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

  

**What should we know?**

The triple refuge support Buddhists on their journey to enlightenment

Buddhists 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 ethically and morally good lives.

**Prior**

**learning**

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

**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.*

The Triple Gem

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

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| **Buddha** | Buddha is a title given to Siddhatta Gotama; it means ‘enlightened’ or ‘awakened’ one. | **Triple Gem** | Gold symbolises Buddha and his wisdom, Blue symbolises the Dharma (Buddha’s teaching) and Red symbolises the Sangha (Buddhist community). |
| **Dharma** | Is the path to enlightenment made of the Buddha’s teachings. | **Five Moral**  **Precepts** | 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. |
| **Sangha** | Sangha means ‘friendly or harmonious community’. It may be lay or monastic. | **Wesak** | Wesak celebrates the Buddha's birthday and, for some Buddhists, also marks his enlightenment and death. It is also called Buddha Day. |