



YEAR 6 BUDDHISM



INTRODUCTION TO BUDDHISM

Buddhism is a religion that began more than 2,500 years ago in India. It was founded by Siddhartha Gautama, who became known as the Buddha, meaning "the Enlightened One." The core of Buddhism is to understand life, find peace, and stop suffering. People who follow Buddhism, called Buddhists, believe that everyone can achieve enlightenment and live in a peaceful way by following certain teachings and practices.

PLACE OF WORSHIP

Buddhists usually gather to pray and meditate in temples or monasteries. These places are designed to be calm, quiet, and peaceful. Inside a temple, you may find statues of the Buddha, pictures of important moments in his life, and areas for meditation. In some places, Buddhists also practice walking meditation in the garden to help clear their minds. Many Buddhists also visit temples on special days to celebrate important events in the Buddha's life.

HOLY BOOK

Buddhism does not have one single holy book like other religions. Instead, it has a collection of scriptures that are very important. One of the main texts is called the "Tripitaka," or "Three Baskets." This is a collection of the Buddha's teachings, rules, and stories. There are also other important texts, such as the "Mahayana Sutras," which are especially important for some Buddhists. These writings guide Buddhists in their spiritual journey and understanding of life.

RELIGIOUS SYMBOL

The most recognised symbol in Buddhism is the "Dharma Wheel," which has eight spokes. Each spoke represents the "Noble Eightfold Path," a guide for living a good life and ending suffering. The Dharma Wheel represents the teachings of the Buddha and is a reminder to follow the path towards wisdom, ethical conduct, and mental discipline. It is often seen in temples and Buddhist artwork.

MAIN CELEBRATIONS

Buddhists celebrate several important festivals. One of the biggest is "Vesak," which celebrates the birth, enlightenment, and death of the Buddha. On this day, Buddhists go to temples, give offerings, and listen to teachings about the Buddha's life. Another key celebration is "Magha Puja," which celebrates a special



event when the Buddha gave an important teaching to his followers. During these celebrations, Buddhists reflect on their own lives and try to live in a more compassionate and mindful way.

VALUES

Buddhism is based on values that help people live better, more peaceful lives. One of the most important values in Buddhism is kindness—showing love and care to all living beings. Buddhists also value wisdom and the idea of learning from experience, as well as meditation, which helps develop inner peace. Another key value is the idea of avoiding harm, so Buddhists follow the Five Precepts, which guide them not to harm others, lie, steal, or act in harmful ways. These precepts help Buddhists live in a way that benefits themselves and others.

KEY STORIES

One of the most important stories in Buddhism is the life of Siddhartha Gautama. Siddhartha was born as a prince, but he was sheltered from the suffering of the world. When he grew older, he left the palace and saw sickness, old age, and death for the first time. He decided to leave his royal life and find a way to end suffering. After years of learning and meditating under a tree, he became enlightened and was known as the Buddha. He spent the rest of his life teaching others how to find happiness and peace.

Another important story is about the Buddha's first sermon, or speech, where he shared the core teachings of Buddhism with his first followers. This speech, called the "Turning of the Wheel of Dharma," explained the Four Noble Truths and the Eightfold Path, which are essential teachings in Buddhism that guide people towards understanding and ending suffering.

MEDITATION AND MINDFULNESS

Meditation is one of the most important practices in Buddhism. It helps people calm their minds, focus, and develop wisdom. Buddhists meditate to clear their thoughts and understand the true nature of life. One of the key meditation practices is mindfulness, where people pay attention to their thoughts, feelings, and actions in the present moment without judgment. Through mindfulness, Buddhists learn to live with more awareness, kindness, and peace. Meditation can be practiced anywhere, but it is often done in quiet places like temples or at home.

Buddhism is not just a religion; it is also a way of life. By following the Buddha's teachings, practicing kindness, and meditating, Buddhists believe that anyone can live a more peaceful and meaningful life, free from suffering and full of wisdom.

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EXAMPLE QUESTIONS:

1. What is the main goal of Buddhism, and how do Buddhists try to achieve it?
2. How do Buddhists celebrate the festival of Vesak, and why is it important?
3. What are the Five Precepts in Buddhism, and why are they significant for a Buddhist's life?
4. Describe the story of Siddhartha Gautama's journey to becoming the Buddha.
5. How does meditation help Buddhists, and what is mindfulness in Buddhism?