

Buddhism: A Journey of Wisdom with Ellie

Learning objective: To identify key beliefs, figures, and practices within the Buddhist faith, as per the Elementary RE curriculum.

Join Ellie the Elephant on a learning expedition! Read the questions carefully and use your knowledge of Buddhism to find the answers. Good luck!

Answer Key: 1. A (Siddhartha Gautama), 2. True, 3. False (The Eightfold Path), 4. Meditation, 5. C (To reach enlightenment), 6. True, 7. Shrine, 8. B (Dharma), 9. False (They do not have a single creator god), 10. Vesak.

Word bank: Siddhartha Gautama · Enlightenment · Dharma · Eightfold Path · Meditation · Temple · Shrine · Vesak

1. 1. Who was the founder of Buddhism? A) Siddhartha Gautama*, B) The Dalai Lama, C) King Ashoka, D) Confucius (1 mark)

2. 2. True or False: Buddhists believe that meditation helps to calm the mind and gain wisdom. (1 mark)

3. 3. True or False: The 'Fivefold Path' is the set of rules Buddhists follow to live a good life. (1 mark)

4. 4. What is the practice of sitting quietly and focusing the mind called? (1 mark)

5. 5. What was the main goal Siddhartha Gautama sought to achieve? A) To become a king, B) To build a large temple, C) To reach enlightenment*, D) To travel the world (1 mark)

6. 6. True or False: Many Buddhists have a small space in their home for prayer called a shrine. (1 mark)

7. 7. What is the name of the place where Buddhists often go to worship and study together? (1 mark)

8. 8. What is the Buddhist term for the teachings or the 'truth' of the universe? A) Karma, B) Dharma*, C) Nirvana, D) Sangha (1 mark)

9. 9. True or False: Buddhists believe that a creator god is responsible for everything in the world. (1 mark)

10. 10. What is the name of the most important festival that celebrates the birth, enlightenment, and passing of the Buddha? (1 mark)

Draw: Draw a peaceful garden scene that includes a lotus flower, which is a common symbol in Buddhism representing purity and growth.



Extension challenge: Ellie the Elephant wants to know: Why do you think peace and kindness are considered so important in the Buddhist faith? Write three sentences explaining your thoughts.