**Star Words**

Enlightened one Eightfold Path

Buddha Buddhism

Meditation



**Buddhism**

Start by watching this video about ‘What Buddhism is’

<https://www.bbc.co.uk/bitesize/topics/zh4mrj6/articles/zdbvjhv>



Buddhists follow the teachings of ‘**The Enlightened one’**, who they call the **Buddha**.

They feel that we can live a good life and avoid suffering by following the **Eightfold Path.**

**The Eightfold Path includes:**

1. Behaving kindly

2.Telling the truth

3. Earning money in a way that is not unkind

4. Being aware of your emotions

5. Trying hard

6. Concentrating

7. Remembering you may need to apologise for things you do that are wrong

8. Following the Buddhist path.



Buddhists do not pray as people of other religions do. Instead they focus their mind through meditation.

**Meditation** is like mindfulness we do in school.

Listen to this short piece of mindful music and think about how you have been kind/what you have done that was kind this week. Search for Short Meditation Music on you tube if you cannot follow the link.

<https://www.youtube.com/watch?v=cI4ryatVkKw>

The Eightfold Path is often represented by a wheel.

Tasks:

1. Decorate the Eightfold Wheel to show the ways Buddhists believe they can have a good life and write about each one on the lines.
2. Draw a picture of one element of the Eightfold path in the box below



