

RE Week 3

How and Where Do Buddhists Practice Their Faith?

How Do Buddhists Believe That You Could Reach
Nirvana?

Recap:

What did we learn last week about the eightfold path and how Buddhists use this to help them live their lives?

See if you can remember the different "paths" that you chose which are the most important in your life, or the ones that Buddhists try to follow.

The eightfold path is...

The paths Buddhists try to follow are...

The paths I chose are...

Buddhists spend their lives following the eightfold path in order to get to Nirvana. But what is Nirvana? Have a look at these pictures of what Buddhists imagine it to be like.



Do these pictures remind you of anywhere from another religion?



How do they compare to Christian ideas of heaven?



Watch the video about Nirvana. There is a link on the school website.

<https://www.youtube.com/watch?v=odWIPhj-iv0>

While you are watching, make notes about what Nirvana is and what Buddhists do to achieve it.

Think about the following questions:

What is Nirvana?

How do Buddhists view Nirvana?

What is included in a shrine? Why? What is the significance?

Your activity:

Create a poster about what Buddhists believe about Nirvana.

You may want to draw a picture to represent Nirvana like the ones we saw today, or decorate your poster with some of the Buddhist symbols that we learnt about earlier in the topic.

What is Nirvana?

Buddhists believe that...

Buddhists try to...

Many Buddhists have...



Plenary activity

If you were going to create a shrine in your home, what items would you include in it?

Try to think of 10 items which are important to you and that you would like to put in your shrine. Maybe you could even choose a quiet corner of your room and create your shrine!