Exploring the Teachings of Buddhism

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

Use this writing frame to structure your report on Buddhism. Use the word bank to help you link your ideas together and ensure your explanations are clear.

Buddhism is a spiritual tradition that originated in ancient India and is based on the teachings of Siddhartha Gautama, known as the Buddha.

Word bank: furthermore · consequently · in addition · enlightenment · compassion · mindfulness · significantly · on the other hand · the Four Noble Truths · traditionally

1. The Life of the Buddha: Begin by describing Siddhartha Gautama's journey from a prince to the Buddha. How did his early life influence his search for truth? Start with: 'Siddhartha Gautama lived a life of luxury, but after witnessing...', (2 marks)

2. The Four Noble Truths: Explain the core philosophy of Buddhism. What do these truths tell us about suffering and how to overcome it? Start with: 'The Four Noble Truths are the foundation of Buddhist belief; they explain that...', (3 marks)

3. The Eightfold Path: Describe how Buddhists aim to live their lives daily. Focus on the importance of mindfulness and ethical behaviour. Start with: 'To reach enlightenment, followers of Buddhism aim to follow the Eightfold Path, which encourages...', (3 marks)

4. Practices and Rituals: What does a typical Buddhist shrine or temple look like, and what do people do when they visit? Start with: 'In places of worship, Buddhists often engage in meditation to...', (2 marks)

5. Reflection: Why do you think Buddhist teachings remain relevant in the modern world? Start with: 'Buddhism is still significant today because its focus on compassion and peace helps people to...', (2 marks)

Extension challenge: Research the 'Five Precepts' and write a paragraph explaining how these rules might influence a person's choices in their everyday life.