

## UKS2 How does the **Triple Refuge** help Buddhists in their journey through life?

### Prior learning

Following the Buddha's teachings (the eightfold path) allows every human to achieve enlightenment and end suffering.

### What should we know?

The triple refuge support Buddhists on their journey to enlightenment

Buddhist's believe:

- Buddha is the guide. They revere but do not worship Buddha; they take 'refuge' in him as their guide towards enlightenment.
- Dharma is the path (the teaching). It shows Buddhists the way to travel to reach enlightenment. It is a safe, well laid path which they can follow for themselves.
- Dharma includes rules for right living and teaching on how to avoid bad actions.
- Sangha are the travelling companions, the Buddhist community.
- The Five precepts help you to live



### What should we be able to do?

*Show how Buddhists express their belief that the Buddha is a refuge and guide.*

*Explain how the Buddha's teachings (dharma) help Buddhists journey along the path.*

*Use the right religious words to describe the practices and experiences of Buddhists belonging to the Sangha, both lay and monastic.*

*Explain how members of the Sangha support each other at the festival of Wesak.*

### What words should we understand and be able to use?

<b>Buddha</b>	Buddha is a title given to Siddhatta Gotama; it means 'enlightened' or 'awakened' one.	<b>Triple Gem</b>	Gold symbolises Buddha and his wisdom, Blue symbolises the Dharma (Buddha's teaching) and Red symbolises the Sangha (Buddhist community).
<b>Dharma</b>	Is the path to enlightenment made of the Buddha's teachings.	<b>Five Moral Precepts</b>	a commitment to try leaving behind certain behaviours, and take on others as a way of developing RIGHT ACTION or conduct which will advance them spiritually along Buddha's Eightfold Path to enlightenment.
<b>Sangha</b>	Sangha means 'friendly or harmonious community'. It may be lay or monastic.	<b>Wesak</b>	Wesak celebrates the Buddha's birthday and, for some Buddhists, also marks his enlightenment and death. It is also called Buddha Day.