What does the **RGS standard** look like in RE?

Year group: 7

Task: ***Explain why Buddhists and non-religious people may use meditation. How similar are their reasons for taking part in meditation/mindfulness activities?***

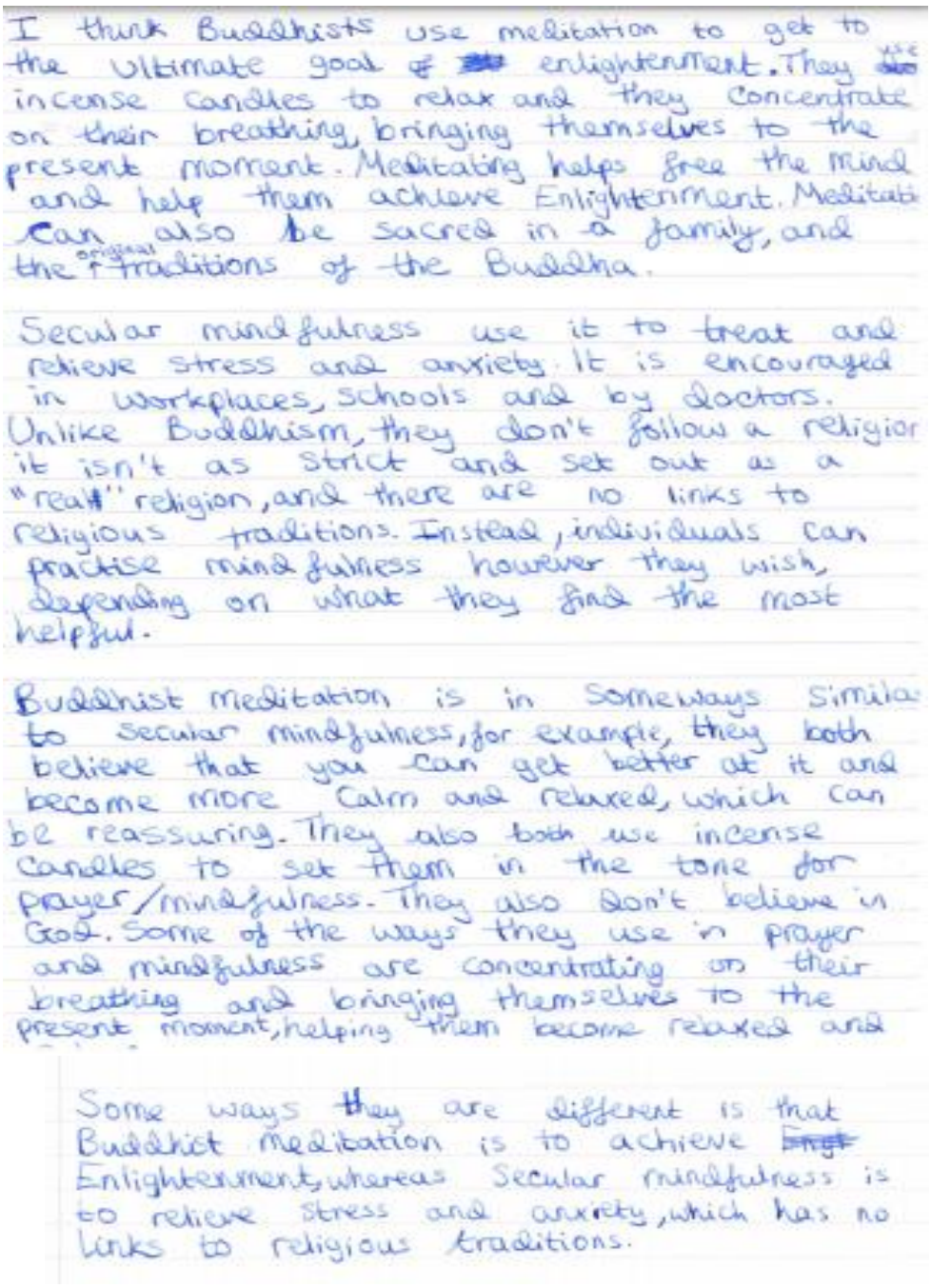
Clear links between beliefs and practices from the outset.

Good use of specialist vocabulary.

Comparing how religious and non-religious people approach comparable practices.

Showing similarities between religious and non-religious practices.

Highlighting differences between religious and secular approaches.



I think Buddhists use meditation to get to the ultimate goal of enlightenment. They use incense candles to relax and they concentrate on their breathing, bringing themselves to the present moment. Meditating helps free the mind and help them achieve Enlightenment. Meditati can also be sacred in a family, and the original traditions of the Buddha.

Secular mindfulness use it to treat and relieve stress and anxiety. It is encouraged in workplaces, schools and by doctors. Unlike Buddhism, they don't follow a religior it isn't as strict and set out as a "real" religion, and there are no links to religious traditions. Instead, individuals can practise mindfulness however they wish, depending on what they find the most helpful.

Buddhist meditation is in someways Simila to secular mindfulness, for example, they both believe that you can get better at it and become more calm and relaxed, which can be reassuring. They also both use incense candles to set them in the tone for prayer/mindfulness. They also don't believe in God. Some of the ways they use in prayer and mindfulness are concentrating on their breathing and bringing themselves to the present moment, helping them become relaxed and

Some ways they are different is that Buddhist meditation is to achieve Enlightenment, whereas Secular mindfulness is to relieve stress and anxiety, which has no links to religious traditions.