

# Exploring the Path of Buddhism with Ellie

*Learning objective: To describe and explain the core beliefs and practices of Buddhism, reflecting on how these values influence the lives of followers.*

Use this writing frame to structure your explanation of Buddhism. Refer to your class notes and use the word bank to help you express your ideas clearly. Remember to use formal, academic language suitable for a Grade 3 RE essay.

Buddhism is a significant world religion that began over two thousand years ago with the teachings of Siddhartha Gautama, who became known as the Buddha.

*Word bank: Siddhartha Gautama · enlightenment · the Four Noble Truths · mindfulness · compassion · meditation · consequently · furthermore · in addition to · similarly · on the other hand · significantly*

**1. The Origins of Buddhism: Who was Siddhartha Gautama and what significant journey did he undertake to discover the truth about human suffering? Start by explaining... (2 marks)**

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**2. Core Beliefs: What are the Four Noble Truths, and why do they form the foundation of Buddhist thought? Describe these truths by stating... (3 marks)**

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**3. Living with Compassion: How do Buddhists demonstrate the values of kindness and mindfulness in their daily lives? You might include examples such as... (3 marks)**

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**4. The Role of Meditation: Why is meditation a central practice for Buddhists, and how does it help a person achieve inner peace? Explain how... (3 marks)**

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**5. Comparison and Contrast: Compare the concept of 'enlightenment' in Buddhism with other beliefs or personal goals you have studied. Justify your answer by saying... (4 marks)**

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**6. Critical Reflection: What might happen if a community truly practiced the Buddhist value of 'ahimsa' (non-violence) in every interaction? Explain why you think... (5 marks)**

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*Extension challenge: Imagine you are an explorer traveling with Ellie the Elephant to an ancient Buddhist temple. Write a diary entry describing the atmosphere, the objects you see (such as prayer wheels or statues), and how the environment makes you feel. Use at least five words from the word bank in your entry.*