

Class 4 RE Assessment: Understanding Buddhism

Learning objective: To demonstrate knowledge of the life of Siddhartha Gautama, key Buddhist beliefs, and the practice of meditation.

Read each question carefully and write your answers in the spaces provided. Max the monkey is here to help you think of this like a puzzle—take your time and do your best!

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

1. Who was the founder of Buddhism? (Use the word bank) (1 mark)

2. Siddhartha Gautama was born as a prince. Describe one thing about his early life in the palace. (2 marks)

3. When the prince left the palace, he saw four things that changed his life. Name two of these things. (2 marks)

4. What does the term 'Enlightenment' mean in Buddhism? (2 marks)

5. Explain what Buddhists mean by 'The Middle Way'. Why is it important to avoid extremes? (4 marks)

6. What is meditation, and how does it help a Buddhist person in their daily life? (4 marks)

7. Imagine a friend is feeling very upset because they lost a favourite toy. Using what you have learned about Buddhist teachings on kindness and letting go of attachments, how could you help them feel more peaceful? Write a short paragraph. (5 marks)

Draw: In the space below, draw a symbol that represents peace or mindfulness, and explain why you chose it. (5 marks)



Extension challenge: Total: /25