

## Unit: How do Buddhists search for tranquility?

Key areas of enquiry: A + E
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This is a recommended unit.

About this unit: This unit is intended for year 7 or 8

This will be the second unit on Buddhism that most students will study, for some it may be the last unit. It builds directly on The Buddha asks Why is there suffering? The two units could delivered as a continuous scheme of work covering a whole term. It lays the foundation for the unit Expression of worship in Buddhism the Sangha.

Prior learning	Technical Vocabulary	Resources
It would be useful if learners had studied the unit Buddhism – why do we suffer?	In this unit children will have an opportunity to use words and phrases related to:- Nirvana Eightfold Path Tranquillity 5 Precepts	Pictures of happiness Pyramid Activity (see resources pack) Instructions for standpoint exercise(see resources pack) Instructions for human bar chart(see resources pack) Matching activity on Eightfold Path(see resources pack) Worksheet on following the Eightfold Path(see resources pack) Matching exercise on Four Noble Truths(see resources pack) Instructions on Pass the Buck activity(see resources pack) Bruce Almighty video Worksheet to use with Bruce Almighty video(see resources pack) Buddhism for Today/Buddhist Experience/This is RE Book 1 or similar Moving on Up published by RE Today 5 Precepts positive and negative chart(see resources pack)

Skills	Attitudes
Analysis and Evaluation	Self-awareness Respect for all

<b>Expectations</b>	
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At the end of this unit	
<p><i>Core learners</i></p> <p><i>Level 4</i></p>	<p>Be able to describe in some detail the key features of the Eightfold Path.</p> <p>Learners can offer their own responses to questions about the meaning and purpose of life</p>
<p><i>Level 5</i></p>	<p>Be able to demonstrate detailed knowledge and understanding of the impact of the Eightfold Path on the life of a Buddhist.</p> <p>Learners can express a range of responses to the issues raised by Eightfold Path</p>
<i>Reinforcement – Level 3:</i>	<p>Be able to describe some elements of the Eightfold Path</p> <p>Learners can talk about the Eightfold Path and raise relevant questions</p>
<i>Enrichment – Level 6:</i>	<p>Be able to analyse the significance and impact of the Eightfold Path on the life of a Buddhist</p> <p>Learners can offer reasoned arguments about the difficulty in applying the Eightfold Path</p>

Learning Objectives	Possible Teaching Activities (Select from)	Learning outcomes	Cross Curricular links
<p>To know what happiness is To understand what prevents happiness To evaluate our understanding of happiness</p> <p>To know that our attitude affects others To understand our own contribution to the happiness of ourselves and others To evaluate the importance of changing our attitude to produce happiness</p>	<p><b>What is happiness?</b> Carry out an anonymous class survey on happiness, how happy they are, are they responsible for their happiness. See instructions in the resource pack to see how to show the results as a human bar chart.</p> <p>OR Show the learners a variety of images which might make them happy, ask them to rate the happiness they would lead to, why they cause happiness and how this might be stopped (see resources pack for an example).</p> <p>OR Show the following clips from Bruce Almighty using the teachers video sheet: <i>(Note it will be important to stress that ‘God’ in this film is a western Judeo/Christian representation of God. Buddhists would not see ‘God’ as being like this. You could unpack this by discussing the difference between a God and a Guru/Buddha).</i></p> <p>Draw out that it is Bruce’s change in attitude which affects his happiness, not the events happening around him. (see resources pack)</p>	<ul style="list-style-type: none"> <li>• Reinforcement – learners can give a definition of happiness</li> <li>• Core – learners can explain what causes and prevents happiness</li> <li>• Enrichment – learners can evaluate a persons responsibility for their own happiness</li> </ul> <ul style="list-style-type: none"> <li>• Reinforcement – learners can describe how attitude affects happiness</li> <li>• Core – learners can explain the effect of our own attitude on our own and others peoples feelings</li> <li>• Enrichment – learners can evaluate the importance of changing their attitude to produce happiness</li> </ul>	<p>Art PSHE English/Literacy Citizenship Media Studies ICT (if artwork completed on computers)</p>

	<p>Reflect on a time in their own lives when their attitude affected their happiness. Produce a reflective piece of writing, poem or piece of art to show how a changed attitude can affect someone's feelings of happiness.</p> <p>The story of the Wagon of Life could be used here. This is in most text books.</p> <p>Give learners different definitions of happiness, and ask them to decide which is the best, and justify their opinion OR Ask pairs to write a definition of happiness, then combine to fours then eights and refine, then class feedback.</p>		
<p>To know the Eightfold Path To understand the purpose of the Eightfold Path To evaluate the importance of the Eightfold Path</p>	<p><b>Why is the Eightfold Path important to Buddhists?</b> Matching exercise to remind learners of the Four Noble Truths Read e.g. Buddhism Today pp.28 or The Buddhist Experience pp.10 This is RE Book 1 page 68/69</p> <p>The 8 fold path is often shown as a wheel called the DHAMMACHAKRA. Discuss: Why is the wheel an appropriate symbol?</p>	<ul style="list-style-type: none"> <li>• Reinforcement – learners can describe some elements of the Eightfold Path</li> <li>• Core – learners can explain the purpose of the Eightfold Path</li> <li>• Enrichment - learners can evaluate the importance of the Eightfold Path</li> </ul>	<p>Art Citizenship and PSHE</p>

	Complete the pyramid activity to explore the importance of the Eightfold Path (see resource pack).		
<p>To know how following the Eightfold Path could affect the life of a Buddhist</p> <p>To understand the impact of following the Eightfold Path on the life of a Buddhist</p> <p>To evaluate the significance of the Eightfold Path in providing moral guidance for Buddhists</p>	<p><b>How does following the Eightfold Path affect the life of a Buddhist?</b></p> <p>Standpoint exercise on following the Eightfold Path – See resource pack</p> <p>(C) Select two/three of the sections and suggest how life at school might be improved if everyone were able to follow that section. Or use resource sheet The eightfold path – Morality (see resource pack)</p> <p>(R) learners can complete the worksheet with sentence matching about following the Eightfold Path (see resource pack)</p> <p>(E) Learners can complete a chart with for and against points for the statement ‘The Buddhist Eightfold Path is so good all people should use it’s as a guide on how to behave.’</p>	<ul style="list-style-type: none"> <li>• Reinforcement – learners can describe how a Buddhist follows the Eightfold Path</li> <li>• Core – learners can explain the effect of following the Eightfold Path on the life of a Buddhist</li> <li>• Enrichment – learners can evaluate the significance of the Eightfold Path in providing moral guidance for Buddhists</li> </ul>	<p>PSHE Citizenship ICT (?)</p>
<p>To know what nirvana means</p> <p>To understand the importance aiming for nirvana for Buddhists</p> <p>To evaluate the significance of the concept of nirvana in</p>	<p><b>What does the term nirvana mean?</b></p> <p>Read the ‘Enlightened Chicken’ story from p.26 in Moving on Up published by RE Today. Ask learners to say what they think this story means. Read an account of the Buddha’s enlightenment from a text book. Learners can</p>	<ul style="list-style-type: none"> <li>• Reinforcement – learners can describe what nirvana means</li> <li>• Core – the learners can explain the importance</li> </ul>	<p>PSHE ICT Literacy/English</p>

Buddhist teaching	<p>use the worksheet from p.27 in Moving on Up published by RE Today to draw together what they have learnt about Buddhism so far.</p> <p>Use PowerPoint presentation about Nirvana and its importance for Buddhists (See resources pack)</p>	<p>nirvana for Buddhists</p> <ul style="list-style-type: none"> <li>• Enrichment – learners can evaluate the importance of the concept of nirvana in Buddhist teaching</li> </ul>	
<p>To know what the precepts are</p> <p>To understand how the 5 precepts effect the life of a Buddhist</p> <p>To evaluate the usefulness of the 5 precepts in providing moral guidance to Buddhists</p>	<p><b>What are the 5 precepts?</b></p> <p>Read Buddhism Today pp.32-33, The Buddhist Experience p.34 or similar.</p> <p>Divide learners into 5 groups, and ask them to role-play a situation where a precept is being broken.</p> <p>Fill in chart with negative and positive aspects of the 5 precepts. (see resources pack)</p> <p>(E) learners could complete a 'Pass the Buck' activity on the comparative value of the Eightfold Path and the 5 Precepts</p>	<ul style="list-style-type: none"> <li>• Reinforcement – learners can describe the 5 precepts</li> <li>• Core – the learners can explain how the 5 precepts affect the life of a Buddhist</li> <li>• Enrichment – learners can analyse the comparative use of the Eightfold Path and 5 precepts in providing moral guidance for a Buddhist</li> </ul>	<p>Drama</p> <p>PSHE</p> <p>Citizenship</p> <p>Literacy</p>
Assessment task - To demonstrate learners understanding of this topic	<p><b>What leads to tranquillity in Buddhist teaching?</b></p> <p>Repeat the Pyramid activity on the 8 fold path. What have they changed and why. This could then be the basis of an assessment task.</p>	<ul style="list-style-type: none"> <li>• Reinforcement – learners can describe the Eightfold Path, and how it may lead to nirvana.</li> <li>• Core – learners can explain the importance</li> </ul>	<p>ICT(if leaflet is completed on computer)</p> <p>Literacy/English</p> <p>Citizenship</p> <p>PSHE</p> <p>Art</p>

	<p>Complete a leaflet or a piece of artwork (with a written explanation of the art) to show how Buddhists believe tranquillity can be achieved.</p> <p>Or the task sheet that goes with the enlightened Chicken could provide the basis of an effective assessment task.</p>	<p>of the Eightfold Path, its impact on the life of a Buddhist</p> <ul style="list-style-type: none"> <li>• Enrichment – can evaluate the importance of different Buddhist teachings in the search for tranquillity</li> </ul>	
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