

The Path to Peace: A Buddhist Journey with Leo

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

Leo the Lion is learning about Buddhism and how to find inner peace. He has found a series of 'Wisdom Cards', but the descriptions have been mixed up! Match the Buddhist term or person on the left to the correct meaning on the right by drawing a line. Then, explain why these ideas might help someone feel happy and calm.

Word bank: Siddhartha Gautama · Meditation · The Eightfold Path · Enlightenment · Karma · Mindfulness

1. Match 'Siddhartha Gautama' to: The prince who became the Buddha after seeking the truth about suffering. (1 mark)

2. Match 'Meditation' to: A practice of calming the mind and focusing the breath to find peace. (1 mark)

3. Match 'The Eightfold Path' to: A set of eight guides for living a good, moral, and mindful life. (1 mark)

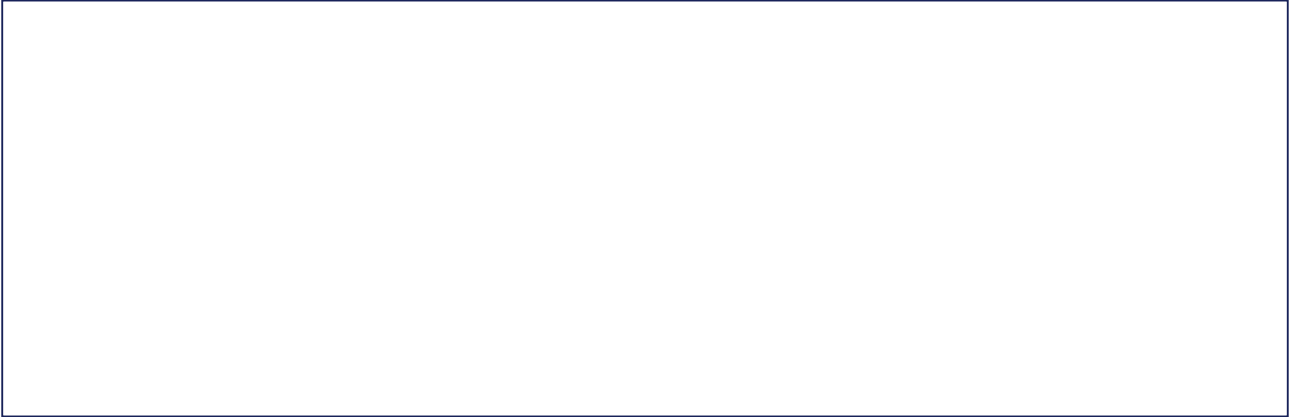
4. Match 'Enlightenment' to: The state of complete understanding and awakening that the Buddha reached. (1 mark)

5. Match 'Karma' to: The belief that our good or bad actions influence what happens to us in the future. (1 mark)

6. Match 'Mindfulness' to: Being fully aware of where you are and what you are feeling in the present moment. (1 mark)

7. Application: Leo wants to be more mindful. Which of the practices above should he try, and how would it help him feel calmer during a busy day? (3 marks)

Draw: Draw a picture of Leo the Lion sitting quietly in meditation under a Bodhi tree. Use calming colours to show how he is feeling.



Extension challenge: Can you think of one way you can show kindness (Metta) to a friend or family member today? Write a short sentence explaining your idea.