

Exploring the Teachings of Buddhism with Ellie

Learning objective: To understand the core beliefs, practices, and the journey of Siddhartha Gautama in the Buddhist faith.

Read each question carefully and use your knowledge of Buddhism to provide detailed answers. Think about what Ellie the Elephant has taught us about peace, mindfulness, and the history of this religion.

Ellie the Elephant loves visiting places of worship to learn about history and peaceful ways of living. Today, she is sharing her notes on Buddhism, a religion that began in ancient India and focuses on finding inner peace and understanding the nature of life.

Word bank: Siddhartha Gautama · Enlightenment · The Middle Way · Four Noble Truths · Eightfold Path · Meditation · Shrine

1. Who was Siddhartha Gautama, and what significant change happened to him under the Bodhi tree? (2 marks)

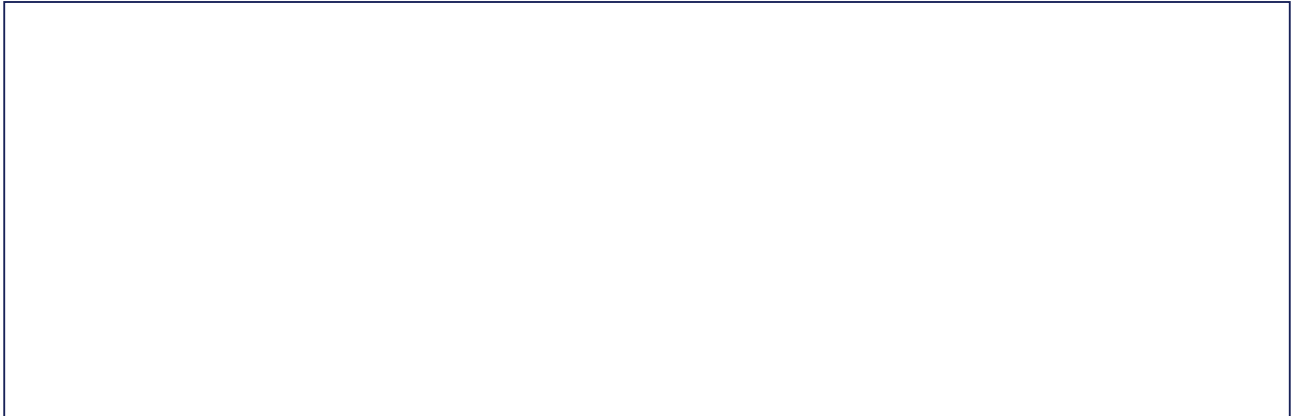
2. Explain what is meant by 'The Middle Way' in Buddhist teaching. Why do Buddhists believe this is a better path than extreme luxury or extreme hardship? (3 marks)

3. List two of the 'Four Noble Truths'. How do these truths help a Buddhist understand suffering? (2 marks)

4. Why is meditation an important practice for Buddhists in their daily lives? (2 marks)

5. Imagine you are visiting a Buddhist shrine. Describe two items you might find there and explain why they are significant to the people praying. (3 marks)

Draw: Draw a peaceful scene of a Buddhist shrine. Include items like a lotus flower, a candle, and a statue, showing how the space is used for reflection and mindfulness.



Extension challenge: Research the 'Eightfold Path'. Create a poster that illustrates three of these 'paths' (such as Right Speech or Right Action) and explain how a child in Class 5 could apply these to their life at school.