

## A Journey into Buddhism with Pip

Step into the calm and kindness of Buddhism with Pip the bookworm!

- **Buddhism began in India a long time ago. It was started by a man named Siddhartha Gautama, who later became known as the Buddha.**
- **The word 'Buddha' means 'The Awakened One'. He taught people how to find peace and happiness in their lives.**
- **Buddhists believe in showing kindness to all living things, including animals and plants.**
- **Many Buddhists visit a shrine to meditate. Meditation is a way of sitting quietly to think calm thoughts and clear the mind.**
- **Buddhists try to follow the 'Middle Way', which means living a balanced life without too much or too little of anything.**

*Did you know? Did you know? Buddhists often use a mala, which is a string of 108 beads, to help them focus while they say kind words or meditate. It is like a calming tool for the mind!*

**Key vocabulary: Buddhism · Siddhartha Gautama · Buddha · Enlightenment · Shrine · Meditation · Kindness**