

Understanding Buddhism: My Fact File

Learning objective: To explain the key beliefs and practices of Buddhism, including the life of the Buddha.

Use the prompts below to write your own detailed report about Buddhism. Use the word bank to help you link your ideas together.

Buddhism is a major world religion and philosophy that began thousands of years ago in India.

Word bank: furthermore · consequently · for example · in addition · similarly · meditation · enlightenment · compassion · mindfulness

1. The Story of Siddhartha Gautama: Who was the Buddha before he became enlightened and what did he discover? (Start with: Long ago, Siddhartha Gautama was...)

2. Key Beliefs: What are the main goals for a Buddhist, and why is kindness important? (Start with: Buddhists believe that...)

3. Practising Mindfulness: How do Buddhists use meditation in their daily lives? (Start with: One way Buddhists practise their faith is...)

4. Symbols of Buddhism: What does the Dharma Wheel or the Lotus flower represent? (Start with: An important symbol in Buddhism is...)

5. Comparing Beliefs: How does the Buddhist idea of peace compare to your own ideas of being a good person? (Start with: I think the Buddhist focus on peace is similar to...)

Extension challenge: Can you research and write a short paragraph about how Buddhists celebrate Vesak?