

Exploring the Path of Buddhism with Ellie the Elephant

Learning objective: To understand and explain the core beliefs and practices of Buddhism, reflecting on how these teachings influence a follower's life.

Use the prompts below to build your explanation of Buddhist beliefs. Think carefully about how Ellie might research these topics in the history books to ensure your writing is thoughtful and accurate.

Buddhism is a world religion that began over 2,500 years ago, based on the teachings of Siddhartha Gautama, who became known as the Buddha.

Word bank: Enlightenment · Compassion · The Four Noble Truths · Mindfulness · Karma · Interconnectedness · Consequently · Furthermore · In contrast · Significantly

1. The Life of the Buddha: Describe the journey of Siddhartha Gautama from a prince to the 'Awakened One'. What significant events led him to seek enlightenment?... (3 marks)

2. The Four Noble Truths: Explain the core concept of the Four Noble Truths. How do these teachings help a Buddhist understand the nature of suffering and happiness?... (4 marks)

3. The Eightfold Path: Compare and contrast how different parts of the Eightfold Path (such as Right Speech or Right Action) might influence a person's daily behaviour. Justify why these are considered important for a peaceful life... (4 marks)

4. Living with Compassion: Explain why the concept of 'Metta' (loving-kindness) is fundamental to Buddhism. How might this change the way someone interacts with their community?... (3 marks)

5. Reflection on Mindfulness: What might happen if more people in the modern world adopted the Buddhist practice of mindfulness?... (3 marks)

6. Personal Connection: If you were to choose one Buddhist value to help make your school a better place, which would it be and why?... (3 marks)

Extension challenge: Write a short, reflective poem in the style of Leo the Lion, capturing the essence of the Middle Way. Alternatively, research the significance of the Lotus flower in Buddhist art and write a paragraph explaining what it symbolises about personal growth.