

Exploring the Path: A Buddhist Reflection

Learning objective: To understand and visually represent the key symbols and principles of Buddhism, including the Eightfold Path and the concept of enlightenment.

Use your knowledge of Buddhism to create a detailed diagram. Include the symbols in your drawing and ensure you label each one clearly. Use colours that reflect the peace and wisdom associated with the Buddhist tradition.

Draw: Create a peaceful scene featuring a central figure meditating in a serene garden. In the background, draw a large, golden Dharmachakra (the wheel) suspended in the air. Surround the base of the meditating figure with several blooming lotus flowers. Use a calm colour palette—think soft blues, greens, and warm golds. Ensure there is enough space around your drawing to add clear, neat labels using the provided word bank.



Label words: Dharmachakra · Eightfold Path · Lotus Flower · Meditation · Enlightenment · Compassion · Mindfulness

Steps:

1. Explain why the lotus flower is a significant symbol in Buddhism. What does it represent about human life?
2. The Dharmachakra has eight spokes. Why might these spokes be used to represent the 'Eightfold Path'?
3. Compare and contrast the practice of meditation with the concept of 'Mindfulness'. How do they differ?

4. Justify your answer: Is it possible for someone who is not a Buddhist to practice the Eightfold Path in their daily life?
5. What might happen if someone attempted to follow the 'Middle Way' when making a difficult decision at school?
6. Label your drawing: Identify where you have placed the Dharmachakra and the Lotus Flower.