

Exploring Buddhism: A Fact-File with Nova the Owl

Learning objective: To identify and explain key beliefs and practices of Buddhism, including the origins of the faith and the importance of meditation.

Help Nova the Owl learn about Buddhism by completing this fact-file. Use your textbook or class notes to fill in the boxes with clear, accurate information. Think carefully about how these beliefs influence the lives of Buddhists today.

Word bank: Siddhartha Gautama · Enlightenment · Meditation · The Four Noble Truths · Eightfold Path · Dharma · Shrine · Compassion

1. Origins: Who was Siddhartha Gautama and what significant journey did he take to become the Buddha? (3 marks)

2. Core Beliefs: Briefly explain what 'The Four Noble Truths' are and why they are important to Buddhists. (3 marks)

3. Practices: Describe the purpose of meditation in Buddhism. How might a Buddhist use a shrine in their home? (3 marks)

4. The Eightfold Path: Choose two steps from the Eightfold Path and explain how a person might put these into practice in their daily life. (4 marks)

5. Reflection: Why do you think 'compassion' is considered such a vital part of Buddhist teachings for all living things? (2 marks)

Extension challenge: Imagine you are explaining the concept of 'Enlightenment' to a younger student. Write a short paragraph explaining it in simple, respectful language.