Exploring the Teachings of Buddhism with Pip

Learning objective: To understand the core beliefs and practices of Buddhism, including the life of Siddhartha Gautama and the importance of kindness.

Read each question carefully and use your knowledge of Buddhism to provide detailed answers. Think about what Pip the bookworm would say about being kind and mindful!

Buddhism began long ago with a prince named Siddhartha Gautama. He wanted to understand why people suffer and how to find true happiness. After many years of searching, he reached a state of deep understanding called Enlightenment. Buddhists believe that by being kind, honest, and calm, we can make the world a better place. Many Buddhists use meditation to clear their minds, and they often visit a shrine to show respect and reflect on their actions.

Word bank: Siddhartha Gautama · Enlightenment · Meditation · Kindness · Shrine · Lotus flower · Peace

1. Who was Siddhartha Gautama before he became known as the Buddha, and what was he searching for? (2 marks)

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

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

4. List two ways a person can show kindness to others in their daily life. (2 marks)

5. If you were visiting a Buddhist shrine, what items or actions might you see there to show respect? (2 marks)

Draw: Draw a peaceful garden scene that includes a lotus flower and a quiet space for meditation. Think about the colours that represent peace and calm.

Extension challenge: Research the 'Five Precepts' of Buddhism. Choose one of them and write a short poem about how you can follow that rule in your own life at school.