

Buddhism: The Path of Peace with Ellie the Elephant

Learning objective: To understand the core beliefs, practices, and origins of Buddhism, including the life of Siddhartha Gautama and the importance of kindness and meditation.

Read the information provided by Ellie the Elephant and answer the quiz questions below. Think carefully about the values of kindness and mindfulness.

Ellie the Elephant has been visiting historic sites to learn about Buddhism. She discovered that the religion began with Siddhartha Gautama, a prince who left his palace to find the meaning of suffering. After years of searching and deep thinking, he reached a state of perfect understanding called 'Enlightenment' and became known as the Buddha. Buddhists believe in being kind to all living things, living a simple life, and using meditation to find inner peace. Many Buddhists visit a temple or have a small shrine at home to help them focus their thoughts. They aim to follow the 'Eightfold Path', which is a guide for living a wise, ethical, and mindful life.

Word bank: Siddhartha · Enlightenment · Meditation · Buddha · Temple · Shrine · Eightfold Path · Compassion

1. Who was the founder of Buddhism? A) A king, B) A prince named Siddhartha, C) A monk, D) A farmer. (Select the correct option) (1 mark)

2. True or False: Buddhists believe that showing compassion to all living things is important. (1 mark)

3. What do Buddhists call the state of perfect understanding and wisdom? (1 mark)

4. Which of these is a place where Buddhists might go to pray or meditate? A) A library, B) A museum, C) A temple, D) A park. (Select the correct option) (1 mark)

5. True or False: Meditation is a practice used by Buddhists to help clear the mind and find inner peace. (1 mark)

6. What is the name of the guide that helps Buddhists live a wise and ethical life? (1 mark)

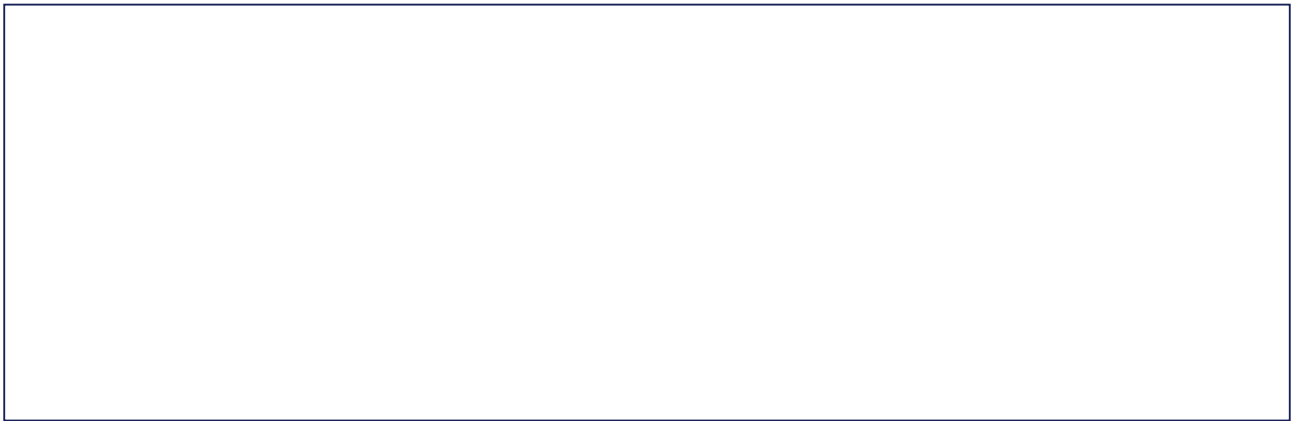
7. Which word describes the feeling of deep sympathy and concern for others? A) Jealousy, B) Compassion, C) Anger, D) Greed. (Select the correct option) (1 mark)

8. True or False: Siddhartha Gautama was born into a very poor family. (1 mark)

9. What is the title given to Siddhartha Gautama once he achieved Enlightenment? (1 mark)

10. Name one thing you might find in a Buddhist home to help with focus and reflection. (1 mark)

Draw: Draw a peaceful garden scene that represents the concept of 'inner peace' for a Buddhist monk, including a lotus flower which is a symbol of purity.



Extension challenge: 1. Explain why Siddhartha Gautama felt it was necessary to leave his palace to find the truth. 2. Compare and contrast the life of a prince with the life of a wandering seeker. 3. Justify your answer: Is it possible for someone who is not a Buddhist to follow the Eightfold Path? Why or why not? 4. What might happen if everyone in the world practised daily meditation? 5. Why do you think the lotus flower is used as a symbol in Buddhism? 6. Design a 'Path of Kindness' poster that includes three actions a Class 4 pupil could take to demonstrate compassion at school.