Learning About Buddhism with Ellie the Elephant

Join Ellie the Elephant on a journey of kindness and peace!

- **Buddhists believe that being kind to everyone and everything is the most important way to live.**
- **Many Buddhists visit a special, quiet place called a temple to sit, think, and feel peaceful.**
- **The Buddha was a wise teacher who taught people how to be happy by helping others.**
- **Meditation is a way for Buddhists to be very still and quiet inside their minds.**
- **Sharing what we have with our friends is a wonderful way to show we care, just as Buddhists practice generosity.**

> *Did you know? Did you know? Buddhists often use a beautiful flower called a lotus to remind them to be calm and kind, just like how a flower grows beautifully from the mud!*

Key vocabulary: Buddha · Kindness · Peace · Temple · Lotus flower · Sharing