

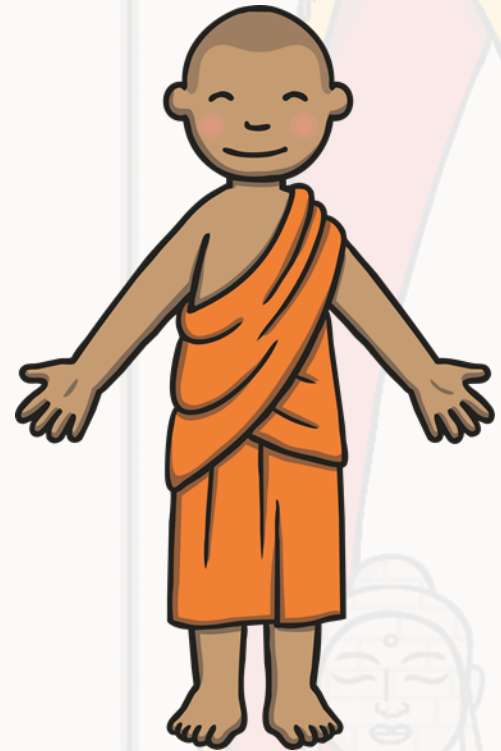
Buddhism



Buddhism

Buddhism is one of the five largest religions in the world.

Buddhists thank Buddha for his teachings. They believe he is the **perfectly enlightened** one without anger or hatred. He is the wisest and most kind-hearted person in this world, who spent his life trying to help others. Statues of him remind Buddhists of kindness, wisdom and compassion.



Try It!

- Share it with the class – can you name any other religions?
- Discuss with a partner – is there anything else you already know about Buddhism?

Religions of the World

Question Time:

Can you name the five largest religions of the world?



Christianity



Buddhism



Sikhism



Hinduism



Islam



The Story of The Buddha



'The Story of The Buddha' teaches us about the beginning of Buddhism and how someone important became the Buddha.



Click [here](#) to view
The Story of The Buddha

Try It!

- Get into small groups. Using the story cards [here](#), sort the story into the correct order.
- Role play the story. You could even video it!
- Write out the story using The Story of the Buddha Writing Frames [here](#).

Buddha

Question Time:
What was The Buddha's real name?

Catherine James

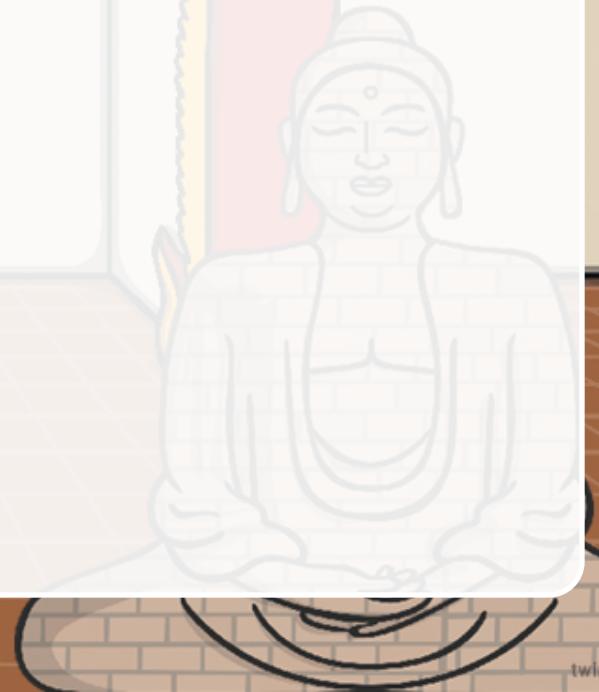
Siddhartha Gautama

Jesus Christ

Try again!



Try Again



Well Done.



Next Question

Buddha

Question Time:
What important lesson did Siddhartha
Gautama learn?

**Everyone
will suffer at
some point in
their lives.**

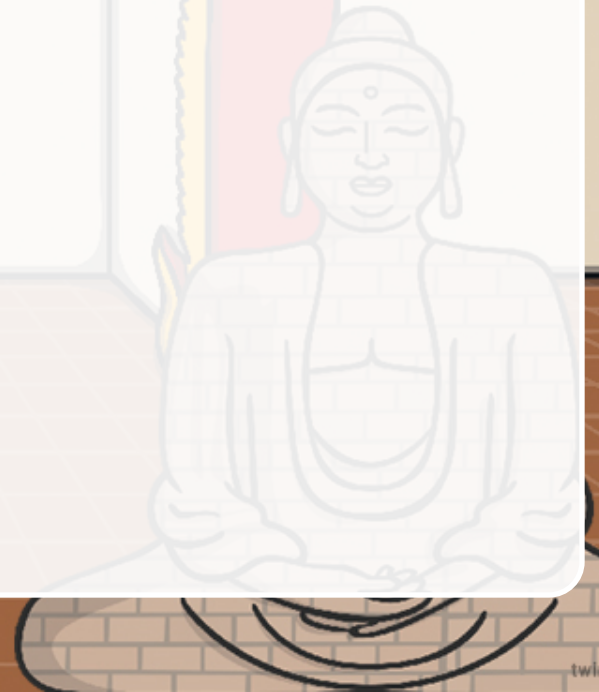
**Winning is the
best.**

**Everyone
lives happily
ever after.**

Try again!



Try Again



Well Done.



Next Question

India



[Click to see a bigger map](#)

The Buddha was born in Lumbini, which was part of northern India, but is now part of Nepal. Many people say Buddhism started in India. India is in the largest continent of the world, Asia.

Try It!

Colour in and label India and Nepal on a world map using one of these blank world maps [here](#).

[Continue to question](#)

India



[Go Back](#)

[Continue](#)

India

Question Time:
Which continent is India in?

Europe

South America

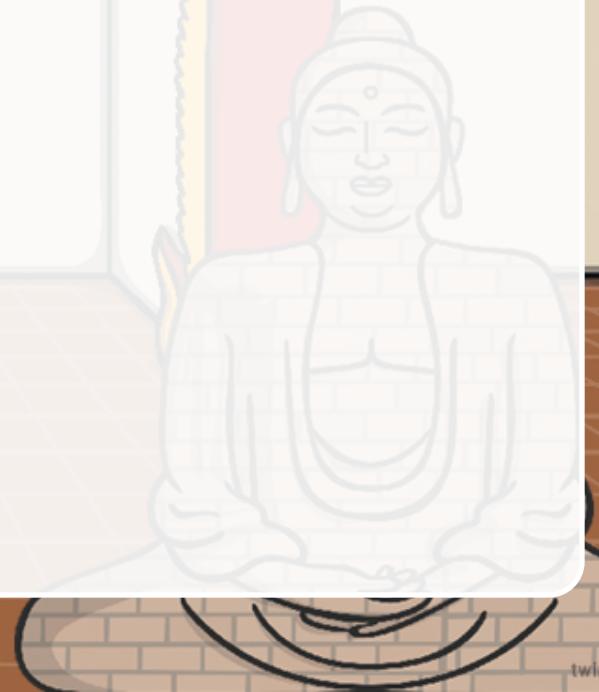
Asia



Try again!



Try Again



Well Done.



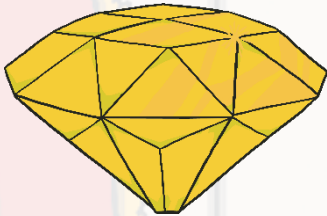
Next Question

Buddhist Beliefs

The Three Jewels

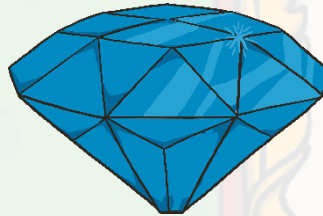
Click on the jewels to reveal more.

1



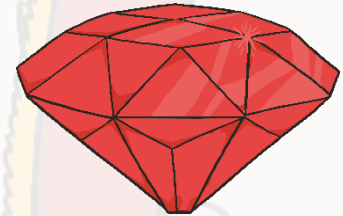
Buddha

2



The Dharma
what Buddha taught

3



The Sangha
Buddhist people



Next

Buddhist Beliefs

The Three Signs of Being

Click on the monks to reveal more.

1



Dukkha

nothing is perfect

2



Anicca

everything in life is
changing all the time

3



Anatta

the belief in 'karma'
- If you do good
things, good things
will happen to you.

If you do bad
things, bad things
will happen to you.



Next

Buddhist Beliefs

The Four Noble Truths

Click on the numbers to reveal more.

Dukkha
suffering exists

1

3

Nirodha
there is an end to suffering

Samudaya
there is a cause for suffering

2

4

Magga
in order to end suffering, follow the **Eightfold Path**.
The Eightfold Path is a system of 8 steps, leading to enlightenment.



 **Next**

Karma

Question Time:
Buddhists believe in karma. What does karma mean?

Everyone should be able to do whatever they want.

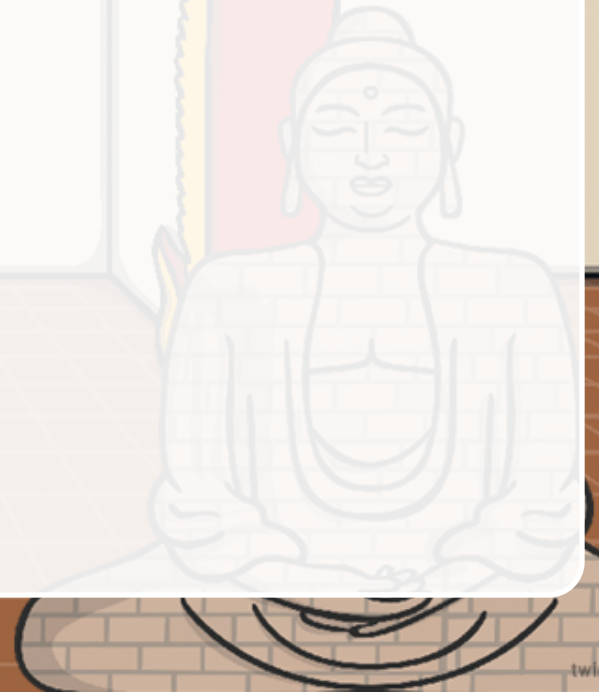
Actions have no consequences.

Actions have results and that past actions affect who or what you are in your next life.

Try again!



Try Again



Well Done.



Next Question

The Five Buddhist Morals

Do not take the life of anything living. +

Do not drink alcohol. +

Be faithful to your partner. +

Do not lie. +

Do not steal. +

Try It!

Discuss with a partner – which do you think people find easiest and hardest?

 Next

Buddhist Symbols

Click on each symbol to find out what they are.



The Wheel of Life:
What the Buddha taught. Follow The Noble Eightfold Path to perfection.



The Lotus Flower:
progress



The Endless Knot:
wisdom



The Parasol:
protection



The Golden Fish:
happiness



The Treasure Vase:
wealth



The Conch Shell:
power



The Victory Banner: getting through difficult times

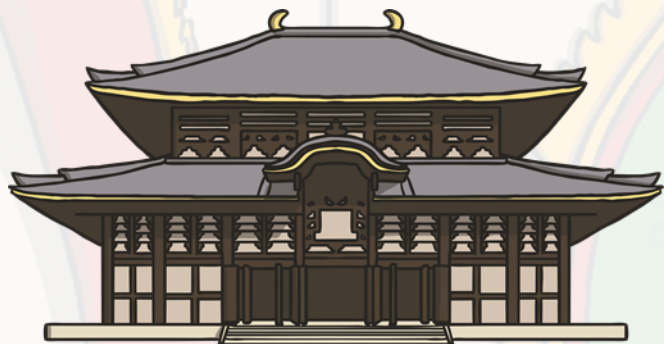
Try It!

Find out more about The Eightfold Path to Buddhism [here](#).



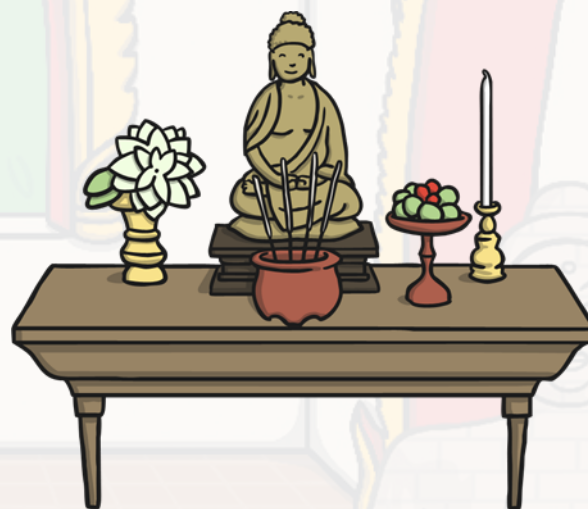
Next

Buddhist Worship



Buddhist worship is called 'Puja'. A wat is a Buddhist Temple most Buddhists visit on special religious days (often when it is a full moon).

Buddhists often have a shrine in their home where they thank Buddha for his teachings. Buddhists chant to show their love for Buddha and make offerings of flowers, incense, candles and pure water.



Try It!

Make your own Buddhist temple out of card, paper or blocks.

Worship

Question Time:
Why might Buddhists make offerings to Buddha?

to show they
like him

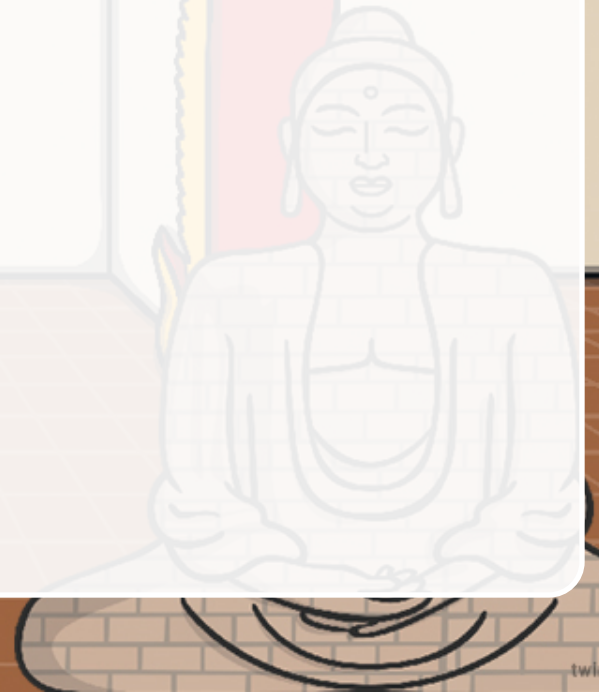
to show their
thanks to him

to make their
house look pretty

Try again!



Try Again



Well Done.



Next Question

Meditation

Buddhists sit on the floor when they worship and meditate. They make sure their feet are facing away from, and their head and body facing towards, the image of Buddha. Buddhists take off their shoes to show respect for Buddha.

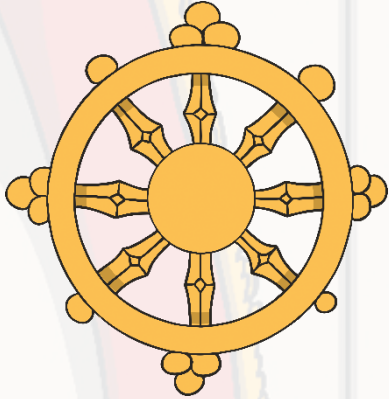


To achieve enlightenment, Siddhartha Gautama sat still and didn't move from his spot under the Bodhi tree. Many believe that he meditated for seven whole days.

Try It!

Try to empty your mind of all thoughts.
How long can you meditate for?

Asala-Dharma Day



Asala-Dharma Day is when Buddhists celebrate the beginning of Buddhism and Buddha's teachings.

It takes place on the first full moon of the 8th lunar month.

Dharma means truth - doing the right thing in speech, thoughts, actions and mindfulness.

Buddhists might give thanks at the temple, light candles, burn incense and reflect on the Four Noble Truths.



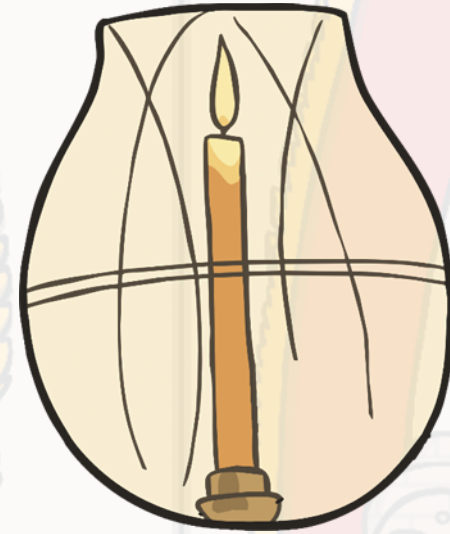
Try It!

Share it - are there any other religions where people light candles?

Wesak Celebrations

Wesak is the most important Buddhist festival. It is celebrated on the full moon in May. This is a celebration of Buddha's birthday.

To celebrate, Buddhists might 'Bathe the Buddha', clean and decorate their homes, chant, pray and go to services and teachings at their local temple or give gifts to Buddha statues. Different countries celebrate Wesak in different ways. In Thailand, they make Wesak lanterns.



Try It!

Make your own Wesak lantern by following the simple step by step instructions [here](#).

Wesak Celebrations

An acrostic poem is when you use each letter of a word to write a poem.

Try It!

Try creating a poem about Buddhism together as a class.

B
U
D
D
H
A



Try using these Buddhism Acrostic Poem Writing Frames [here](#), this Buddhism Word Search [here](#) and this Buddhism Crossword [here](#).

Close Up: What Is It?



It is the 'Big Buddha' statue in Thailand.



Close Up: What Is It?



It is a lotus flower.



Close Up: What Is It?



It is Buddhist monks meditating.

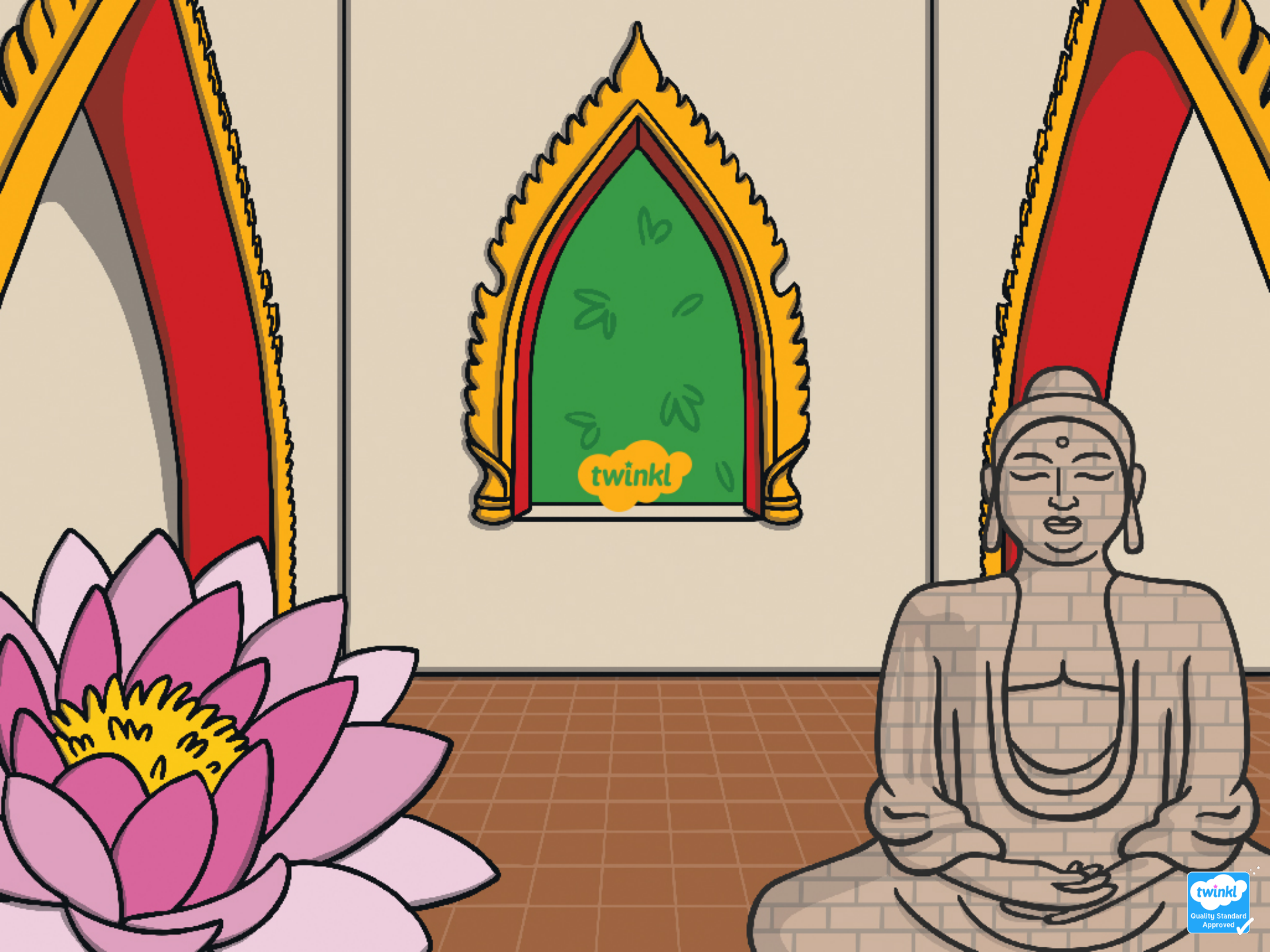


Close Up: What Is It?



It is candles burning as part of a shrine in a Buddhist temple.





twinkl