

**Thursday 27<sup>th</sup> May 2021**

**The Four Noble Truths**

**<https://www.bbc.co.uk/programmes/p010xtz3>**

**Watch the clip about Prince Siddhartha.**

**What did he see that was new and challenging to him?**

**What did the experiences teach the prince?**

**Write a diary entry to reflect on the evening after the experiences.**

<https://www.bbc.co.uk/bitesize/topics/zh4mrj6/articles/zdbvjhv>

The Four Noble Truths are:

1. All human life involves suffering. This is known as 'dukkha'. This does not mean humans are never happy. However, even things that make us happy will eventually end. This is because the world is always changing (impermanent).
2. The root of suffering is craving. This is the idea that humans always want things; we are never satisfied. This leads to suffering as in an impermanent world we cannot get everything we want.
3. We can escape suffering if we learn to be contented and stop craving. This state is known as nirvana. Buddha achieved this through his enlightenment.
4. We can end suffering by following what Buddha described as the 'middle way'. This involves living a life which is somewhere between the luxurious life Buddha lived in the palace and the poor, difficult life he lived as a holy man. This is also known as the 'Eightfold Path'. You will look at this in more detail in your next task.

# How would you represent The Four Noble Truths?

**Create a lift the flap poster about what they are.**

**Each must include:**

- **A title**
- **A brief description of it**
- **An illustration to make it clearer.**