

Religious Education Knowledge Organiser

Year 5

Autumn (ii)

How do the Buddha's stories help Buddhists to lead their lives?

Substantive Knowledge – Buddhist ways of life

Buddhists try to live a good life by following the Buddha's teachings, helping them to avoid suffering and bad feelings. They believe nothing in life is perfect and the way to avoid suffering is to follow a set of important guidelines known as the Noble Eightfold Path.

The Habits of a Buddhist Monk

- Outer decluttering (ridding ourselves of material possessions)
- Inner decluttering (clearing our minds of ill thought and doing things for others)
- Mediating a lot
- Following the wise – seeking older guides to learn from.
- Listen mindfully and without judgement
- Learn to accept change
- Live in the moment – be present
- Focus on one thing
- Try your best at everything
- Let go of what you cannot control.



The Dalai Lama



Meditation and Yoga

Inner and Outer peace



Precepts for All Buddhists

Do not harm living beings
Do not take things unless others give them to you.
Do not be sexually inappropriate.
Speak truthfully.
Do not confuse your mind with drugs and alcohol

Precepts for Monks

Do not eat after midday.
Avoid entertainment.
Avoid wearing unnecessary items like perfume and jewellery.
Sleep on a simple bed.
Avoid using money where possible.



The teachings of the Buddha are aimed solely at liberating sentient beings from suffering. The Basic Teachings of Buddha which are core to Buddhism are:
The Three Universal Truths;
The Four Noble Truths; and
The Noble Eightfold Path.

The Three Universal Truths

Dukkha Everything changes

Anatta This leads to suffering

Anicca The self is not personal and unchanging

Four Noble Truths

1. Life is full of suffering.
2. Suffering is caused by desire (want)
3. Humans can free themselves from all that
4. The way to achieve this freedom through meditation, loving others and compassion

The Monkey King

You can lead the change no matter what position you have in your organization; one individual can make a difference.



Portable Knowledge – What we need to remember

The teachings of the Buddha influence all Buddhists.

Enlightenment is when a person becomes a Buddha as they have seen the light / truth (they no longer need guidance on how to live).

Core Vocabulary

Buddhist/m - Religion born out of the teachings of Siddhartha Gautama with its followers being called Buddhists.

Enlightenment— a building housing a community of monks

Practices— a building housing a community of nuns.

Tripitaka - the collection of Buddhist scriptures