



Religion	Buddhist
Denomination	Soto Zen
Question answered:	How does your belief in God affect your daily life? (KS2 Q2)
Key concepts, questions, and outcomes:	Meditation, precepts To what extent do religious beliefs influence and encourage 'good' behaviour? Pupils can describe some elements of Buddhist practice and how that links to leading a good life.
Key teaching points:	The Buddhist precept of not doing harm to others is paramount for Buddhists.
Prior knowledge:	The core Buddhist precepts such as the Noble 8-fold Path and the 3 Universal Truths and the 4 Noble Truths.

Core Vocabulary:			
Monk	Person who has chosen a religious life, usually in community	Meditation	Practice of sitting quietly and thinking deeply or allowing thoughts to cross your mind.
Priest	Person who officiates or leads worship	Kesa	Part of the robes a Buddhist monk may choose to wear.
Precept	Rules of conduct or basic beliefs		

Summary of answers:
<p>The monk's entire day is devoted to finding about who and what he is, and how it relates to the rest of the world. His appearance also reflects his role – short hair, wearing robes. He is wearing a kesa, which a monk wears when he makes a commitment. This robe connects him to the Buddha and the Buddhist precepts and as such is a constant reminder of Buddhist precepts. This leads to a monk's relationship and faith in Buddha growing. It doesn't guard against evil but encourages a person to think about everything that they say and do, being constantly aware of how their lives affect others. The main principle here is not to cause harm to others.</p> <p>The second speaker talks about how Buddhist practice involves a lot of meditation, and it becomes a regular daily event. She can sit quietly with no particular goal in mind, but just letting thoughts come and go. She finds this helpful and carries it through into her daily life, wherever she goes, and she carries that sense of quiet with her. She wants to be open and receptive to what needs to be done.</p>

Next Steps:
<p>Find out more about Buddhist precepts, exploring the 3 Universal Truths, the 8-fold Path and the 4 noble truths in more depth.</p> <p>Compare different kinds of meditation, both within Buddhist traditions and across religions.</p> <p>Consider how clothes and symbols can affect the way that people choose to behave – the Sikh 5 Ks make a good point of comparison here.</p>