Exploring the Path of Buddhism with Pip

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

Read each question carefully and use your knowledge of Buddhism to provide detailed answers. Pip the caterpillar is curious to see how much you have learnt about this peaceful way of life!

Buddhism began over 2,500 years ago with a prince named Siddhartha Gautama, who left his life of luxury to seek the truth about suffering. Through deep meditation, he reached a state of understanding called Enlightenment and became known as the Buddha. Buddhists follow the Four Noble Truths and the Eightfold Path to lead a life of kindness, mindfulness, and peace, ultimately aiming for Nirvana.

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

1. Who was Siddhartha Gautama and why did he choose to leave his royal life behind? (2 marks)

2. Explain what 'Enlightenment' means in the context of Buddhism. (2 marks)

3. Why is meditation an important practice for Buddhists? (2 marks)

4. Briefly describe the purpose of the Eightfold Path. (2 marks)

5. If a Buddhist wanted to perform an act of 'metta' (loving-kindness), suggest two things they might do in their daily life. (2 marks)

Draw: Draw a peaceful garden scene that includes a Bodhi tree. Include symbols of Buddhism, such as a lotus flower or a calm figure meditating, to show how Buddhists find peace in nature.

Extension challenge: Research the 'Five Precepts' of Buddhism. Write a short paragraph explaining why these rules might help a person live a more harmonious and kind life within their community.