Buddhism: The Path of Peace with Pip and Ellie

Learning objective: To understand the core beliefs, history, and practices of Buddhism as part of the Year 5 Religious Education curriculum.

Read the clues carefully! Pip the bookworm and Ellie the elephant have put together this quiz to test your knowledge of Buddhism. Use the word bank to help you.

Answer Key: 1. A (Siddhartha Gautama); 2. True; 3. Enlightenment; 4. B (To find inner peace); 5. False (It is a sacred text/collection of teachings); 6. Lotus; 7. Meditation; 8. Middle Way; 9. Shrink/Shrine; 10. True.

Word bank: Siddhartha Gautama · Enlightenment · Meditation · Dharma · Tripitaka · Lotus · Middle Way · Shrine

1. 1. Who was the founder of Buddhism? A) Siddhartha Gautama*, B) King Ashoka, C) The Dalai Lama, D) Mahatma Gandhi (1 mark)

2. 2. True or False: Buddhists believe that life involves suffering, but it can be overcome. (1 mark)

3. 3. What is the goal of a Buddhist, which means 'awakening' or 'perfect understanding'? (1 mark)

4. 4. What is the main purpose of Buddhist practice? A) To become rich, B) To find inner peace and end suffering*, C) To travel the world, D) To win competitions (1 mark)

5. 5. True or False: The Tripitaka is a type of traditional Buddhist food. (1 mark)

6. 6. Which flower is a common symbol in Buddhism, often representing purity and rising above challenges? (1 mark)

7. 7. What practice do many Buddhists use to calm their minds and focus their thoughts? (1 mark)

8. 8. What do Buddhists call the balanced life that avoids extremes, such as too much luxury or too much hardship? (1 mark)

9. 9. A place in a home or temple where Buddhists place statues and offerings is called a...? (1 mark)

10. 10. True or False: Many Buddhists believe in the concept of Karma, where good actions lead to positive results. (1 mark)

Draw: Draw a lotus flower resting on a calm pond. Ellie the elephant is sitting nearby, peacefully reflecting on what she has learned today.

Extension challenge: Research the 'Five Precepts' of Buddhism. Write a short paragraph explaining how these rules might help a person live a kinder life in your own community.