

Exploring the Path: A Fact-File on Buddhism

Learning objective: To identify and explain the core beliefs, practices, and significance of Buddhism within a global context.

Use your textbook or research materials to fill in the sections below. Think carefully about how these beliefs influence the daily lives of Buddhists. When answering the 'Greater Depth' questions, provide evidence or logical reasoning to support your ideas.

Word bank: Siddhartha Gautama · Enlightenment · Dharma · Four Noble Truths · Eightfold Path · Meditation · Karma · Sangha · Vesak

1. The Origin Story: Describe the life of Siddhartha Gautama before he became the Buddha. Why did he choose to leave his life of luxury behind? (3 marks)

2. Core Teachings: Explain the Four Noble Truths in your own words. How do these teachings aim to help people find inner peace? (4 marks)

3. Compare and Contrast: Compare the practice of meditation in Buddhism to a time when you might need to be still and reflective. What are the similarities and differences? (4 marks)

4. The Eightfold Path: Choose one aspect of the Eightfold Path (e.g., Right Speech or Right Action). Explain why this is important for living a harmonious life in today's society. (3 marks)

5. Justify your answer: Some people believe that following the Eightfold Path is a difficult challenge. Do you agree? Use examples to justify your opinion. (4 marks)

6. What might happen if: If everyone in a school followed the Buddhist principle of 'Right Action' (acting kindly and not harming others), how might the school environment change? Explain your reasoning. (4 marks)

Extension challenge: Design a 'Mindfulness Map' for Ellie the elephant. On one side, list three stressors she might face, and on the other, explain how using Buddhist-inspired meditation or reflective breathing could help her manage those feelings. Write a short poem about the importance of kindness to all living things.