

The Path of Peace: Understanding Buddhism

Join Ellie the Elephant on a journey of discovery and mindfulness!

- Buddhism began over 2,500 years ago with Siddhartha Gautama, a prince who left his palace to search for the meaning of suffering and happiness.
- Buddhists believe in the 'Four Noble Truths', which help people understand that life has challenges and that we can overcome them by changing our thoughts and actions.
- The Eightfold Path acts as a guide for living a good life, focusing on being kind, speaking truthfully, and acting with compassion towards all living things.
- Meditation is a very important practice in Buddhism; it helps people to calm their minds, focus their thoughts, and become more aware of the present moment.
- Dharma represents the teachings of the Buddha, which are like a map helping followers to live in harmony with the world and reach a state of peace called Nirvana.

Did you know? Did you know? The title 'Buddha' is not a name, but a title that means 'The Awakened One'. It refers to someone who has achieved a deep understanding of how the world works and has found inner peace.

Key vocabulary: Siddhartha Gautama · Enlightenment · Dharma · Meditation · The Eightfold Path · Nirvana