Year 8 Buddhism home learning project

**Lesson one- What do Buddhists believe?**

**Learning Objective-**

* To understand who Buddhists are and what they believe

**Task-** Watch the video clip which explores the life of a Buddhist monk <https://www.truetube.co.uk/film/day-life-buddhist-monk?tab=film>

1. What is a Bikkhu?
2. What are alms?
3. What happens at 6am in the morning?
4. What is samatha and vipassana meditation?
5. Why are chores/jobs important?
6. What is enlightenment?
7. What are the 4 Noble Truths?
8. Where do Monks get the food they eat from?
9. What are the 8 basic things Buddhist monks will have and why are they important?
10. Buddhist monks are not allowed to marry- Why do you think this might be the case?
11. Do you think being a Monk would be easy? Explain



**Lesson three- The Four Noble Truths**

**Learning Objective:**

* Explore and evaluate the Buddha’s teachings on the 4 Noble Truths

**Task-**

1.Watch the video clip and then read the information from BBC bitesize:

<https://www.bbc.co.uk/programmes/p02mrlbg>

<https://www.bbc.co.uk/bitesize/guides/zd8bcj6/revision/6>

2.Explain what the 4 Noble Truths are and why they are important to Buddhists.

**Lesson six- Festivals**

**Learning objective**- Explore what happens at a Buddhist festival

**Task-**

1. Read through the BBC bitesize information
2. create a booklet that explores what happens during Buddhist festivals. <https://www.bbc.co.uk/bitesize/topics/z37s34j/articles/zrrn2sg>

**Lesson five- Buddhist Worship**

**Learning Objective:**

* Explore a Buddhist places of worship

**Task-**

1. Watch the clip and explain how and why Buddhists meditate.
2. Design your own Buddhist peace garden and explain the key parts of it.

<https://www.reonline.org.uk/specials/places-of-worship/buddhism_video.htm>

**Lesson four- The Eight-Fold path**

**Learning objectives:**

* To understand the Buddhist Eight-Fold Path
* To evaluate how easy, it would be to follow

**Task-**

1. Read the information about the Eight-Fold Path.
2. Create a poster/ diagram to explain what it is and what it teaches Buddhists

<https://www.bbc.co.uk/bitesize/guides/zr3sv9q/revision/3>

**Lesson two- The life of the Buddha**

**Learning Objective:**

* To understand who the Buddha is
* To explore how he influences Buddhists

**Task-** Watch the clip from TrueTube and create a storyboard to show the key events of the Buddhas life starting from his birth to him achieving enlightenment - <https://www.truetube.co.uk/film/enlightenment-buddha>