

Exploring the Path of Buddhism with Ellie the Elephant

Learning objective: To understand the core beliefs, practices, and key figures within Buddhism.

Use these flashcards to test your knowledge of Buddhism. Ellie the Elephant has gathered these facts to help you remember the history and traditions of this world religion.

Who was Siddhartha Gautama?

He was a prince who lived in ancient India and became the Buddha, which means 'The Awakened One', after seeking the truth about suffering.

What is the meaning of 'Enlightenment' in Buddhism?

It is the state of perfect wisdom and peace, achieved when a person fully understands the truth about life and stops the cycle of suffering.

What are the 'Four Noble Truths'?

These are the core teachings of the Buddha explaining why people suffer and how they can find peace and happiness.

What is the 'Dharma'?

This refers to the teachings of the Buddha and the universal laws of nature that followers try to live by.

What is the Sangha?

It is the community of Buddhists, including monks, nuns, and laypeople, who support each other on their spiritual journey.

What is the purpose of meditation?

It is a practice used to calm the mind, improve focus, and develop a deeper awareness of oneself and the world.

What are the Five Precepts?

These are five ethical guidelines that Buddhists follow to live a good life, such as not causing harm to living things and not taking what is not given.

What is the Tripitaka?

It is the earliest collection of the Buddha's teachings, often called the 'Three Baskets' because they were originally written on palm leaves stored in baskets.

What does the Lotus Flower symbolise?

It represents purity and enlightenment because the flower grows beautifully out of muddy water, showing that goodness can rise from difficult situations.

What is Vesak?

It is the most important Buddhist festival, celebrating the birth, enlightenment, and passing of the Buddha.