My Peaceful Fact-File: Learning about Buddhism

Learning objective: To identify and describe key features of Buddhism, including symbols, practices, and the importance of kindness.

Help Ellie the Elephant learn about the world by filling in this fact-file. Use the word bank to help you complete your sentences. You can talk to a partner or your teacher about your answers before you write them down.

Word bank: Kindness · Lotus flower · Shrine · Meditation · Peace · Buddha

1. The Teacher: Who is the person that Buddhists follow and learn from? Write their name here. (2 marks)

2. A Special Symbol: Draw or describe a symbol that is important to Buddhists (hint: think of a flower that grows on water). (2 marks)

3. Quiet Time: What do Buddhists do to help them feel calm and quiet? Describe how it feels to be very still. (2 marks)

4. Being Kind: Buddhism teaches us to be kind to everyone. What is one kind thing you can do for a friend today? (2 marks)

5. My Reflection: Why do you think it is important for people to have a special place to sit and think peacefully? (2 marks)

Extension challenge: Find a quiet corner in your classroom. Close your eyes for 30 seconds and listen to the sounds around you. Draw a picture of what 'peace' looks like to you.