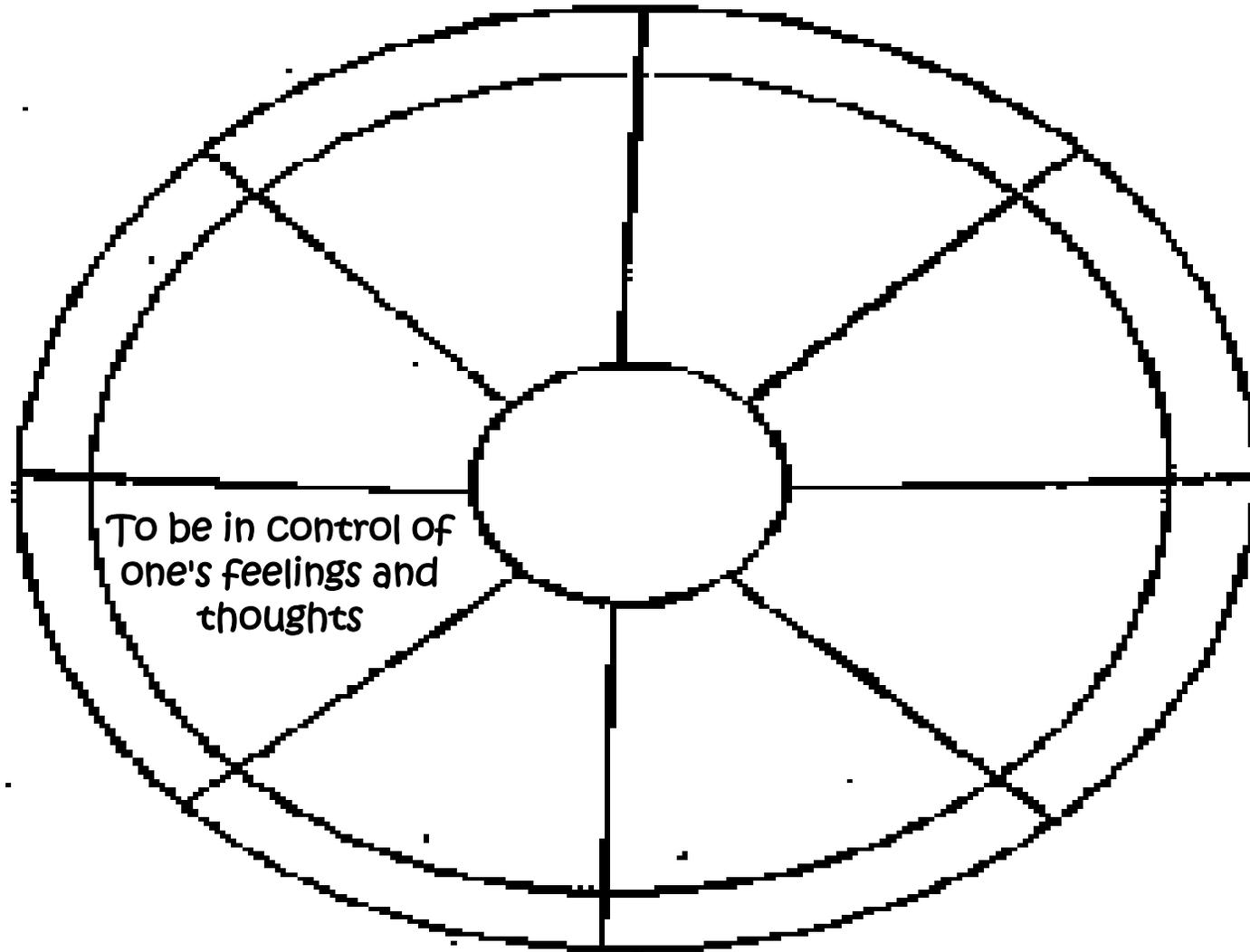
I have lived in three different countries.

Malaysia, Germany and England.

- Tell your partner something true and something false about you. Can they guess which fact is the truth?
- Why is telling the truth important?

Eightfold path- To know the
truth

Right Mindfulness

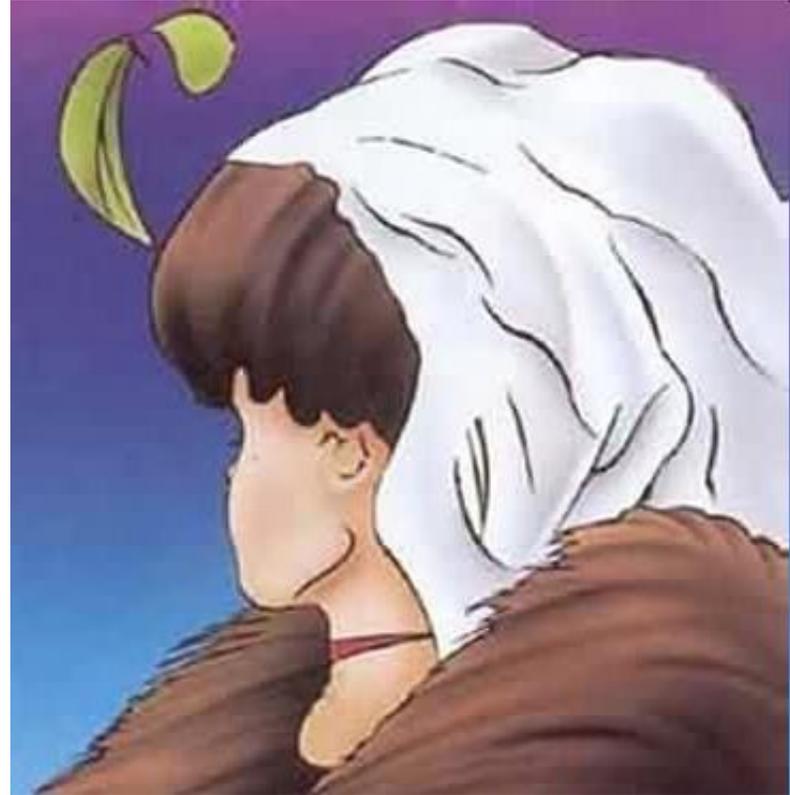


What is Mindfulness?

- Mindfulness is a big word for a simple idea – it is paying attention, with care, to one moment at a time. People are often distracted. It takes practice to use your senses to focus on one thing and learn to live in the present. (Wynne Kinder – Mindfulness for Kids.) It also helps you control your thoughts and feelings.
- Try to look mindfully around the room. Focus on one object at a time for a while. Notice its size, shape, colour. Then let your attention slide, like a spotlight, to a different object. Repeat until your teacher asks you to stop.
- How do you feel now?

Can you control your mind?

- What do you see?
- This picture can be either a young lady or an old lady
- Can you make your mind see both?



Eightfold Path- **To be in control of your thoughts**

Does this help?

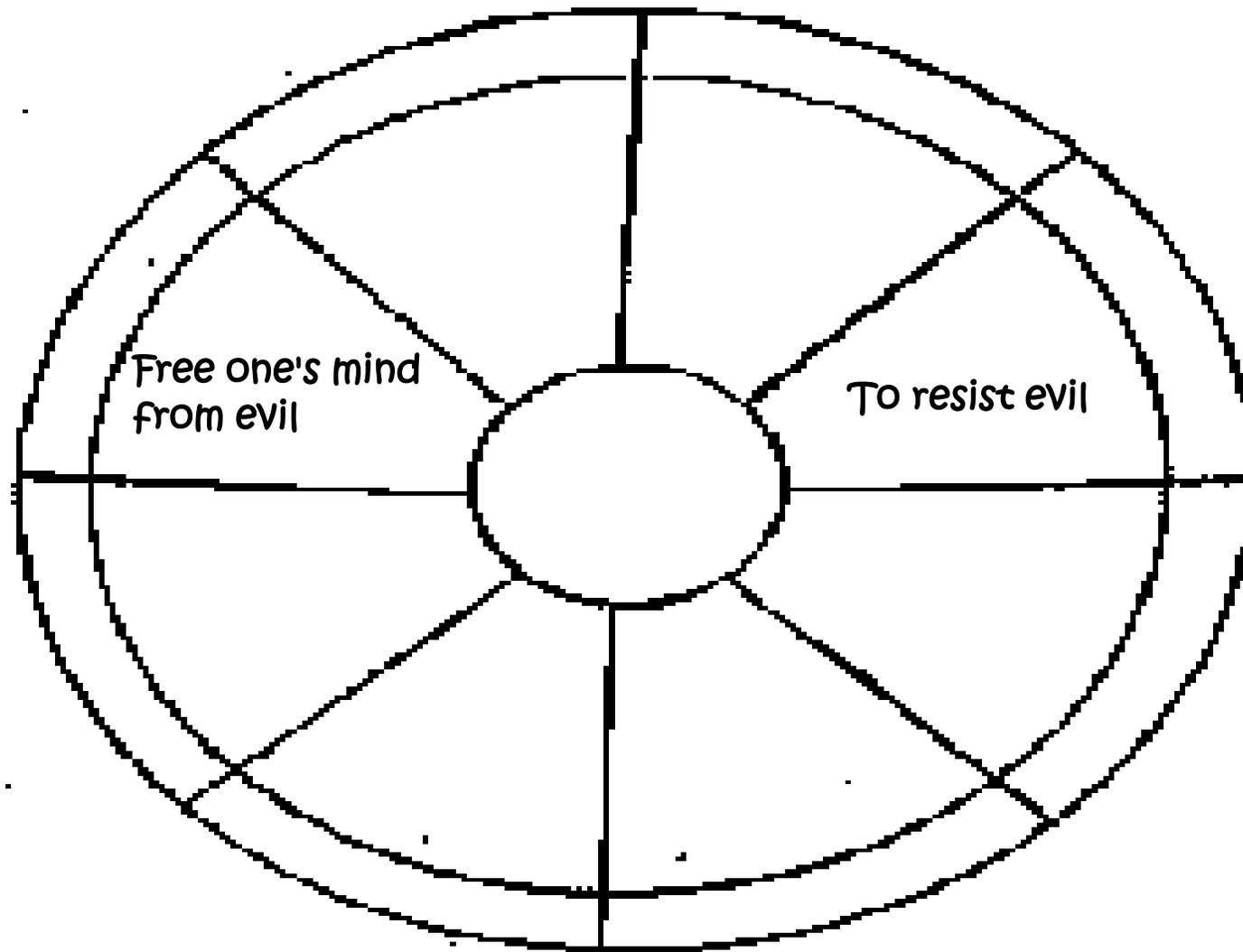


Can you control your feelings?

- Which feelings are good?
- Which feelings are bad?
- What do you do if you are angry or upset to help you calm down?

Eightfold Path- **To be in control of your feelings**

Right Intention and Right Effort -



Did you resist evil?

- When you entered the room on some of your tables were sweets labelled 'Do not touch.'
- Be honest, did anybody take one?
- If you were Buddhist you would have resisted evil and **not** taken a sweet.
- Can you think of other times you are tempted to 'do the wrong thing'?

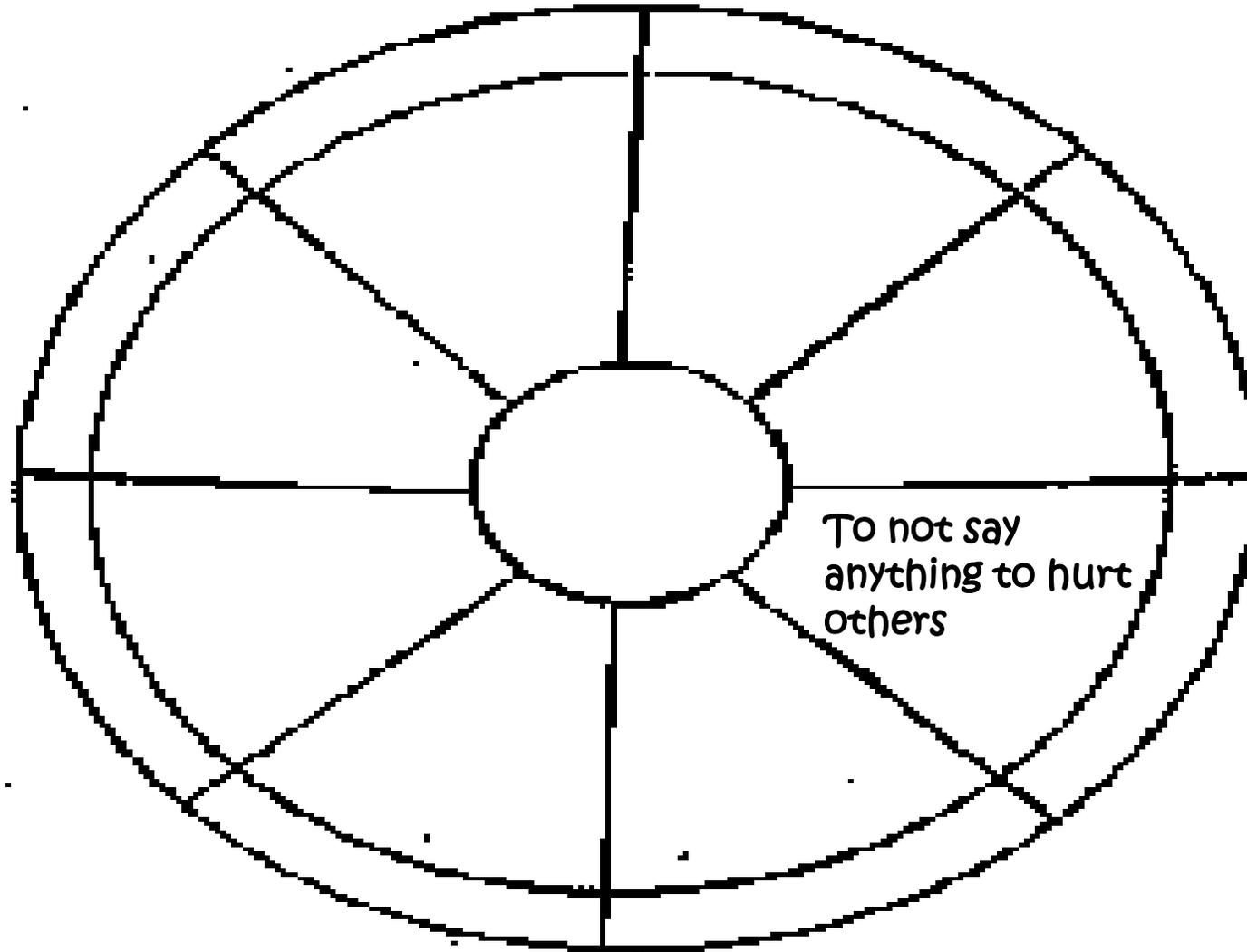
Right Effort - **Resist evil**

Did you resist evil?

- What do these words mean?
 - MEAN
 - HATE
 - ENVY
 - Selfish
 - Jealousy
 - Spiteful
 - Greedy
- Buddhists believe we should try to live our lives without these negative thoughts towards others. Is this possible? Have you ever felt this way? How do we make sure that these thoughts do not make us act in a negative way too?

Right Intention - Resist bad thoughts

Right Speech

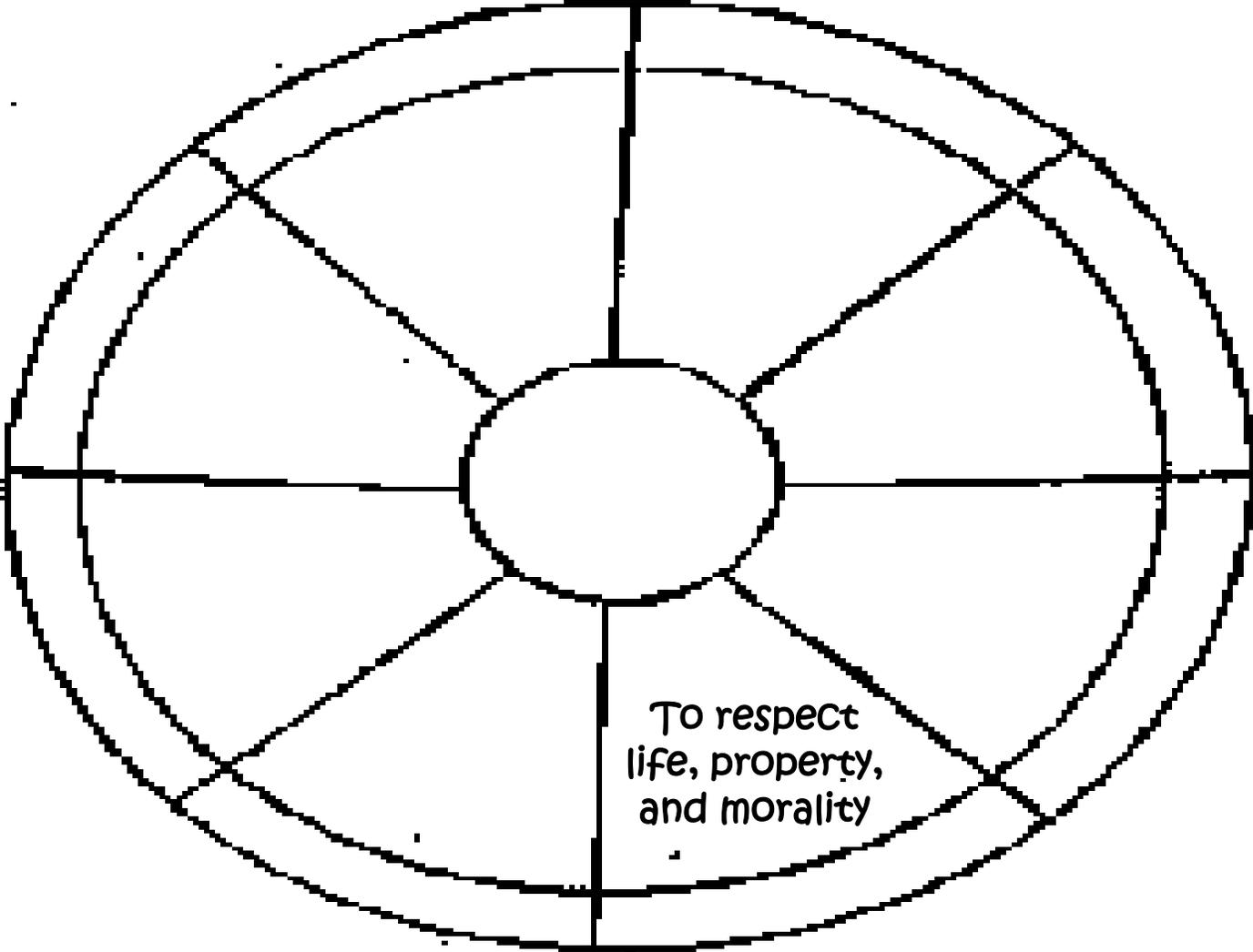


Pass the compliment

- I will pass the ball to one person, as I throw it I will compliment that person.
- That person will then throw the ball to someone else and pass the compliment to the next person.
- How does this translate to our everyday lives?

Eightfold Path- Don't say
anything to hurt others

Right Action



Can you show respect for life?

- Imagine that we have the opportunity to have a class pet.
- Before we get it, we must make three rules as a class that shows we can respect life.

TTYP: What three rules should we make about caring for our pet?

- How do we show that we respect property at school?
- How do we show that we respect other people's beliefs at school?

Eightfold Path- **Respect life**

What do we mean by the word 'Karma'?

Karma is a word that many people believe in.

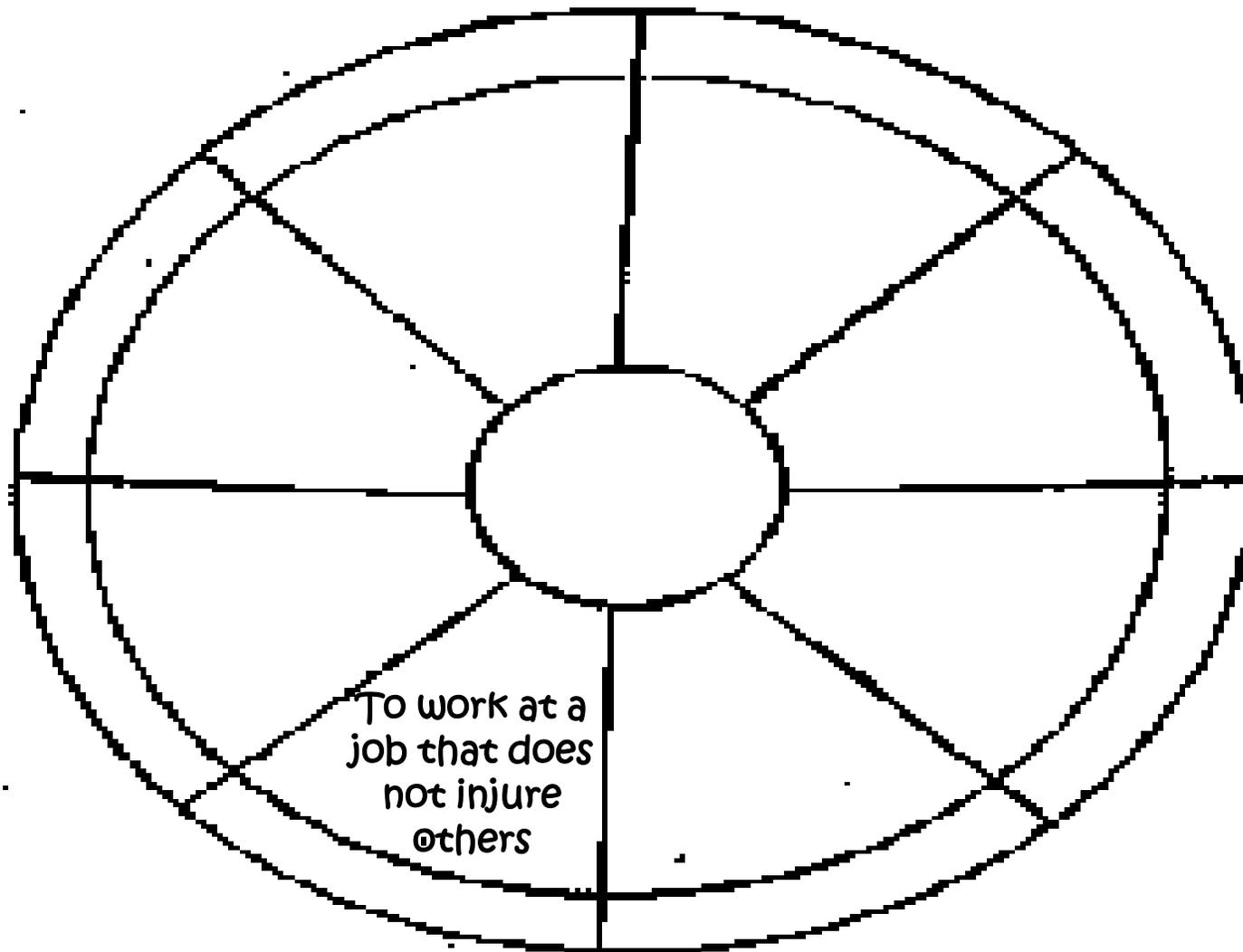
They think that the actions that we do will affect us:

- If we do something good, then something good will happen to us.
- If we do something bad, then something bad will happen to us.

- KARMA means a PERSON'S ACTIONS.

Buddhists believe that we lead many lives, and come back as different people or different animals in each life (reincarnation). They believe that if we were bad in a previous life, then our current life will be full of misfortunes. However, if we were good in a previous life, then we will have lots of joy and happiness in our current life.

Right Livelihood



Job Hunt

Karen is a Buddhist and she is looking for a new job. There are four jobs available - but she can not have a job that hurts others.

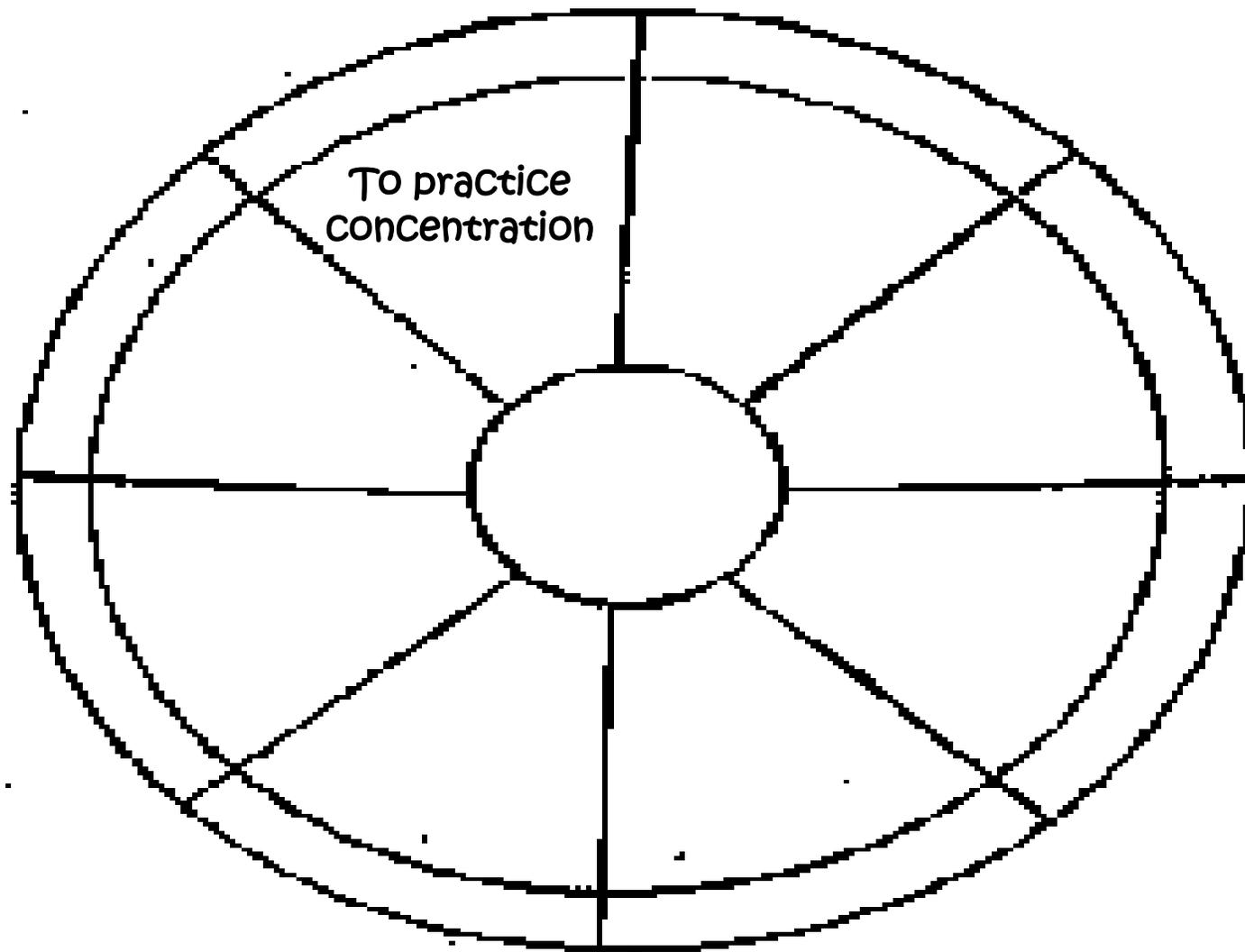
TTYP - Which one will she choose? Why?

• Butcher • Fisherman • Soldier • PE Teacher

- What job would you like to do when you grow up? Would it be acceptable to Buddhists?

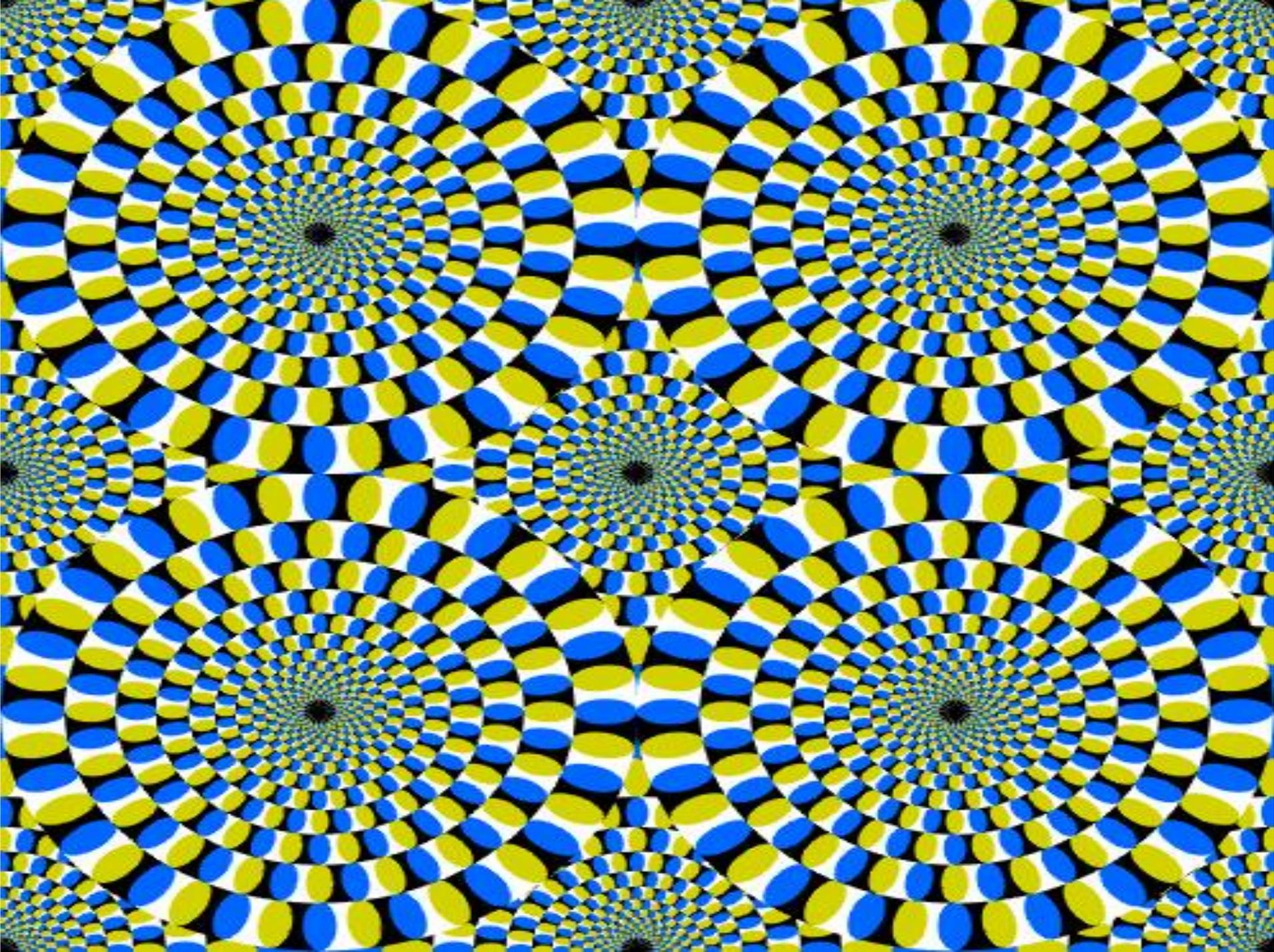
Eightfold Path- Do a job that does not hurt others

Right Concentration



Warning

- On the next slide is a still picture, however it looks like its shaking/rotating; your mind is being tricked!
- Can you control your mind to stop the picture shaking/rotating?
- If it hurts your eyes look away



Right Concentration

- When do you have to concentrate?
- Why is learning to concentrate important in life?

The Noble Eightfold Path

