

Buddha

Buddha was born as a prince in a big palace and had a comfortable life.

When he grew up, he saw people who were sick, old and unhappy.

This made him wonder why people suffer.

He decided to leave his life to find answers and help people.

He spent a long time sitting quietly and thinking under a tree.

One day, he understood how people can stop suffering and feel peaceful.

He spent the rest of his life teaching people how to be kind and happy.

Religion & Worldviews

Year 3: Autumn 1

Is it possible for everyone to be happy?

Buddha's Messages

Being rich does not guarantee happiness.



Suffering and death are part of life.



Some suffering is caused by people doing **selfish** things.



If we are less **selfish** there will be less suffering.



We should try to help others, like **Buddha** did.



Key Vocabulary



Siddhartha Gautama

A prince who became known as Buddha

Buddha

A person who has reached enlightenment.

Enlightenment

Understanding the world, how it works and the meaning of life.

Greed

Wanting too much of something, this can lead to not sharing and being unkind and only thinking of yourself.

Selfish

Thinking of yourself first and not considering others around you.

Dukkha

Feeling unhappy or not satisfied.

Buddhism began around 2500 years ago in India.



Many Buddhists look to Buddha as a role model.