

Exploring the Teachings of Buddhism

Learning objective: To describe and explain the core beliefs, practices, and values of Buddhism.

Use the prompts below to structure your writing. Think about how Buddhists put their beliefs into practice in their daily lives. Refer to the word bank to help make your sentences more detailed.

Buddhism is a world religion that began over 2,500 years ago, based on the teachings of Siddhartha Gautama, who became known as the Buddha.

Word bank: furthermore · the Eightfold Path · compassion · mindfulness · enlightenment · consequently · in addition to · Siddhartha Gautama · peaceful · meditation

1. The Life of the Buddha: Begin by describing who Siddhartha Gautama was and why he chose to leave his life of luxury to search for the truth. Explain what he discovered... (3 marks)

2. Core Beliefs: What are the Four Noble Truths? Explain why these teachings are important to Buddhists in their quest for understanding suffering... (3 marks)

3. The Eightfold Path: Choose two parts of the Eightfold Path (such as Right Action or Right Mindfulness) and explain how a person might apply these to their daily life today... (3 marks)

4. Meditation and Peace: Describe what happens during Buddhist meditation and why many Buddhists believe it is an essential practice for a healthy mind... (2 marks)

5. Reflection: Why do you think the value of 'compassion' is so central to the Buddhist way of life? How might this affect the way a person treats others? (2 marks)

Extension challenge: Research a Buddhist festival, such as Vesak. Write a short paragraph explaining how it is celebrated and why it is significant to the Buddhist community.