



## EPISODE 4: Charlie and Blue Learn about Enlightenment

### Key Stage 1 Cross-Curricular Topic: Seeing the Light

#### Introduction

Buddhism was founded by Siddhartha Gautama in the 4<sup>th</sup> or 5<sup>th</sup> century BCE (nobody's quite sure exactly when). He is known as the Buddha ("someone who is enlightened" or "fully awakened one") but is not seen as a God. Buddhists do not think that believing in a creator God is as important as following the Buddha's teachings here and now.

The reason for the Buddha's importance is that his followers believe he reached enlightenment through meditation. To be enlightened means to suddenly find the answer to a big question. He wanted to know how to escape the cycle of life and death (Samsara) and taught that this could be achieved by following his teaching in the Four Noble Truths and the Noble Eightfold Path.

- |                  |   |
|------------------|---|
| The First Truth  | Sometimes people feel unhappy.  |
| The Second Truth | What makes people unhappy is that they can't get what they want, or they get something they don't want.   |
| The Third Truth  | The way to stop being unhappy is to give up wanting the wrong things.   |
| The Fourth Truth | The way to give up wanting the wrong things is to follow the Buddha's teaching: to become more peaceful and to think more about how to be kind and helpful to others. |

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# Overview

**Suitable for:** Key Stage 1

**Lesson Objectives:**

- To recall some of The Four Noble Truths.
- To talk about how people can live more peaceful and helpful lives.
- To describe what enlightenment is in Buddhism.

**Key Question:** What does enlightened mean?

**Time:** 45 minutes actual teaching and learning time.

**TrueTube Film:** [Charlie and Blue Learn about Enlightenment](#)  
Theme: *Ethics and Religion*  
Topic: *Religious Traditions/Founders*

**Resources:**

- Internet connected whiteboard or enough laptops or tablets for the class.

**Key Words:**

- Buddha
- Enlightenment
- Meditate
- The Four Noble Truths
- Buddhist
- Bodhi tree
- Selfish

## Film Digest







[Charlie and Blue Learn about Enlightenment](#) (5:50)





Theme: *Ethics and Religion*





Topic: *Religious Traditions/Founders*



Zippity-zip, let's go on a trip! Charlie and her favourite soft toy (and best friend) Blue visit a Buddhist Centre to find out what it means to be enlightened, and how Buddhists try to live more peaceful lives.

## Lesson Plan

	<p><b>Starter</b></p> <p>Begin by asking the children about how they are feeling.</p> <p>Ask them to:</p> <ul style="list-style-type: none"> <li>• talk to a partner about some of the good things in the world and then to share some of them with the class. E.g. they might think of their parents or brothers or sisters, their friends, things in the natural world like trees and fresh air, or nice things to eat.</li> <li>• talk to a partner about how talking about good things in the world made them feel and then to share their thoughts with the class.</li> </ul>	<p>5 mins</p>
	<p><b>Share the learning objectives</b></p> <ul style="list-style-type: none"> <li>• To recall some of The Four Noble Truths.</li> <li>• To talk about how people can live more peaceful and helpful lives.</li> <li>• To describe what enlightenment is in Buddhism.</li> </ul>	<p>2 mins</p>
	<p><b>Display and give the meaning of the key words</b></p> <ul style="list-style-type: none"> <li>• Buddha: The title given to a man called Siddhartha Gautama meaning “The Enlightened One”.</li> <li>• Enlightenment: To suddenly find the answer to a big question.</li> <li>• Meditate: To think deeply about something.</li> <li>• The Four Noble Truths: The Buddha’s teaching about how to become happier and more peaceful.</li> <li>• Buddhist: A person who follows the teaching of the Buddha.</li> <li>• Bodhi tree: The tree that the Buddha was sitting under when he became enlightened.</li> <li>• Selfish: Caring only about yourself and not about other people.</li> </ul> <p>You will find a useful glossary of other Buddhist terms here:  <a href="http://www.buddhanet.net/e-learning/history/b_gloss2.htm">http://www.buddhanet.net/e-learning/history/b_gloss2.htm</a></p>	<p>6 mins</p>
	<p><b>Play the film</b></p> <p><a href="#"><i>Charlie and Blue Learn about Enlightenment</i></a></p>	<p>6 mins</p>

	<p><b>Thinking Point 1</b></p> <p>Replay the opening scene up to the point where Charlie shows Blue her drawing (0:20 to 1:09). Pause the film at this point and ask:</p> <ul style="list-style-type: none"> <li>• What is the Buddha feeling, and how can you tell?</li> </ul>	<p>2 mins</p>
	<p><b>Thinking Point 2</b></p> <p>Replay the scene in the temple up to the point where Blue says, “It sounds easy when you put it like that” (1:48 to 3:53). Pause the film at this point and point out the Fourth Noble Truth (you can find the Four Noble Truths in the <i>Helpful Pictures</i> section below):</p> <ul style="list-style-type: none"> <li>• The way to give up wanting the wrong thing is to become more peaceful and to think more about how to be kind and helpful to others.</li> </ul> <p>Encourage the children to engage in some quiet thinking time about how they can each do that – then share with a partner. They might think of, e.g. making friends with a new person in the class, or giving comfort to another child who is crying.</p>	<p>5 mins</p>
	<p><b>Thinking Point 3</b></p> <p>Replay the next part of the film up to when Blue says, “Buddhists try to stop wanting the wrong things to feel happier” (4:32 to 5:05). Pause the film at this point and ask:</p> <ul style="list-style-type: none"> <li>• Can you remember what it means to be selfish?</li> </ul> <p>Ask them to explain their answer and then to suggest how we could all try to be less selfish in our lives.</p>	<p>2 mins</p>
	<p><b>Activity</b></p> <p>Creating a class “Path to Happiness”.</p> <p>Supply each child with a footprint shape (find “left” and “right” outlines in the <i>Useful Pictures</i> section below! You can do two depending on the age/ability), and ask them to think either:</p> <ol style="list-style-type: none"> <li>a) of a way to be more peaceful,</li> <li>or</li> <li>b) a way to be kind and helpful to others (this links to <i>Thinking Point 2</i> above).</li> </ol> <p>They can write or draw their ideas.</p> <p>The final footprints can create a class Path to Happiness based on what they have learnt through Buddhist teachings.</p> <p>Ask the children to think about the order in which they place the footprints:</p> <ul style="list-style-type: none"> <li>• Which ones can we do to begin with?</li> </ul> <p>Are there some that come later because you can’t do them without the earlier steps?</p>	<p>12 mins</p>

	<p><b>Plenary - Has Learning Taken Place?</b></p> <p>You could finish the lesson with ...</p> <p>Showing a picture of the Buddha and asking “Who is this?”</p> <p>Writing the word “enlightenment” on the board and saying it to the children – “What does this word mean? Can you remember? Share with a partner before you answer.”</p> <p>To end with, the children could close their eyes and listen to the teacher reading out some of their happiness ideas from the main activity.</p> <p>By the end of the lesson:</p> <p><b>All children can:</b> recall some of The Four Noble Truths.</p> <p><b>Most children can:</b> talk about how people can live a more peaceful and helpful life.</p> <p><b>Some children can:</b> describe in their own words what enlightenment is in Buddhism.</p>	5 mins
	<p><b>Extension - Suggested Further Activities</b></p> <p>If you would like to try a meditation or “stilling” exercise with the children, it is worth taking care so as not to confuse it with an “act of worship”. For some families it is important <b>not</b> to ask the children to “empty their minds”. Proper preparation and debriefing is essential.</p> <p>Good guides with examples of stilling that avoid these pitfalls can be found in Mary Stone’s book or in Michael Beesley’s advice (see the <i>Background Information</i> below).</p> <p>Introduce any stilling exercise linked to Buddhism by explaining that the Buddha became enlightened by thinking deeply about life’s problems, and that we are going to try this stilling exercise to help us think deeply too.</p> <p>A simple stilling exercise for KS1 children can be found here:  <a href="http://www.usingvisualisation.com/#/stilling-ks1/4549909339">http://www.usingvisualisation.com/#/stilling-ks1/4549909339</a></p> <p>At the end of the exercise invite the children to talk quietly in pairs about how they felt in the activity. They could then share thoughts with the whole class.</p>	
	<p>Create an individual Path to Happiness similar to the whole class activity.</p>	
	<p>Visit a Buddhist temple (sometimes called a Vihara or just a Buddhist Centre), or invite a Buddhist into school.</p> <p>Ensure that the children already have some questions prepared <b>and you have a note of them</b>. You might also like to nominate one or two of your more confident children to ask the first questions and get the ball rolling.</p>	

	<p>Play a short animated film of the Buddha's journey to enlightenment, e.g.</p> <p><a href="https://www.truetube.co.uk/film/enlightenment-buddha">https://www.truetube.co.uk/film/enlightenment-buddha</a></p> <p>This is for older children, but could be used in sections.</p> <p>Alternatively, you could use the first seven images from this website:</p> <p><a href="http://www.beyondthenet.net/buddha/b_main.asp">http://www.beyondthenet.net/buddha/b_main.asp</a></p> <p>...and tell the story around them, using the version in the "Assembly on the Buddha" (see <i>Resources</i> below).</p>	
	<p>Ask the children to consider a picture of the Buddha and the meaning of the different hand positions. Some explanations can be found here:</p> <p><a href="http://www.buddhas-online.com/mudras.html">http://www.buddhas-online.com/mudras.html</a></p>	



# Resources

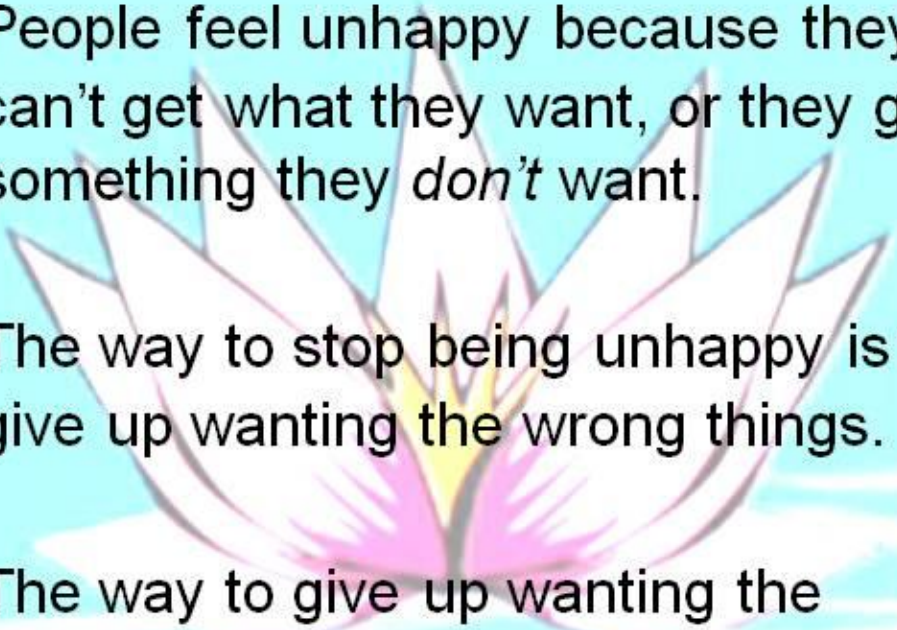
- Metropolitan Museum of Art, New York. Artwork featuring the Buddha:  
<http://www.metmuseum.org/toah/search/?search-term=buddha>
- An assembly on the Buddha:  
<http://www.assemblies.org.uk/pri/249/the-buddhas-birth-enlightenment-and-death>
- Animated films of the Buddha's life:  
<https://www.truetube.co.uk/film/enlightenment-buddha>  
<https://www.youtube.com/watch?v=nsN7NLs-0jI>
- Stilling exercise for KS1 children:  
<http://www.usingvisualisation.com/#/stilling-ks1/4549909339>

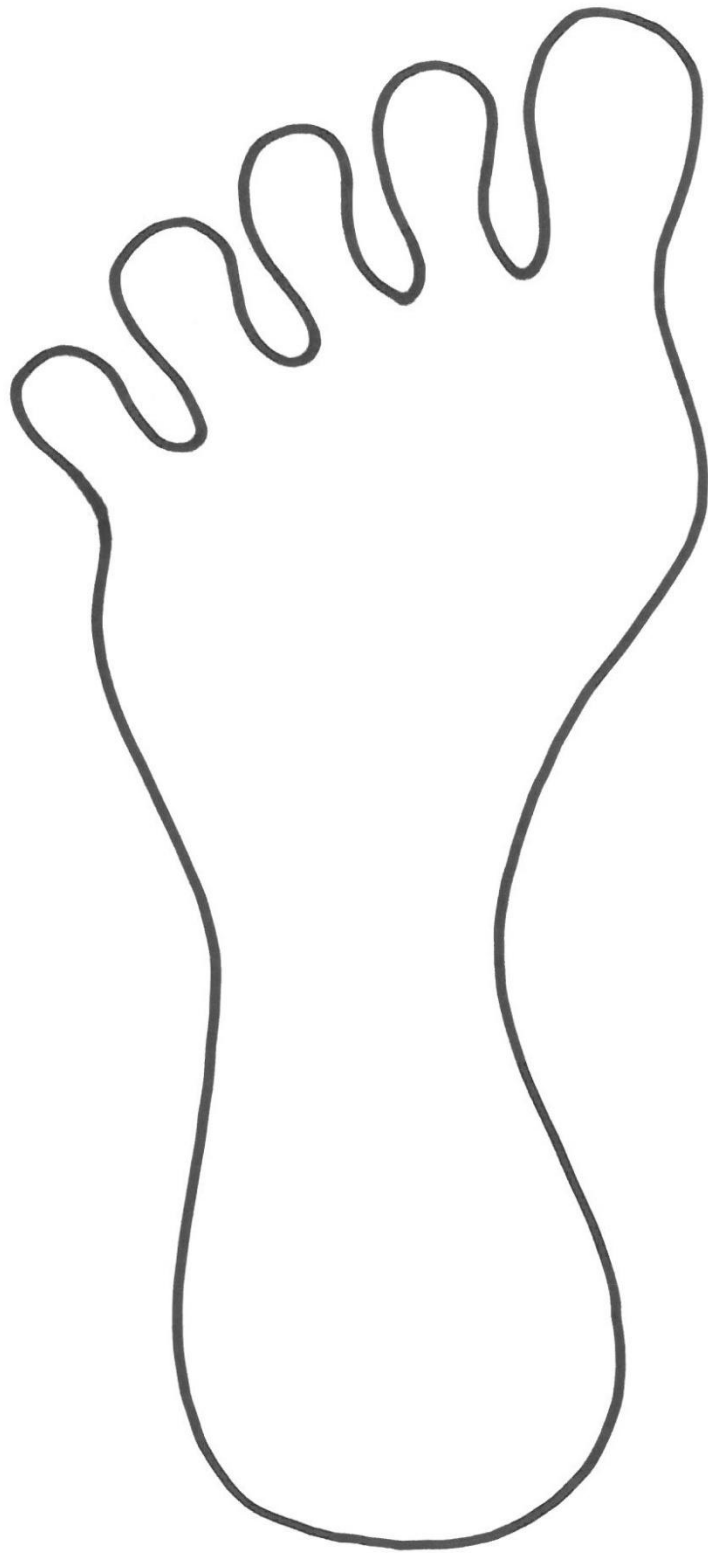
## Background Information

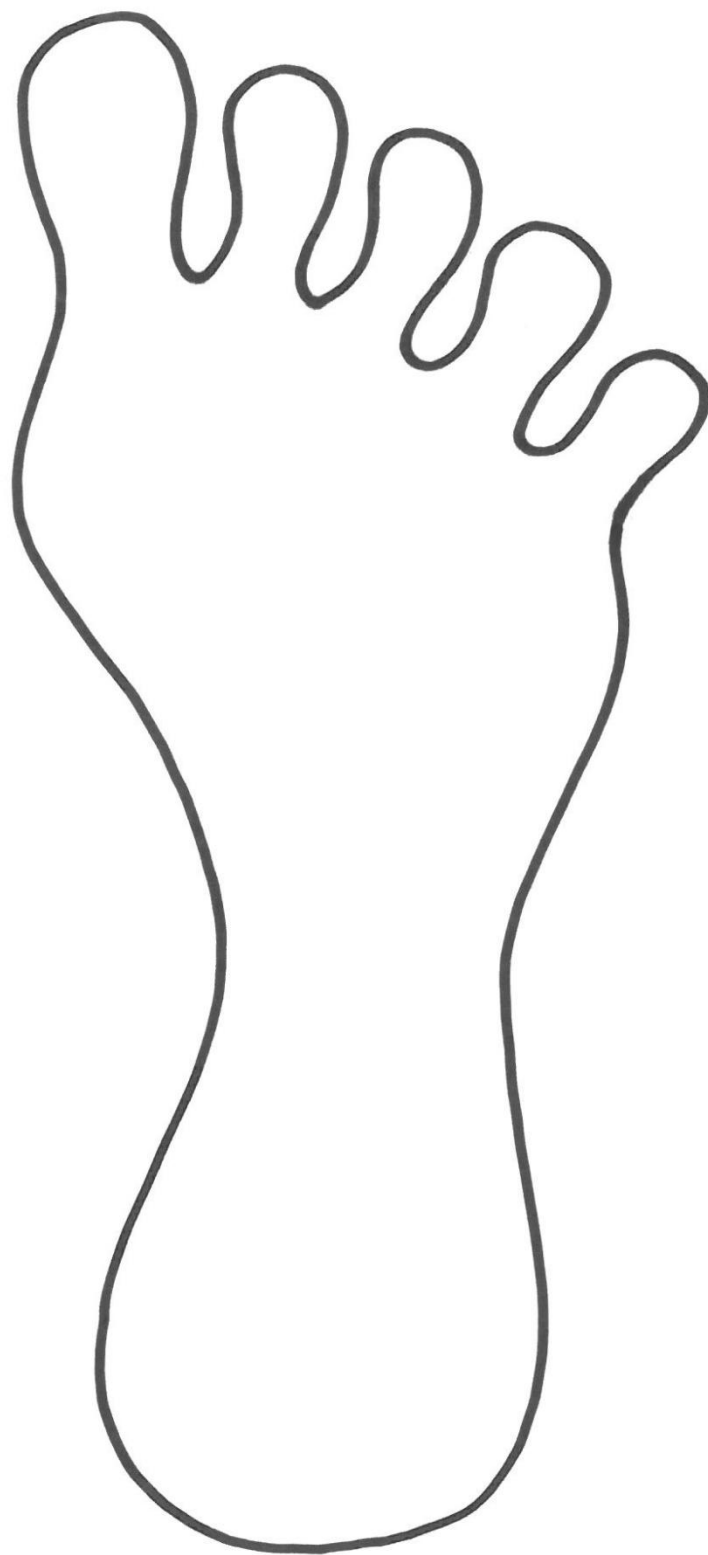
We think the following links related to this topic should prove useful to support your teaching and for following up on this introductory lesson:

- A selection of links for Buddhism and KS1 from RE:ONLINE:  
<http://www.reonline.org.uk/learning/belief-systems=buddhism;age-range=ks1;search=;sort=date;/>
- Email a believer:  
<http://pof.reonline.org.uk>
- Excellent subject knowledge resource:  
<http://www.buddhanet.net/e-learning/basic-guide.htm>
- Subject Knowledge:  
<http://resources.woodlands-junior.kent.sch.uk/homework/religion/buddhism.htm>
- Jataka Tales:  
<http://www.cleo.net.uk/resources/index.php?ks=1&cur=15>
- *Stilling: A pathway for Spiritual Learning in the National Curriculum*; Michael Beesley. Available from the Salisbury Diocesan Board of Education.  
Tel: 01722 428425.  
E: [derek.holloway@salisbury.anglican.org](mailto:derek.holloway@salisbury.anglican.org)
- Clive Erricker and Jane Erricker, 2001, *Meditation in Schools: A Practical Guide to Calmer Classrooms*. Continuum. See especially, Chapter 13 by Michael Beesley:  
[https://books.google.co.uk/books?id=kl4Zjw8f95UC&pg=PA71&dq=beesley+stilling&hl=en&sa=X&redir\\_esc=y#v=onepage&q=beesley%20stilling&f=false](https://books.google.co.uk/books?id=kl4Zjw8f95UC&pg=PA71&dq=beesley+stilling&hl=en&sa=X&redir_esc=y#v=onepage&q=beesley%20stilling&f=false)
- Mary Stone, 1995, *Don't Just Do Something, Sit There: Developing Children's Spiritual Awareness*, published by RMEP.

# The Four Noble Truths

- 1** Sometimes people feel unhappy.
  - 2** People feel unhappy because they can't get what they want, or they get something they *don't* want.
  - 3** The way to stop being unhappy is to give up wanting the wrong things.
  - 4** The way to give up wanting the wrong things is to follow the Buddha's teaching: to become more peaceful and to think more about how to be kind and helpful to others.
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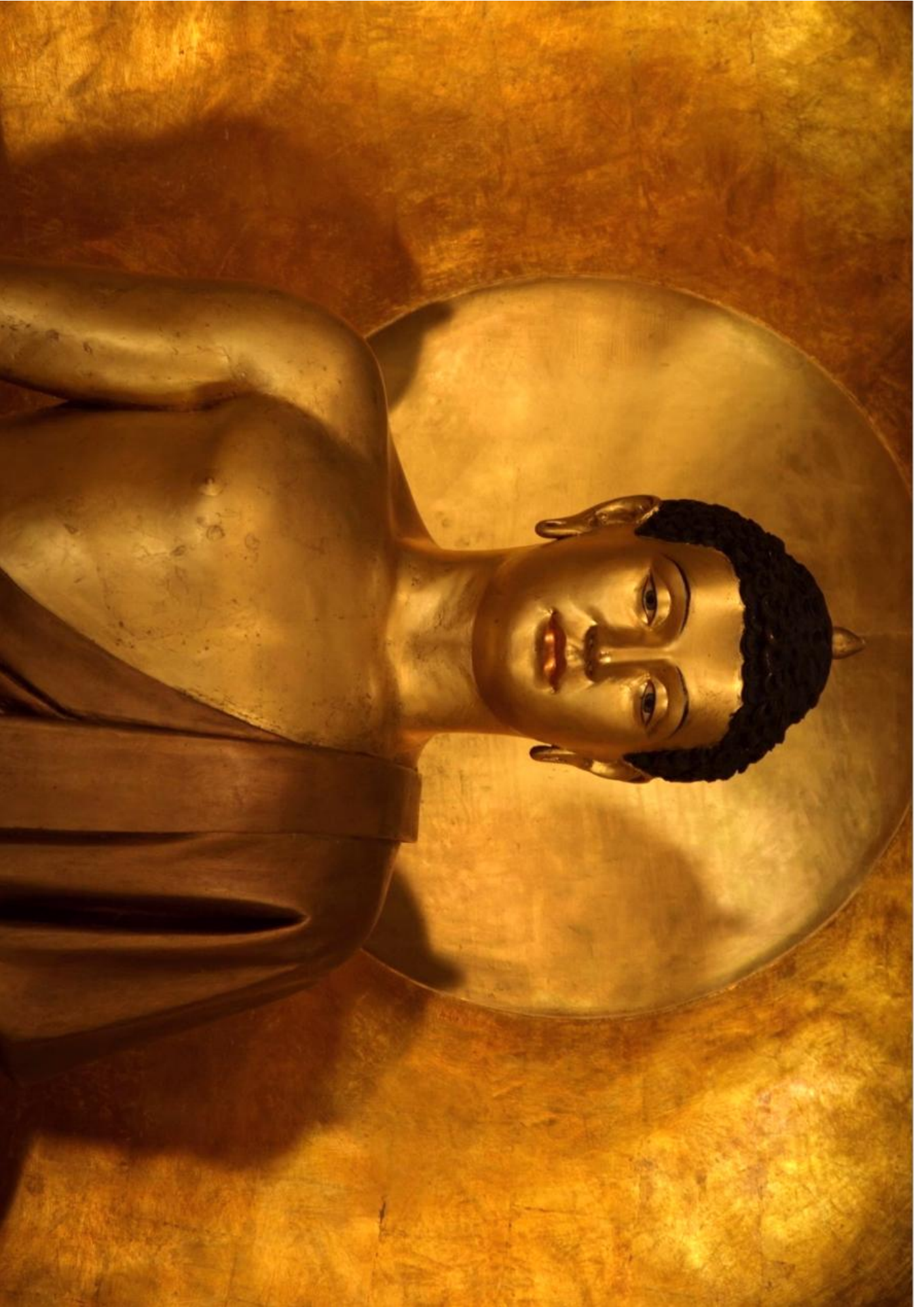


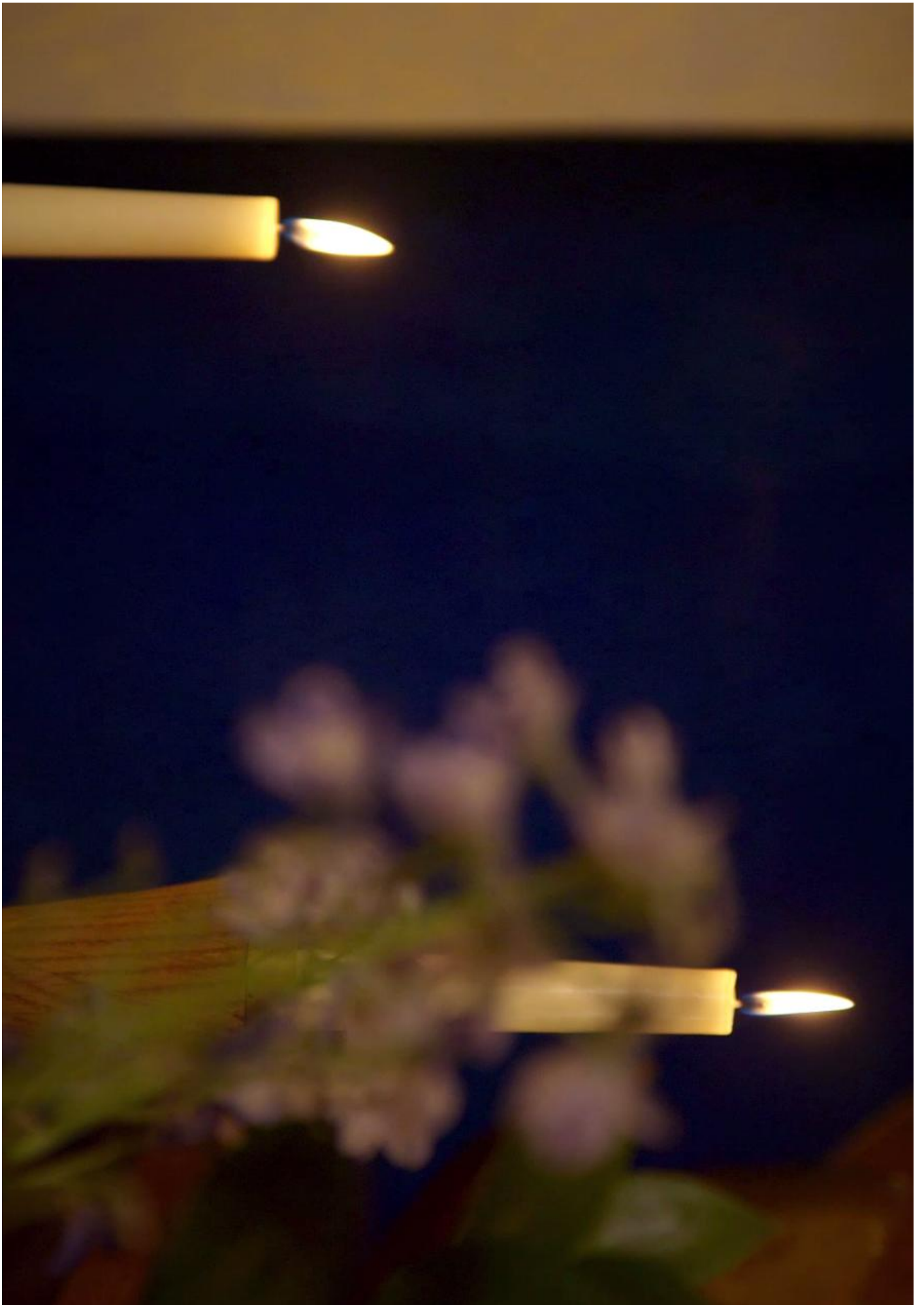














# The Four Noble Truths

- 1 Sometimes people feel unhappy because they can't get what they want, or they get something they don't want.
- 2 The way to stop being unhappy is to give up wanting the wrong things.
- 3 The way to give up wanting the wrong things is to become more peaceful and to think more about how to be kind and helpful to others.
- 4 Buddha's teaching: to follow the way to give up wanting the wrong things.

