

Hello, I hope you all had a lovely week, and enjoyed having a go at last week's RE lesson creating your own Buddhist decoration. I enjoyed practicing last week's mindfulness technique!

This week we are looking at another special event in Buddhism; Pilgrimage.

Now you have your login and passwords for the Microsoft Stream video learning, you can find a video for this lesson which you may prefer watching.

Search for;

Name: Year 3/4 - R.E. - PCJS

Description: Objective - I understand the role of pilgrimage in Buddhism.



What's a pilgrimage?



Learning Objective: I understand the role of pilgrimage in Buddhism.

I can explain what Buddhists believe about pilgrimages.

I can answer questions about the significance of the Eight Great Places.

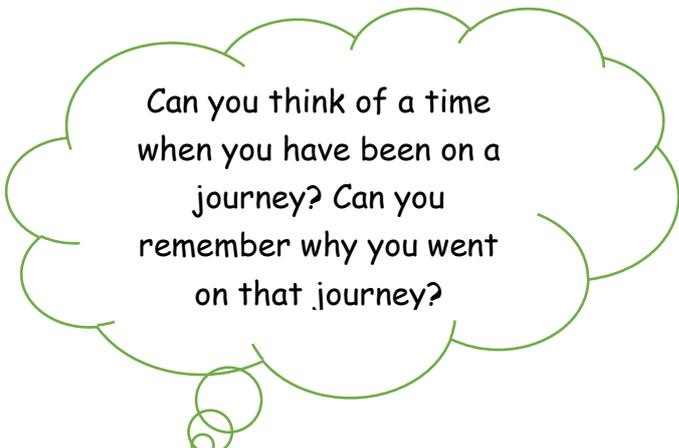
A pilgrimage is a special type of journey.

A pilgrimage is a journey, usually a long one for many people, to a special place that is important for religious reasons.

These special places are considered sacred (connected with God or a god).

They are different to places of worship (such as churches or temples) as they are considered to be important by everyone in the religion.

Some, or all, people belonging to the religion would want to make the journey to that special place at some point in their lives.



Can you think of a time when you have been on a journey? Can you remember why you went on that journey?

Can you remember any other religions that make pilgrimages?

Well done if you remembered, Hajj, the Islamic pilgrimage to Mecca, Saudi Arabia. They make this journey at least once in their lifetime, as part of the five pillars of Islam.

Also, Christianity; Christians make pilgrimages, one of the most popular is making the journey to Jerusalem in Israel and walk in the steps of Jesus in his final hours.



Your task today is to read the information sheet and answer the questions about Buddhist pilgrimage.



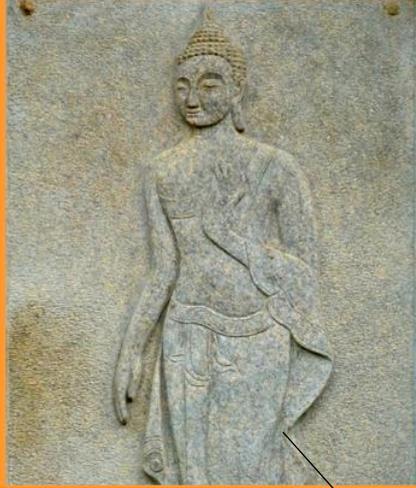
Pilgrimages are very important in Buddhism. Altogether, the most important Buddhist pilgrimage sites are known as the '**Eight Great Places**'. Four of the eight locations are believed to be where miracles took place.



Information Sheet

Sankassa

Place where Buddha came down to earth from heaven.



Shravasti

Major city where Buddha spent a great deal of time. He performed two miracles where flames came from his upper body and streams of water from his lower body.



Lumbini

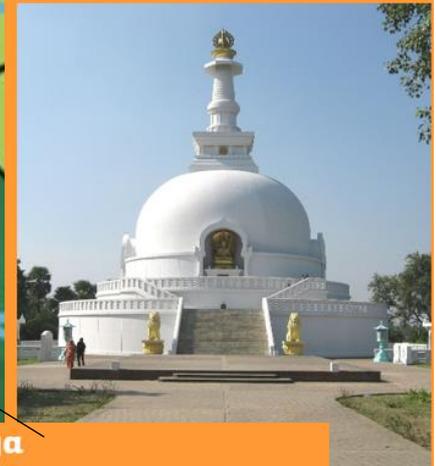
Place of Buddha's birth.



Photo courtesy of Bijaya2043 - granted under creative commons license

Vaishali

Place where Buddha was given the gift of a bowl of honey by a band of monkeys.



Kusinara

Place where Buddha died.



Sarnath

Place where Buddha delivered his first teaching.



Rajgir

Buddha subdued an angry elephant through friendliness.



Bodh Gaya

Place where Buddha gained enlightenment (reaching a state of perfection).



Questions

1) Why is Lumbini a place of pilgrimage for Buddhists?

2) Where did Buddha subdue (calm or soothe) an animal?

3) What did the band (collective noun) of monkeys give Buddha?

4) The place where Buddha gained enlightenment is called:

5) The locations associated with Buddha performing miracles are:

Next week we will create an advert/flyer for our own special journey.

Meditation



Meditation is a way Buddhists can clear their minds and relax, part of the Eightfold Path. So is the right mindfulness.

Mindfulness is useful for adults and children, it is paying attention and noticing what is around you as well as your thoughts and feelings. It helps to cope with big emotions and challenging experiences.

Each week instead of a whole meditation session, I will ask you to practice one mindfulness technique.

6. Embrace music – *to switch up your mood*



Harness the mood boosting power of music by making your own playlists – one that helps you feel peaceful, one to help you focus and another to give you a feel-good hit. A good old sing always lifts the spirits, too.

I hope you enjoyed the lesson 😊

Next week we will think about important journey's you have made before creating your own pilgrimage. Have a lovely week and remember to have a go at the new mindfulness technique!

Mrs Hunter-Howard

I used to make playlists when I was little! I used a cassette recorder! Even though we have moved on with technology, it remains great fun!