

Exploring the Path of Buddhism with Ellie the Elephant

Learning objective: To understand the core beliefs of Buddhism, including the life of Siddhartha Gautama, the Four Noble Truths, and the importance of meditation and the Eightfold Path.

Read each question carefully and use your knowledge of Buddhism to provide thoughtful, well-reasoned answers. Use the word bank to help you express your ideas clearly.

Word bank: Siddhartha Gautama · Enlightenment · Meditation · Four Noble Truths · Eightfold Path · Compassion · Suffering · Nirvana

1. Ellie the Elephant is curious about the origins of Buddhism. Explain who Siddhartha Gautama was before he became the Buddha and identify the moment that changed his life path. (2 marks)

2. The Four Noble Truths are central to Buddhist belief. Summarise the core message of these truths in your own words. Why do you think acknowledging 'suffering' is considered a starting point for finding peace? (3 marks)

3. Compare and contrast the 'Eightfold Path' with the idea of living a 'good life' in your own community. List two specific actions someone might take today that follow the Eightfold Path. (3 marks)

4. Justify your answer: Why is meditation such a vital practice for Buddhists seeking Enlightenment? How might regular meditation affect a person's daily interactions with others? (3 marks)

5. What might happen if a person chose to ignore the concept of 'compassion' while trying to follow the path towards Nirvana? Explain the potential impact on their spiritual journey. (3 marks)

Draw: Draw a representation of the 'Eightfold Path' as a garden path. Label each of the eight stones with a virtue from the path, such as 'Right Speech' or 'Right Action', and include symbols of peace and nature, like a lotus flower or a quiet pond.



Extension challenge: Imagine you are a teacher explaining the concept of 'Mindfulness' to a younger student. Write a short, persuasive speech (100 words) encouraging them to practice a moment of stillness each day to improve their focus and kindness towards others.