Haslingden High School
RE HOMEWORK BOOKLET
Year 8

Name: _____ Form: _____

Subject Teacher: _____

Date Given: _____ Date to Hand in:_____

Effort:	House Points:

WWW: (see last page)

ioti: (see last page)

Parent / Guardian Comment:

Year 8 Block A Homework

Religious Education – Buddhism

Buddhism is one of the most fascinating religions in the world. In this booklet you will be studying the key teachings of Buddhism as taught by the Buddha, the founder of Buddhism.

The booklet begins by looking at the life of the Buddha before concentrating on the Four Noble Truths and the Eightfold Path, some of the most important aspects of Buddhist teaching.

You will be asked to think carefully about these teachings and consider what difference they might make to people's lives.

The final task is an essay that asks you to think about different points of view. This is the most important part of your homework and your teacher's comments will mostly be based on this essay.

Each task has a suggested time with it – this is the time your teacher suggests you spend on each task.

The Life of the Buddha

Read the following story and answer the questions at the end.

Buddha was born in India about the middle of the 6th century BCE. He was a Hindu and the son of a King. His name then was Siddhartha Gautama. When he was born, a holy man said to the King that the child would be either a great ruler or a great spiritual leader.

Siddhartha's father, King Shuddhodana, wanted his son to be king one day. He kept his child in the palace and would not let him see the real world outside. Siddhartha was very clever and enjoyed the best that life could offer. He was well known for his kindness to others.

When Siddhartha became a man, he married a beautiful princess, Yasodhara, and they had a beautiful son, Rahula. In spite of having everything that he could wish for – a loving wife and a wonderful son – Siddhartha was not totally happy. He felt that there was something missing. Against his father's wishes, he left the palace one day to see what was outside the walls.

Even though the King had given strict orders that the Prince should never see anyone poor, sick or unhappy, Siddhartha came across four things he had never seen before. He came across a man who was very old. His servant explained that the man was suffering from old age. Siddhartha was horrified to discover that old age could affect anyone.

Then they came across a lady who was very ill. Siddhartha was told that she was suffering from a disease. Later, they saw a funeral and Siddhartha learned that everyone dies one day.

Finally, Siddhartha and his servant came upon a man by the roadside. He was sitting upright, eyes closed. The servant explained that this was a holy man who had given up all his possessions and his place in the community to try and discover the meaning of life.

Siddhartha could not rest. He spent some time trying to make sense of the suffering he had seen and decided to leave the palace and his family. He promised that he would not return until he had found a way to deal with the problem of suffering.

When Siddhartha left home, he went deep into the forest. He took off his rich clothes and put on a simple yellow robe and cut his hair. He stayed with holy men and learned a great deal from them about meditation. He learned to go deep inside himself to find peace, calm and wisdom. Even after six years of this, he did not feel as though he had found a way to deal with suffering.

He set out alone and decided to fast. Eating only one grain of rice each day, he starved himself. He thought that this would sharpen the power of his mind and that he would be able to meditate more deeply. It did not help. In the end, Siddhartha decided that the only

way to find an answer was to follow a Middle Way.

He found a quiet, beautiful place, sat down and said that he would not get up again until he had found a way to go beyond the power of death and suffering.

Siddhartha was tempted to give up many times. The demon Mara sent pretty girls to tempt him to give up. He was tempted by fame and wealth. He began to think he was too weak, but he did not give in.

At last, he discovered the deepest sense of calm, peace and happiness. He began to think that he was deep within himself.

At that moment, Siddhartha became **Buddha** – the one who is awake.

Buddha was a changed man and everyone he met was astonished because it seemed he glowed with love, happiness and peace. He realised at last that the answer to suffering lay within him.

1. Why was Siddhartha not totally happy?

_____

_____

2. What were the three things that upset Siddhartha?

i) ii) iii)

3. The holy man made a big impression on Siddhartha. Why do you think this was the case?

_____

_____

_____

4. Why did Siddhartha give up everything he had?

_____

_____

5. What did Siddhartha do next? _____

_____

6. What happened to Siddhartha? _____

_____

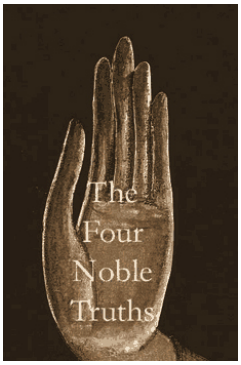
7. What does it mean to say Siddhartha was "awake"? _____

_____

_____

This next section concentrates on the Four Noble Truths, the Buddha's teachings about suffering.

Buddha taught about the causes of suffering. Most Buddhists would agree that the Four Noble Truths are the most important part of the Buddha's teaching.



First Noble Truth

Buddha taught that all life is suffering.

Collect images that show a range of suffering. Look at magazines, newspapers and the internet. Create a collage by sticking your pictures in the space below. You can draw pictures if you prefer.

As illustrated by your collage, **all humans suffer**. Buddha then moved onto the Second Noble Truth.

Second Noble Truth

Suffering is caused by greed and selfishness

Stick down a picture here of something that you want (e.g. phone, game, ipad, money)

Now answer the questions on the next page.

Answer these questions about the thing that you want.

1)How do you feel at the moment without this item?_____

_____

2)How would you feel if you were given this item?_____

_____

3)How long would this feeling last? _____

_____

(Think about how you may feel when they bring out the next model, next new gadget)

4) Will this item make you truly happy?_____

Buddha taught that all humans have selfish desires. Humans are greedy and will always want. We are all concerned with what we want rather than the needs of other people. This selfishness is a cause of suffering in the world.

Third Noble Truth

Greed and selfishness can be stopped.

Buddha taught a third Noble Truth, that that suffering will stop if we crush our desires. When you no longer want, when what we want is no longer important Buddha taught that this is when suffering will cease. The Buddha taught that it is our attitude to desires that cause our suffering.

Do you agree that desire causes suffering? _____

Can you give a reason for your answer? _____

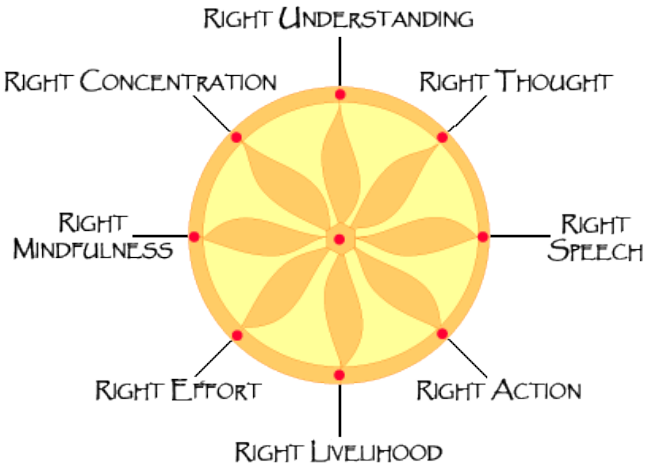
_____

_____

_____

Fourth Noble Truth

Selfishness and greed can be stopped by following the Eightfold Path.



Buddha taught that there is a path to stop selfishness and greed. This path is called The Eightfold Path. This shows Buddhists the way to live - eight "right" ways humans should live their life.

Do you think humans can stop being selfish? _____

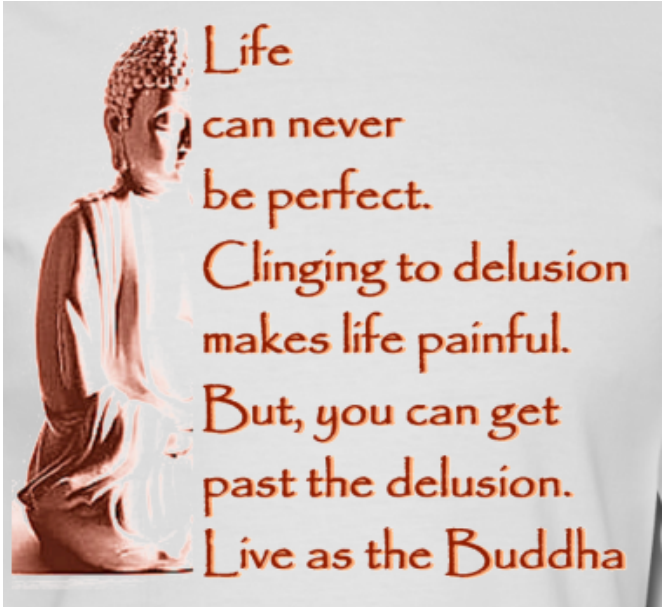
Give reasons for your answer. _____

_____

_____

Fill in the chart below using the information you have worked through so far. Write an explanation of each of the Noble Truths.

Truths	Definition.
First Noble Truth	
Second Noble Truth	
Third Noble Truth	
Fourth Noble Truth	

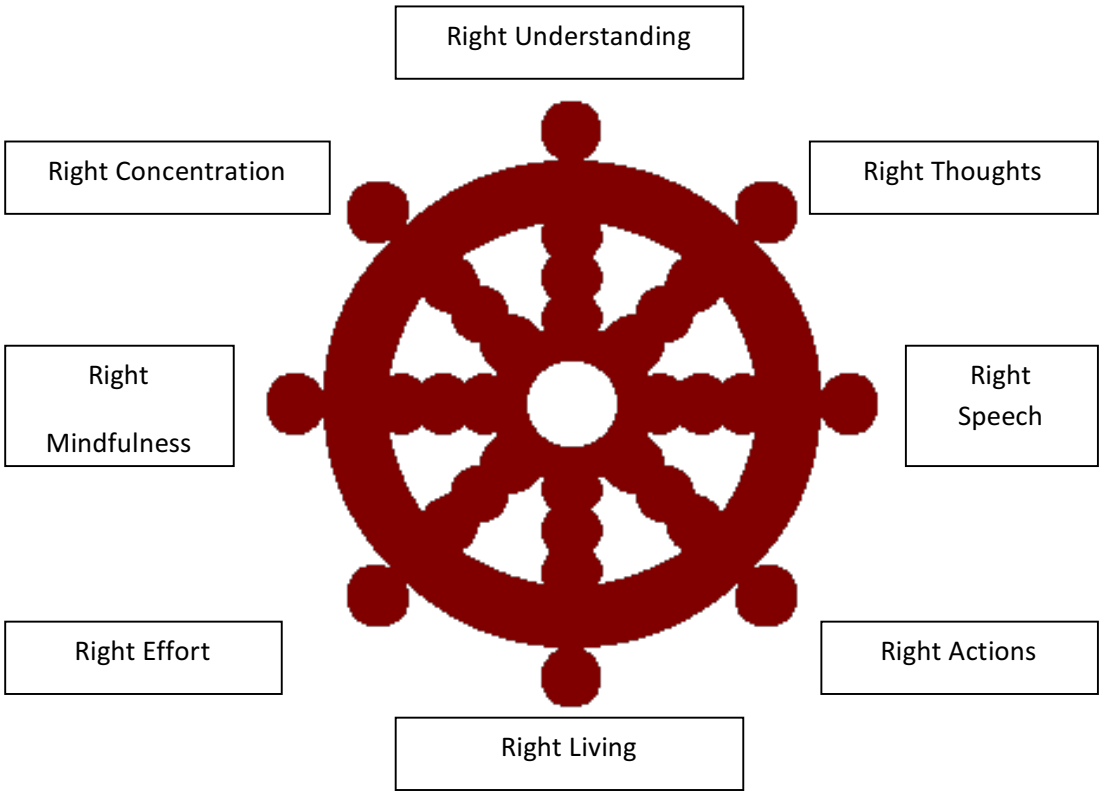


Buddha taught that we can overcome suffering by accepting that it happens, seeing the cause as our own desires and then crushing those desires. But how do we crush our wants and desires? How do we stop wanting things so much? This is where the 4th Noble Truth comes in. It gives us a way of overcoming our desires.

The way to crush desire is to follow the Eightfold Path.

Buddha said that the way to free yourself from suffering is to follow the Eightfold Path. Buddhists think of the Eightfold Path as spokes on a wheel. This is because a wheel is used on a journey and the eight spokes represent the stages of the journey a person must go through. The wheel is always turning because suffering never ends – we continue to want things, we grow old and die.

Buddhists believe you have to deal with the problem of suffering by following the Eightfold Path. A simple way forward is to take one task at a time, but eventually each of the spokes has to work together for the wheel to move.



What does each of the spokes mean?

Spoke of the wheel	*Meaning*
Right Thoughts	Make your thoughts as unselfish as possible. Do not think as if you were the most important person in the world. Think about other people too.
Right Speech	Do not tell lies or spread gossip. Don't be rude or harsh when you speak.
Right Actions	Behave in a way that will not bring suffering to others.
Right Living	Have a lifestyle that avoids harming anything as much as possible.
Right Effort	Put all your effort into living the right way.
Right Mindfulness	Learn to meditate. Be aware of what you are thinking and feeling at all times. Stay in control and be calm.
Right Concentration	Remain free from all mental disturbances such as envy, worry and anxiety and concentrate on what is important.
Right Understanding	Learn to see things as they really are, just like the Buddha.

In **your own words**, explain what each of the spokes mean. Your teacher will tell you what to do on this task.

Spoke of the wheel	*Meaning*
Right Thoughts	
Right Speech	
Right Actions	
Right Living	
Right Effort	
Right Mindfulness	
Right Concentration	
Right Understanding	

The Buddha taught that following the Eightfold Path will help end suffering and make life happier. For these parts of the Eightfold Path, describe how following this might make your life happier. The first example has been done for you to help you think about your own answers.

Spoke of the Wheel.	Meaning	Difference to my life.
Right Effort	Put all your effort into living the right way.	*If I put all my effort into my school work, then I know that I have done my best. I shouldn't worry about my level or grade if I have done my best. Knowing that I have done my best is all that matters and this will make me happy. I know that my teachers and those that care for me will be proud of me if I try my best.*
Right Speech	Do not tell lies or spread gossip. Don't be rude or harsh when you speak.	
Right Actions	Behave in a way that will not bring suffering to others.	
Right Living	Have a lifestyle that avoids harming anything as much as possible.	

Look back at the Eightfold Path again.

You have just thought about how following the Eightfold Path could make a difference to your life and now you will think about how it might make a difference to life in school.

Which of the “spokes” would make a difference to school life if everyone followed them? How would they make a difference?

Write about two or three “spokes”.

Buddhist Stories

Read the following story and answer the questions on the back.

Kisa Gotami and the Mustard Seed

On one occasion a woman called Kisa Gotami came to the Buddha in tears, holding the body of her dead baby. She was so upset that she had gone everywhere to try and bring him back to life. Her friends felt sorry for her and told her to go and see the Buddha. She came before the Buddha still holding the child in her arms. "Please bring him back to life for me," she cried. Very gently the Buddha answered, "I can help you, Gotami, but first you must bring me something. I need one small mustard seed. However, it must come from a house where no-one has ever died."

Gotami quickly went in search of a mustard seed. She asked at one home and the woman there answered, "Of course you can have a mustard seed. You can have whatever you want, but you should know that last year my husband died." "Oh," Gotami replied "then I must continue my search elsewhere," and ran off to the next house. But wherever she went the same thing happened.
Everyone wanted to help her but in every family she visited someone had died. One person told her "Three years ago my daughter died." Another said, "My brother died here yesterday." It was always the same.

At the end of the day she returned to the Buddha. "What have you found Gotami?" he asked. "Where is your mustard seed? And where is your son? You are not carrying him any longer." She answered "Oh Buddha, today I have discovered that I am not the only one who lost a loved one. Everywhere people have died. I see how foolish I was to think I could have my son back. I have accepted his death and this afternoon I cremated him. Now I have returned to you to hear your teachings, I am ready to listen."

The Buddha said, "Gotami, you have learned a great deal today. Suffering and death must come to everyone sooner or later. But if you can learn the truth you can live and die in happiness. Come I shall teach you." And so he taught her, and soon she found more peace than she had ever known before.

Now complete the passage on Kisa Gotami and the mustard seed on the next page.

A woman called _____ came to the Buddha in tears, holding the body of her dead baby _____. She was so upset that she had been everywhere to try to bring him back to _____. Her friends felt sorry for her and told her to go and see the Buddha.

When Gotami found the Buddha, she said to him, “Please bring back my son to life.”

Very gently, the Buddha answered, “I can help you Gotami, but first you must bring me something. I need one small _____ seed. However, this seed must come from a _____ where no-one has ever died.”

Gotami quickly went in search of a mustard seed. She went to the first house. A woman answered the _____ and Gotami asked her “I need a mustard seed, but it must come from a house where no-one has ever died. Do you have a mustard seed?” The woman at the door replied, “I would be happy to give you a mustard seed, but my _____ died last year.” Gotami thanked the woman and said, “I must continue my search somewhere else.”

Gotami went to another house. But the same thing happened again. This time a young girl answered the door and Gotami asked her for a mustard seed. The girl said she was sorry, but her mother had _____ a few weeks ago, so she could not help Gotami in her search.

Gotami kept searching all day for a house where no-one had ever died, but she could not find one. Everyone wanted to help her, but at every house someone had died before.

At the end of the day, Gotami returned to see the_____. The Buddha asked her, “Where is your mustard seed? Where is your son? You are not carrying him anymore.”

Gotami replied, “Oh sir, today I have found that I am not the only one who has lost a _____ one. Everywhere I have been people have died. Now I see how foolish I was to think I could have my son back. I have accepted that he is dead and this afternoon I _____ my son. Now I have come back to listen to you teach me. I am ready to listen.”

The Buddha then said, “Gotami, you have learned a great deal today. _____ and death must come to everyone sooner or later. If you learn the truth, you can live and die in _____. Come and sit here and I will _____ you.” So the Buddha taught Kisa Gotami and she was very happy.

Word bank

husband Buddha happiness mustard house teach died
Gotami loved door suffering cremated son life

Which of the Four Noble Truths does this story tell us about? Explain your answer.

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Explain the difference in the attitude of Kisa Gotami when she realised what the Buddha was teaching her.

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Explain how might it be difficult or challenging for a Buddhist to live in the UK today and follow the teachings of the Buddha? Give examples.

_____

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_____

Final Task

This is the final and most important task. Your grade for this homework will be judged by this essay.

Having studied the Buddha's teaching and reflected on the suffering in the world, you will now answer the following question:

"Will following the Buddha teachings reduce suffering?"

In your answer think about…

- examples of suffering (look back at your collage)
- What would a Buddhist say about suffering?
- Do **you** think following the Buddha's teaching will reduce suffering?
- What might someone who disagrees with this teaching say? How would they explain their reasons?

Below is space to make some notes before writing your answer on the next page.

Will following the Buddha's teaching reduce suffering?

A Buddhist would agree that following the Buddha's teaching will reduce suffering because

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Someone else may disagree that following the Buddha's teachings may not reduce suffering because

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To conclude I think