

The Path of Enlightenment: A Buddhist Quiz with Ellie the Elephant

Learning objective: To consolidate knowledge about the origins, core beliefs, and practices of Buddhism, as per the UK Year 5 Religious Education curriculum.

Join Ellie the Elephant as she remembers the key facts about Buddhism! Read the questions carefully and use your best reasoning to answer each one. Good luck!

Answer Key: 1. A (Siddhartha Gautama); 2. True; 3. Meditation; 4. B (To end suffering); 5. False (It is a non-theistic religion); 6. The Eightfold Path; 7. C (The Tripitaka); 8. True; 9. Nirvana; 10. D (All of the above).

Word bank: Siddhartha Gautama · Enlightenment · Meditation · Dharma · Nirvana · Tripitaka · Eightfold Path · Compassion

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

2. 2. True or False: Buddhists believe that following the Middle Way helps people achieve a state of inner peace. (1 mark)

3. 3. What is the practice of training the mind to focus and achieve a calm, clear state called? (1 word) (1 mark)

4. 4. What is the primary purpose of the Four Noble Truths? A) To gain wealth, B) To understand and end suffering*, C) To learn to fly, D) To build temples. (1 mark)

5. 5. True or False: Buddhism is considered a polytheistic religion, meaning they worship many gods. (1 mark)

6. 6. What is the name of the guide that Buddhists follow to live ethically and wisely? (3 words) (1 mark)

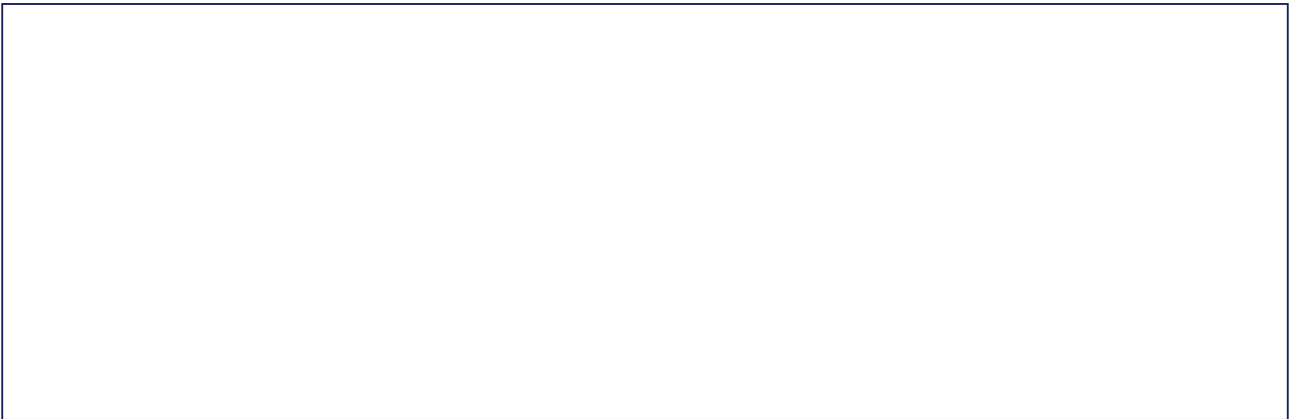
7. 7. Which of these is a sacred text in Buddhism? A) The Bible, B) The Qur'an, C) The Tripitaka*, D) The Torah. (1 mark)

8. 8. True or False: Compassion for all living creatures is a core value in Buddhist teachings. (1 mark)

9. 9. What is the ultimate goal of Buddhism, representing the end of the cycle of rebirth? (1 word) (1 mark)

10. 10. Where might a Buddhist practise their faith? A) At home, B) In a temple, C) At a monastery, D) All of the above*. (1 mark)

Draw: Draw a Lotus flower. In Buddhist symbolism, what does the lotus represent about the human journey towards wisdom and enlightenment? Add a label to your drawing explaining your ideas.



Extension challenge: Greater Depth Challenges: 1. Explain why Siddhartha Gautama chose to leave his life of luxury. 2. Compare and contrast the concept of 'Nirvana' with ideas of heaven in other religions. 3. Justify why meditation is considered an essential practice for Buddhists. 4. What might happen if a person ignores the Eightfold Path? 5. How does the concept of 'non-harming' (ahimsa) influence a Buddhist's daily choices? 6. Imagine you are a Buddhist monk or nun; describe one way you would serve your community to show compassion.