

An Introduction to Buddhism

Learning objective: To understand the key beliefs of Buddhism, including the life of the Buddha and the goal of enlightenment.

Max the monkey is helping us solve the puzzle of Buddhism! Use your knowledge of the Buddha's life and Buddhist teachings to answer the questions below.

Word bank: Siddhartha Gautama · Enlightenment · Meditation · Nirvana · Compassion · The Middle Way

1. What was the birth name of the person who became the Buddha? (1 mark)

2. The Buddha taught that people should not live in extreme luxury or extreme poverty. What is the name of this balanced way of living? (1 mark)

3. Describe what happens when someone reaches 'Enlightenment'. What does it mean for their mind and heart? (2 marks)

4. Buddhists often practice meditation. Explain why they do this and how it might help them in their daily lives. (2 marks)

5. One of the most important values in Buddhism is compassion. Give an example of how a child could show compassion to others in the playground. (2 marks)

6. What is the name of the state of perfect peace and the end of suffering that Buddhists strive to reach? (1 mark)

Draw: Draw a picture of a peaceful place where someone might go to practice meditation. Include things that make the environment feel calm.



Extension challenge: Can you research and write down one of the 'Five Precepts' (the guidelines for living) that Buddhists follow to live a good life?