



What is the Buddhist way of life?

Outcomes

- Know how Prince Siddhattha Gautama became the Buddha—the enlightened one
- Understand that there is no supreme deity in Buddhism
- Know that Buddhists strive to reach Nirvana (enlightenment) frequently by meditating
- Know that Buddhism has four noble truths and Buddhists follow the eightfold path; explain what these are
- Know that worship and meditation are different
- Understand that Buddhists use artefacts to help them meditate

Buddhist	A follower of Buddhism
Buddha	The enlightened one
Prince Siddhattha Gautama	The prince who became the Buddha (enlightened one)
Wheel of Life	A picture, divided into five or six states, containing the Buddhist view of the universe
Meditation	Stilling the mind; separating the self from thoughts and feelings
Enlightenment	State of life which is perfect in knowledge and wisdom
Nirvana	Reaching the perfect state of enlightenment when you stop being reborn because you have learned it all
temple	Place to enable stillness and meditation
shrine	Place with a statue or image of the Buddha

Buddhism is a philosophy or way of life.

Meditation is very important to Buddhists.

Buddhists believe in the cycle of birth, life, death and re-birth