

## RE – Year 4

### Being Reflective and Self Critical

We follow the Birmingham Agreed Syllabus which has been created by SACRE for all schools in Birmingham.



#### Religions that we are learning from:

##### Buddhism

The Four Noble Truths are:

1. Suffering exists. No-one can experience total satisfaction. Nothing is permanent.
2. The cause of suffering: People suffer because they are not satisfied.
3. To remove the suffering we need to recognise our feelings of greed and dissatisfaction and get rid of them.
4. Follow the path of the Buddha.

##### Meditation

Meditation can be practised whether you have religious beliefs or not. It is a time when people like to listen to calming music or to sit in silence and focus their mind.

#### Key questions to discuss at home:

- How and why do we compare ourselves with others?
- How do Buddhist teachings encourage people to do better?
- Why do some people meditate?
- Should we always want more or should we be content with what we have?

#### Key Vocabulary:

Compare – measure similarities and differences between things

Meditation – focus your mind for a period of time

Contentment – a state of happiness and satisfaction

Enlightened – to become more spiritually aware