Exploring the Path: A Buddhism Fact-File

Learning objective: To identify and describe the core beliefs and practices of Buddhism, including the Four Noble Truths and the Eightfold Path.

Use this fact-file to organise what you have learnt about Buddhism. Research the key concepts and write your answers in the boxes provided. You can work with a partner or use your class textbook to find the information.

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

1. The Founder: Describe the life of Siddhartha Gautama before he became the Buddha. What inspired him to seek a new path? (3 marks)

2. The Four Noble Truths: Choose two of the Four Noble Truths and explain them in your own words. (4 marks)

3. Living the Eightfold Path: The Eightfold Path acts as a guide for daily life. Pick one aspect (e.g., Right Speech or Right Action) and explain how a Buddhist might put this into practice. (3 marks)

4. Meditation and Mindfulness: Why is meditation important to Buddhists? How might it help a person find peace? (2 marks)

5. Symbolism in Practice: Identify two symbols often found in a Buddhist shrine or temple and explain what they represent. (4 marks)

Extension challenge: Imagine you are explaining the concept of 'Karma' to a friend. Write a short paragraph in your book explaining what it is and how it influences the choices a person makes every day.