

Exploring the Path of Wisdom: A Fact-File on Buddhism

Learning objective: To identify and explain the core beliefs, practices, and key figures within Buddhism, demonstrating a deep understanding of the religion's origins and teachings.

Use this fact-file template to organise your research on Buddhism. You may use your class textbook or provided library resources to find the information. Ensure you use specific terminology and provide thoughtful explanations to show your understanding. Max the monkey thinks these are great puzzles to solve—see if you can find the 'hidden' connections between these concepts!

Word bank: Siddhartha Gautama · Enlightenment · The Four Noble Truths · The Eightfold Path · Dharma · Nirvana · Sangha · Compassion · Meditation · Karma

1. The Origins of Buddhism: Who was Siddhartha Gautama, and what significant life events led him to seek the truth about human suffering? (3 marks)

2. The Four Noble Truths: Explain the core concept of these truths. Why do Buddhists believe that desire leads to suffering? (4 marks)

3. The Eightfold Path: Choose two aspects of the Eightfold Path. Describe them and justify how following these might lead to a more harmonious life. (4 marks)

4. Compare and Contrast: Compare the concept of 'Karma' in Buddhism to the idea of 'consequences' in daily life. How do these differ or align? (4 marks)

5. Explain why meditation is considered a fundamental practice for a Buddhist. What are the intended outcomes of this practice? (3 marks)

6. What might happen if a person living today decided to follow the principles of the Eightfold Path in their interactions with others at school? (4 marks)

Extension challenge: Design a 'Mindfulness Map'. Create a visual representation of how a Buddhist might apply the principle of compassion to a real-world problem, such as environmental care or resolving a conflict between friends. Write a short paragraph justifying why these actions reflect core Buddhist values.