



# YEAR 5 BUDDHISM



## INTRODUCTION TO BUDDHISM

Buddhism is a religion that teaches people how to live a peaceful and kind life. It was founded by Siddhartha Gautama, who is known as the Buddha, in India over 2,500 years ago. People who follow Buddhism are called Buddhists, and they believe in teachings that help them understand life, find happiness, and avoid suffering.

## PLACE OF WORSHIP

Buddhists worship in places called temples or monasteries. These places are often peaceful and quiet, where people can meditate, pray, and learn about the teachings of Buddha. Inside a temple, there are usually statues of the Buddha and pictures that help remind people of his life and lessons.

## HOLY BOOK

Buddhism does not have just one holy book. Instead, it has many different texts, or writings, that are important. The most famous of these is called the "Tripitaka" or "Three Baskets." The Tripitaka is a collection of teachings and rules that the Buddha gave to his followers. Other important texts are known as the Mahayana Sutras, which are used by many Buddhists.

## RELIGIOUS SYMBOL

The most well-known symbol in Buddhism is the "Dharma Wheel." This symbol has eight spokes, representing the "Noble Eightfold Path," which is a guide for Buddhists to live a good life. The wheel represents the teachings of the Buddha and the path to enlightenment, which is the end of suffering.

## MAIN CELEBRATIONS

Buddhists celebrate several important days during the year. One of the most important celebrations is "Vesak," which marks the birth, enlightenment, and death of the Buddha. Buddhists celebrate this day by visiting temples, giving offerings, and reflecting on the Buddha's teachings. Another important celebration is "Magha Puja," which commemorates an event in the Buddha's life when he taught an important lesson to his followers.

## VALUES



Buddhism teaches many important values, such as kindness, compassion, and wisdom. Buddhists believe in living in a way that does not harm others. They follow the Five Precepts, which include not killing, stealing, lying, or harming others in any way. Buddhists also value the practice of meditation to help clear the mind and find peace.

## KEY STORIES

One of the key stories in Buddhism is about the Buddha's life. Before he became the Buddha, Siddhartha Gautama was a prince living in a palace. He had everything he could wish for, but he was not happy. One day, he left the palace and saw the suffering in the world. He decided to find a way to end suffering, and after years of learning and meditation, he became enlightened. He then spent his life teaching others how to live a peaceful life and end suffering.

Another important story is about the Buddha's first sermon. After becoming enlightened, the Buddha gave a speech to his first followers. This speech, called the "Turning of the Wheel of Dharma," explained how people can end suffering by following the Eightfold Path.

## MEDITATION AND MINDFULNESS

Meditation is an important practice in Buddhism. It is a way to help calm the mind, focus, and understand oneself better. Buddhists believe that by meditating, people can develop wisdom and insight into the true nature of life. One form of meditation is "mindfulness," where people pay full attention to their thoughts, feelings, and surroundings in the present moment. By practising mindfulness, Buddhists learn to be more aware of their actions and reactions, which helps them live in a more peaceful and positive way. Meditation is often done in quiet places, such as temples, and can also be done at home.

## FIND OUT MORE...

### Facts about Buddhism

#### EXAMPLE QUESTIONS:

1. What is the name of the holy book used in Buddhism, and what does it teach?
2. What is the main symbol of Buddhism, and what does it represent?
3. How do Buddhists celebrate Vesak, and why is it an important day?
4. What are the Five Precepts in Buddhism, and why are they important?
5. Why did Siddhartha Gautama leave the palace, and what did he discover about life?