

Learning about Buddhism with Ellie

Learning objective: To understand the core beliefs and practices of Buddhism.

Read the story below with Ellie the Elephant. Use the word bank to help you. Write your answers in the boxes provided.

Ellie the Elephant loves to learn about history and different ways of life. Today, she is teaching us about Buddhism. Buddhism is a religion that started a long time ago in India. It began with a man named Siddhartha Gautama. He became known as the Buddha, which means the 'Awakened One'.

Buddhists believe that being kind to everyone is very important. They try to show love to all living things, including animals and plants. Many Buddhists like to spend time in quiet meditation. This helps them to clear their minds and find inner peace. They do not have a god to pray to. Instead, they focus on their own thoughts and actions to become better people.

Some Buddhists visit a special building called a temple to learn and reflect together. In a temple, they might light candles or offer flowers to show respect. They believe that if we all act with kindness, the world will be a much happier place. Ellie thinks this is a wonderful way to live because it makes everyone feel safe and valued.

Word bank: Siddhartha · Buddhism · meditation · kindness · peace · temple

1. Who was the man that started Buddhism? (1 mark)

2. Where do some Buddhists go to learn and reflect together? (1 mark)

3. Why do you think Buddhists choose to spend time in quiet meditation? (2 marks)

4. How does the passage show that Buddhists care about living things? (2 marks)

5. Ellie says that being kind makes the world a happier place. Do you agree? Why? (2 marks)

Draw: Draw a picture of a peaceful garden where someone might sit to practice meditation, just like the Buddhists Ellie describes.



Extension challenge: Write one sentence about a kind thing you can do for someone at school today.