



How does the Triple Refuge help Buddhists in their journey through life?

*"Give up what is unwholesome and wrong, cultivate what is skillful and good and purify your mind." Buddha*

Buddha What I should already know: This will be the first unit taught on Buddhism however the children will have learned about the term 'refuge' in our migration topic.

Essential Questions:

How does the word 'refuge' fit in with Buddhist belief and practices?

What is meant by 'The Triple Gem'?

What is meant by the three refuges?

How do Buddhists reach enlightenment?

What is meant by the five precepts.

How do members of the Sangha support each other in the festival of Wesak?

Key Vocabulary

Buddha - the title given to Siddhatta Gotama; it means 'enlightened' or 'awakened' one.

Dharma - the teachings of the Buddha which lead to enlightenment.

Enlightenment - when a Buddhist finds the truth about life and stops being reborn.

Laities - followers of Buddhism who are not monastic.

Monastics - a community of men or women (monks or nuns), who have chosen to withdraw from society, forming a new community devoted to religious practice.

Meditate - the practice of mental concentration leading ultimately through a succession of stages to the final goal of spiritual freedom, nirvana.

Monk - a man who separates himself from society and lives either alone (a hermit or anchorite) or in an organized community in order to devote himself full time to religious life.

Nirvana - a place of perfect peace and happiness, like heaven. In Hinduism and Buddhism, nirvana is the highest state that someone can attain; a state of enlightenment, meaning a person's individual desires and suffering go away.

Sangha - the Buddhist community

Monastics -

Ordained - When someone officially becomes a Buddhist Monk/Nun - (applies to different religions)

Refuge - to be sheltered/safe from danger

Triple - three

Pupils will:

Learn about:

Explain some beliefs and teaching from Buddhism and from the Bible about what is the same and different about them.

Use a wide vocabulary to describe why people might become Buddhist today, the practices they might adopt and how their daily life might change.

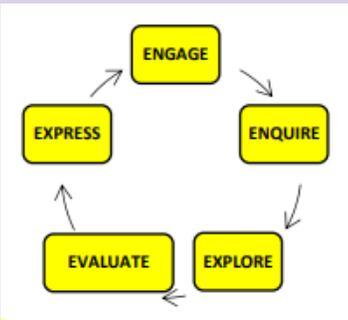
Express beliefs, ideas and feelings about Buddha as a refuge in an art-form used by a Buddhist e.g. Buddha rupa, hand position.

Learn from:

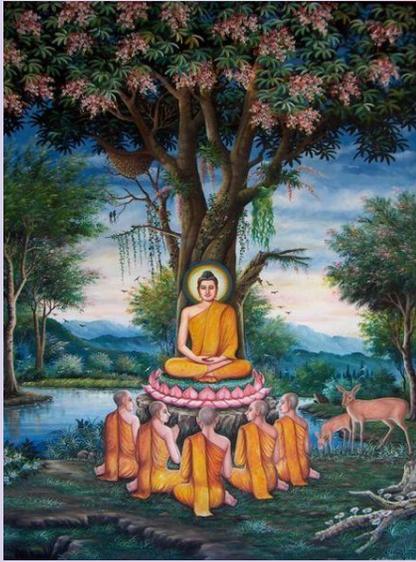
Ask about the diverse groups people belong to in society, and ask if it is easier to achieve a goal in the company of others or alone, referring to Buddhist examples.

Compare their own ideas about the meaning / purpose of life and, referring to the Triple Gem, suggest their own 3 'jewels' to help them find truth.

Discuss some benefits and problems of commitment to a particular way of life, including commitment to the Triple Refuge for Buddhists.



# Buddha



Be like the lotus:  
trust in the light,  
grow through the  
dirt, believe in  
new beginnings.

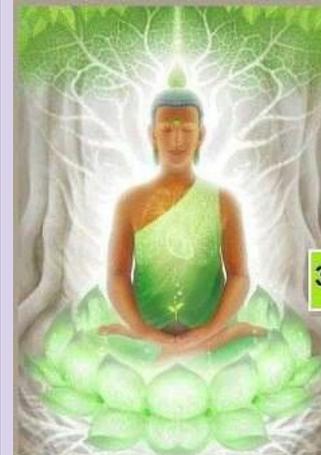


# The Triple Gem

The Triple Gem:  
I go to the Buddha for  
refuge.  
I go to the Dharma for  
refuge  
I go to the Sangha for  
refuge.



# THE FIVE PRECEPTS



1. No killing

2. No stealing

3. No sexual misconduct

4. No lying

5. No intoxicants

1. No killing

2. No stealing

3. No sexual misconduct

4. No lying

5. No intoxicants

~ Respect for life  
~ Respect for others' property  
~ Respect for our pure nature  
~ Respect for honesty  
~ Respect for a clear mind

