Exploring the Teachings of Buddhism: Assessment

Learning objective: To demonstrate an understanding of Buddhist beliefs, the life of Siddhartha Gautama, and the significance of the Eightfold Path.

Read each question carefully. Answer in full sentences where appropriate. Ensure your responses reflect the core principles of Buddhism studied in class.

Ellie the elephant has been reading about the life of Siddhartha Gautama. She learned that he was a prince who left his palace to find the truth about human suffering. After years of searching and deep meditation under a Bodhi tree, he gained Enlightenment and became known as the Buddha, or the 'Awakened One'. He spent the rest of his life teaching others how to find peace and end suffering through the Eightfold Path.

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

1. Who was Siddhartha Gautama before he became the Buddha, and what motivated him to leave his life of luxury? (2 marks)

2. Briefly explain the meaning of 'Enlightenment' in the context of Buddhism. (2 marks)

3. List two of the 'Four Noble Truths' that Buddhists follow. (2 marks)

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

5. Explain how the 'Eightfold Path' acts as a guide for a Buddhist's daily life. Give one specific example of a behaviour a Buddhist might practise. (4 marks)

6. Max the monkey is trying to understand why Buddhists value compassion towards all living things. Write a short explanation for him, linking this to the Buddhist concept of karma and interconnectedness. (4 marks)

7. Extended Response: 'The teachings of the Buddha are just as relevant today as they were thousands of years ago.' Discuss this statement, providing reasons for your argument and considering how Buddhist principles like mindfulness could help a child in Class 6. (8 marks)

Draw: Draw a symbolic representation of the Eightfold Path, such as a wheel with eight spokes, and label each spoke with a virtue (e.g., Right Speech, Right Action).

Extension challenge: Total: /25. Research task: Find out what a 'Stupa' is and write a two-sentence description of its purpose in Buddhist tradition.