

# Who was Buddha?

## Learning Objective:

To explain what Buddha taught Buddhists about how to live their lives.

This is an important symbol for Buddhists. It is called **The Wheel of Life**.



What ideas do you think this represents? Talk to a partner.

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The wheel represents the cycle of birth, life, death and rebirth.

Buddhists believe that when someone dies they will be reborn. This is sometimes called reincarnation.

The eight spokes on the wheel remind Buddhists that Buddha taught about eight ways to live your life.

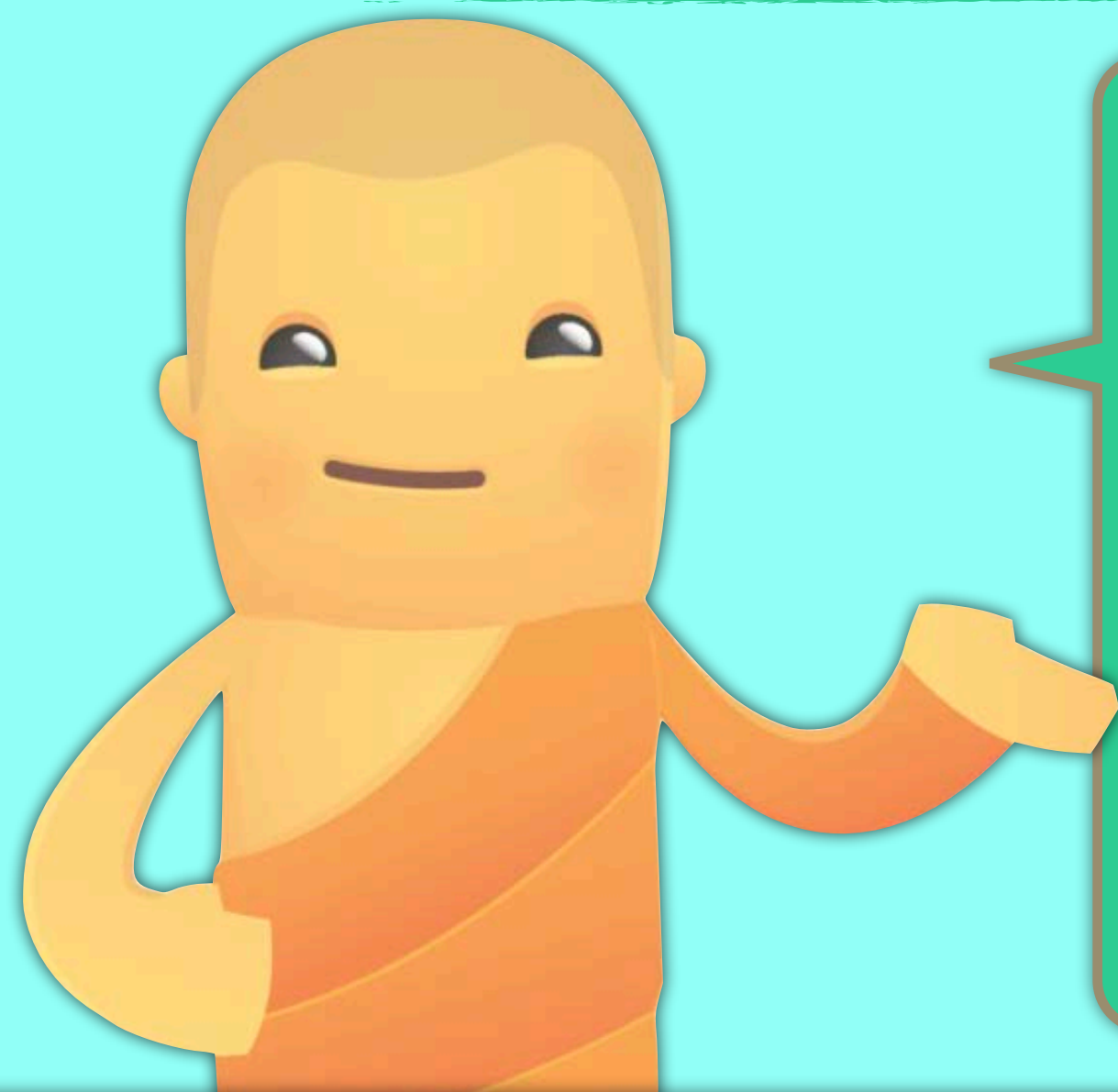


How does the Buddhist belief in reincarnation differ from other religions?



Talk to a partner.





Followers of these religions believe in forms of reincarnation. These include:

**Buddhism**

**Sikhism**

**Hinduism**

Followers of these religions do not believe in reincarnation:

**Christianity**

**Judaism**

**Islam**

Instead, they believe in an afterlife.



These are the eight rules explained by Buddha:

These rules are called 'The Noble Eight-fold Path'.

**Right Contemplation**

**Right Mindfulness**

**Right View**

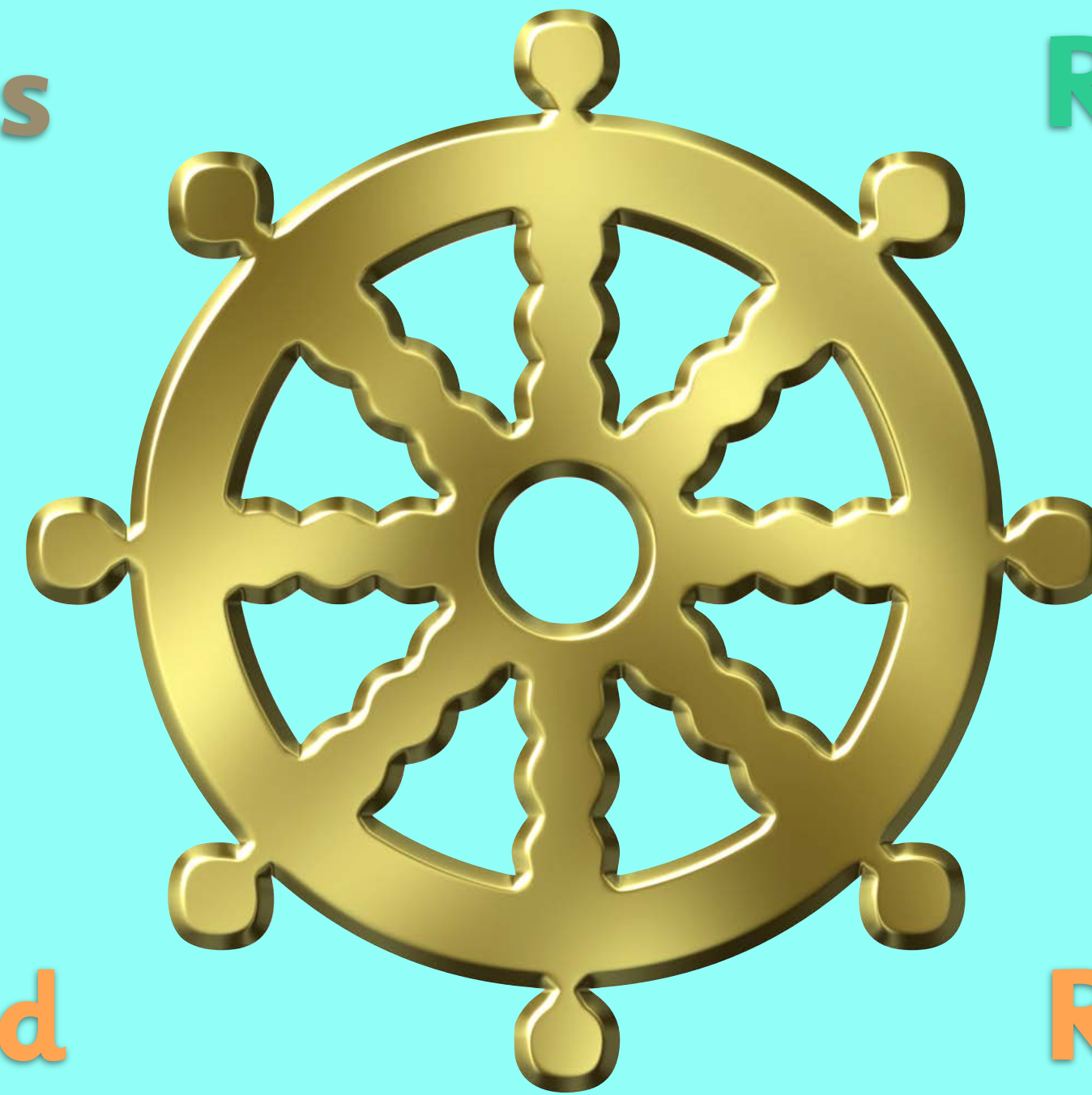
**Right Effort**

**Right Thought**

**Right Livelihood**

**Right Speech**

**Right Action**





Let's look more closely at a few of these eight rules:

## Right View

This means that Buddhists should learn about what Buddha taught and aim to be more like him.



# Right Livelihood

This means that Buddhists should try to live a good life that does not harm others, but helps them.

# Right Effort

This means that Buddhists should try to think and act in ways that are kind and positive.





Today we will be looking closely at some of the rules represented by The Wheel of Life.

