



Coleman Primary School
Year 4 Autumn 1 Knowledge Organiser
RE—Is it possible for everyone to be happy?

Key Vocabulary: Is it possible for everyone to be happy?

Buddha: the name given to Siddattha Gautama, meaning enlightened one	happiness: the state of feeling or showing pleasure or contentment
Buddhist: someone who follows the teachings of Buddha	meditate: to focus one's mind and think deeply
enlightened: understand how to be happy and free from suffering	Siddattha Gautama: a Prince who would become known as the Buddha

What does happiness mean to me?

Different people find **happiness** in different ways.



family time



playing outside



holidays



drawing



reading



friends

What gives you

You will learn...

- to reflect on your own happiness and that of others
- about the life of Buddha
- about Buddhist beliefs about happiness

Buddha's Life

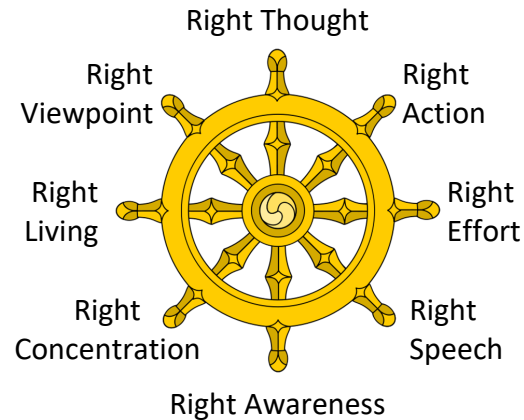
When **Buddha** was born, he was called **Siddattha Gautama**. He was a Prince who lived in a palace and never saw any suffering. He left the palace secretly and saw four things he had never seen before: old age, illness, death and a holy man. He decided to give up his riches and leave the palace forever. He tried to think about the problems of the world. He ate very little and listened to many different teachers. He sat under a Bodhi tree to **meditate** and became **enlightened**. He spent the rest of his life trying to help others and was known as the **Buddha**.



Buddhist Beliefs about Happiness

One of the things **Buddha** discovered was that trying to lead a good life which helps others and does not hurt people or animals would help someone achieve **happiness**.

To help them to do this, **Buddhists** follow the Eightfold Path.



Each part of the Eightfold Path shows **Buddhists** a way to behave. For example, Right Action means to ensure your actions do not harm or destroy any life or harm others. Right Speech means to ensure your words are kind and do not hurt others.

How might these rules help someone find **happiness**?

RE Skills Progression

In Year Three you learnt to...

- describe the key teaching and belief of the religions studied
- understand that personal experiences and feelings influence attitudes and actions
- explain how beliefs about right and wrong affect people's behaviour

In Year Four you will...

- describe the key beliefs and teachings of the religions studied
- give some reasons why religious figures may have acted as they did
- describe how some of the values held by communities or individuals affect behaviour and actions