



KEY VOCABULARY
Dukkha—suffering
The Four Noble Truths—the cause of suffering and how to end it.
Dharma— The Fourth Noble Truth
Buddha—the leader of the Buddhist faith
The Middle Way— how Buddhists try to live their lives. They want neither too little nor too much.
The Eightfold Path—the rules Buddhists try to live by.
Nepal—where Buddhism originated.
Siddhartha Gautama— the Prince who became the Buddha.
Prophet—someone who can predict the future.
Dharma wheel—used to remind Buddhists of the Eightfold Path
The four signs—the events that turned the Prince away from a life of luxury.
Enlightenment—the state of perfect knowledge or wisdom.

You might like to...
<ul style="list-style-type: none"> <li>• What does the day in a life of a Buddhist look like?</li> <li>• Compare Buddhism to other religions. What are the similarities or differences?</li> </ul>

### KEY FACTS

Buddhists do not believe in a God who created the world and everything in it.

Siddhartha Gautama, who became known as the Buddha, grew up in a Hindu family.

The word 'Buddha' means the 'enlightened one', 'the one who knows'.

**Meditation is a very important part of Buddhism.** Through meditation, Buddhists believe they can calm and clear the mind, making it peaceful.

Buddhists believe in a constant cycle of life and death, and that people will be reborn after they die unless they reach Enlightenment and reach *nirvana*.

Buddhists worship at shrines at home and in temples and in monasteries (*viharas*). Calm, peaceful and shady gardens are important areas in monasteries.

**The most important festival in Buddhism is Wesak**, celebrated in May or June, when Buddhists remember the Buddha's birth and his Enlightenment.

Timeline
490 BC—Siddhartha is born
461 BC—Siddhartha leaves home to search for answer to suffering.
455 BC—Siddhartha achieves Enlightenment and becomes the Buddha
410 BC—Buddha dies but Buddhism carries on.

### Further Reading

<https://www.bbc.co.uk/bitesize/articles/zdbvjhv>

<https://www.theschoolrun.com/homework-help/buddhism>

### QUESTIONS TO DEEPEN YOUR LEARNING

Character	Critical Thinking	Creativity	Communication	Citizenship	Collaboration
Which parts of this do I need to try harder to understand?	Why do I need to know about this?	What am I curious about?	How could I present what I understand?	How could this information help people?	What can I learn from others about this?