The Path of Enlightenment: A Buddhist Journey with Ellie

Learning objective: To identify and understand key concepts, symbols, and the origins of Buddhism in accordance with the Year 5 Religious Education curriculum.

Ellie the elephant has been studying the life and teachings of Siddhartha Gautama. She has created a 'True or False' challenge for you to test your knowledge. Read each statement carefully. If you think it is True, write 'True' and explain why. If you think it is False, write 'False' and provide the correct fact to fix the statement.

Word bank: Siddhartha Gautama · Enlightenment · Eightfold Path · Dharma · Lotus flower · Meditation · Temple · Four Noble Truths

1. True or False: Siddhartha Gautama was a prince who gave up his life of luxury to seek the meaning of suffering. (2 marks)

2. True or False: The 'Four Noble Truths' are rules that Buddhists must follow to become the leader of their country. (2 marks)

3. True or False: Meditation is a practice used by Buddhists to help focus the mind and find inner peace. (2 marks)

4. True or False: The Eightfold Path is a set of guidelines for ethical living, mindfulness, and wisdom. (2 marks)

5. True or False: Buddhists believe that the lotus flower represents the idea of growing into a beautiful person even in difficult surroundings. (2 marks)

Draw: Draw a peaceful garden scene that includes a lotus flower and a symbol of Buddhism, such as the Dharma Wheel, to show what represents 'enlightenment' to you.

Extension challenge: Imagine you are meeting a friend who knows nothing about Buddhism. Write a short paragraph (4–5 sentences) explaining one key value of Buddhism, such as compassion (metta) or non-violence (ahimsa), and why it is important in the world today.