

Learning About Buddhism

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

Read the text carefully. Use the information in the passage to answer the questions that follow. Write your answers in full sentences.

Leo the lion was curious about how people find peace and happiness. He sat down with Ellie, who used her incredible memory to tell him about Buddhism. Ellie explained that Buddhism began over 2,500 years ago in India with a prince named Siddhartha Gautama. Siddhartha noticed that people in the world experienced sadness and suffering, and he wanted to find a way to stop it.

After spending many years searching and meditating, Siddhartha reached a state called 'Enlightenment'. He became the Buddha, which means 'the Enlightened One'. The Buddha taught that being kind to all living things and having a calm mind is the secret to happiness. He taught people to be mindful, which means paying close attention to the present moment.

Today, Buddhists often visit temples to meditate. Meditation helps them feel peaceful and focused. They believe in 'karma', the idea that if you do good things for others, good things will happen to you. Leo decided that being kind and mindful was a wonderful way to lead his group adventures.

Word bank: Enlightenment · Meditation · Compassion · Siddhartha · Mindfulness

1. Where did Buddhism begin and who was the prince that started it? (2 marks)

2. What does the word 'Buddha' mean? (1 mark)

3. Why did Siddhartha Gautama spend many years searching and meditating? (2 marks)

4. How might meditation help a person in their daily life, based on the text? (2 marks)

5. Do you think the idea of 'karma' encourages people to be better citizens? Explain why you think this. (3 marks)

Draw: Draw a picture of Leo and Ellie sitting peacefully under a large Bodhi tree, practicing mindfulness together.



Extension challenge: Research and write a short paragraph about a Buddhist temple. What do they look like and what happens inside them?