

Discovering Buddhism

Explore the Path to Peace and Mindfulness with Nova and Leo!

- Buddhism began in India over 2,500 years ago with a prince named Siddhartha Gautama, who became the Buddha.
- The word 'Buddha' means 'The Enlightened One' or 'The Awakened One'.
- Buddhists believe in being kind to all living things and practicing compassion towards others.
- Meditation is a way of training the mind to be still, peaceful, and mindful of the present moment.
- The Eightfold Path is a set of guides that help Buddhists live a good life and find inner peace.
- The Dharma Wheel is an important symbol in Buddhism, representing the Buddha's teachings.

Did you know? Did you know? Buddhists often use a singing bowl during meditation. When you rub the rim of the bowl, it makes a beautiful, humming sound that helps people feel calm and focused!

Key vocabulary: Siddhartha Gautama · Enlightenment · Meditation · Karma · Nirvana · Dharma