Learning About Buddhism with Ellie the Elephant

Step into the world of wisdom and kindness with Ellie!

- **Buddhism began in ancient India with a prince named Siddhartha Gautama, who left his palace to search for the meaning of life.**
- **Buddhists believe that by being kind, honest, and thoughtful, we can find peace and happiness in our daily lives.**
- **Many Buddhists visit a temple or a shrine to pray, light candles, and offer flowers as a sign of respect.**
- **Meditation is a very important part of Buddhism; it helps people to stay calm, clear their minds, and focus on positive thoughts.**
- **Compassion for all living things—including animals and plants—is a central teaching that Buddhists try to follow every day.**

> *Did you know? Did you know? The word 'Buddha' is not a name, but a title! It means 'The Awakened One' or 'The Enlightened One'. It refers to someone who has found the truth about how to live a peaceful and happy life.*

Key vocabulary: Siddhartha Gautama · Buddha · Enlightenment · Shrine · Compassion · Meditation