

The Path of Peace: A Buddhist Journey with Ellie

Learning objective: To understand the core teachings of Buddhism, including the Four Noble Truths and the Eightfold Path, and reflect on how these values promote kindness and mindfulness.

Ellie the elephant has been studying the life of Siddhartha Gautama and the principles of Buddhism. She has created a 'Choice and Consequence' sorting activity. For each scenario, decide if the action aligns with Buddhist teachings about compassion and mindfulness (The Eightfold Path). Place a tick next to the actions that follow the path of peace, and a cross next to those that do not. Then, justify your choices using the questions provided.

Word bank: Mindfulness · Compassion · Siddhartha Gautama · Eightfold Path · Meditation · Peace · Suffering · Kindness

1. 1. You see a classmate struggling to carry their books. You decide to ignore them because you are in a rush. Is this an act of 'Right Action'? Explain why or why not. (2 marks)

2. 2. You feel angry about a maths problem and decide to take three deep breaths to calm your mind before trying again. How does this link to the Buddhist practice of Mindfulness? (2 marks)

3. 3. Compare and contrast the idea of 'Right Speech' with the way we treat people online. Why is kindness important in both? (2 marks)

4. 4. Justify your answer: If everyone in the world followed the Eightfold Path, what might happen to the levels of conflict in our communities? (2 marks)

5. 5. What might happen if someone decided to pursue 'Right Livelihood' by choosing a job that helped others rather than one that only made money? Explain your reasoning. (2 marks)

6. 6. Ellie believes that meditation helps us see the world more clearly. Can you describe a time when you were completely still and focused on your breathing? How did it make you feel? (2 marks)

Draw: Draw a 'Wheel of Life' that shows eight petals. In each petal, draw a small symbol representing one part of the Eightfold Path (e.g., a speech bubble for Right Speech, a heart for Right Action, or a book for Right Understanding).



Extension challenge: Imagine you are a teacher explaining the 'Four Noble Truths' to a younger student. Write a short, encouraging script (100 words) using your own words to explain why suffering happens and how we can find peace through our choices.