

Buddhism: Paths of Wisdom with Ellie the Elephant

Learning objective: To understand key concepts, beliefs, and practices of Buddhism as part of the Year 5 Religious Education curriculum.

Read the front of each flashcard to test your knowledge. Flip to the back (after the pipe symbol) to check your answer and see what Ellie the Elephant has learned!

Who was the founder of Buddhism?

Siddhartha Gautama, a prince who left his palace to seek the truth about suffering and life.

What is the term for the state of perfect peace and understanding that Buddhists strive to reach?

Enlightenment (or Nirvana).

What are the core teachings of Buddhism that explain why suffering happens and how to end it?

The Four Noble Truths.

What is the 'Eightfold Path'?

A set of eight guidelines for how to live a good, moral, and mindful life to reach enlightenment.

What is the term for the Buddhist teachings or the 'law' of the universe?

Dharma.

What is the sacred collection of Buddhist scriptures called?

The Tripitaka (also known as the Pali Canon).

What is the Buddhist practice of calming the mind and focusing on the present moment?

Meditation.

What is the term for the idea that our actions have consequences that shape our future?

Karma.

What is the name for the community of Buddhist monks, nuns, and followers?

The Sangha.

Which annual festival celebrates the birth, enlightenment, and passing of the Buddha?

Vesak.

Ellie asks: Why might a Buddhist choose to give up many material possessions?

To focus less on 'things' and more on wisdom, kindness, and spiritual growth.

What does the symbol of the 'Dharma Wheel' represent?

The teachings of the Buddha and the path to enlightenment, with its eight spokes representing the Eightfold Path.