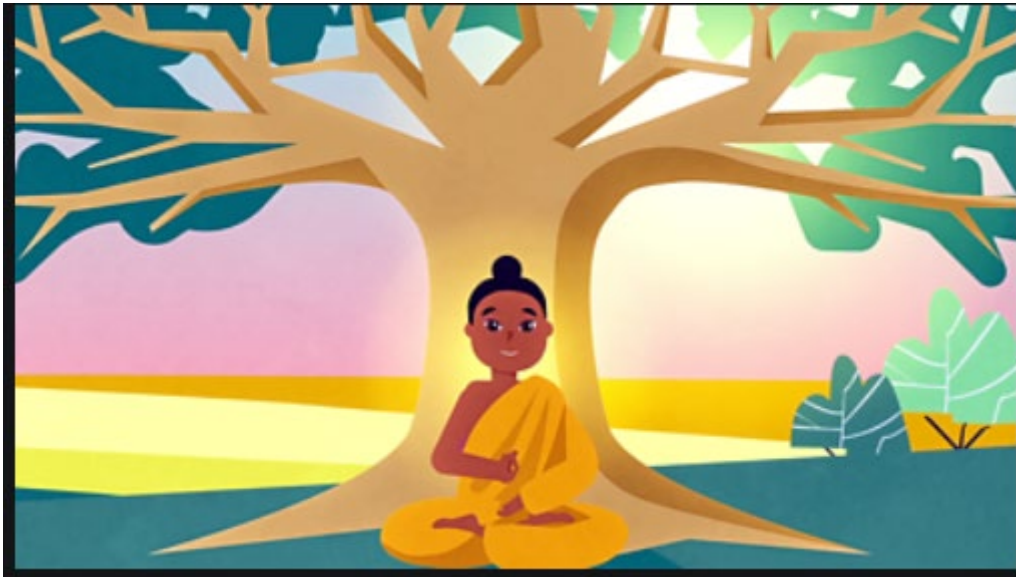


# Buddhism



In the table below write or draw what you remember about Buddhism and what you would like to know.

<b>What do you know?</b>	<b>What do you want to know?</b>

# The Buddha

- The Buddha was a human being not a god.
- His name was Siddhartha Gothama
- He grew up as a prince



## Buddhist Teaching and Values

- Buddhist believe people should be kind, generous, truthful and patient.
- That people should not hurt any living thing, steal or tell lies.
- Quiet reflection time and medication time are important.
- It is important to be aware of thought and feelings and how they affect behaviour.



## The story of Buddha

Watch '**The story of Buddha**' on DB primary and then write down the four sights that the Siddhartha saw when he left the palace.

When Siddhartha left the palace, he saw:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

One of the main Buddhist teaching is not hurt any living thing. This includes animals.

Watch this story of Siddhartha and the Swan to see an example of how to show kindness to animals.



**Task 1-** Cut the pictures of the story out and then stick them down in the order they happened in the story. The first one has been done for you.

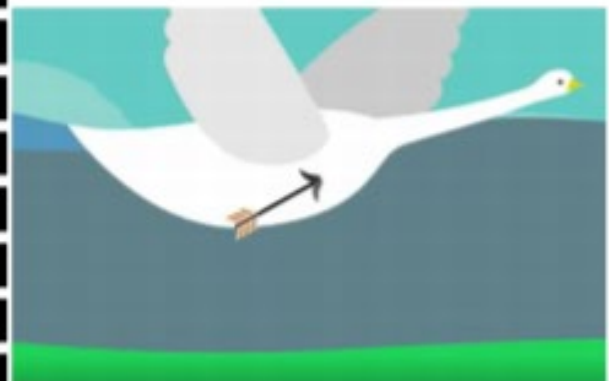
Next, write a time connective in each box next to the picture.

Use the pictures and time connectives to retell the story.

**Challenge:** Write a short sentence to explain what is happening in each picture.

Monday 8<sup>th</sup> February 2021

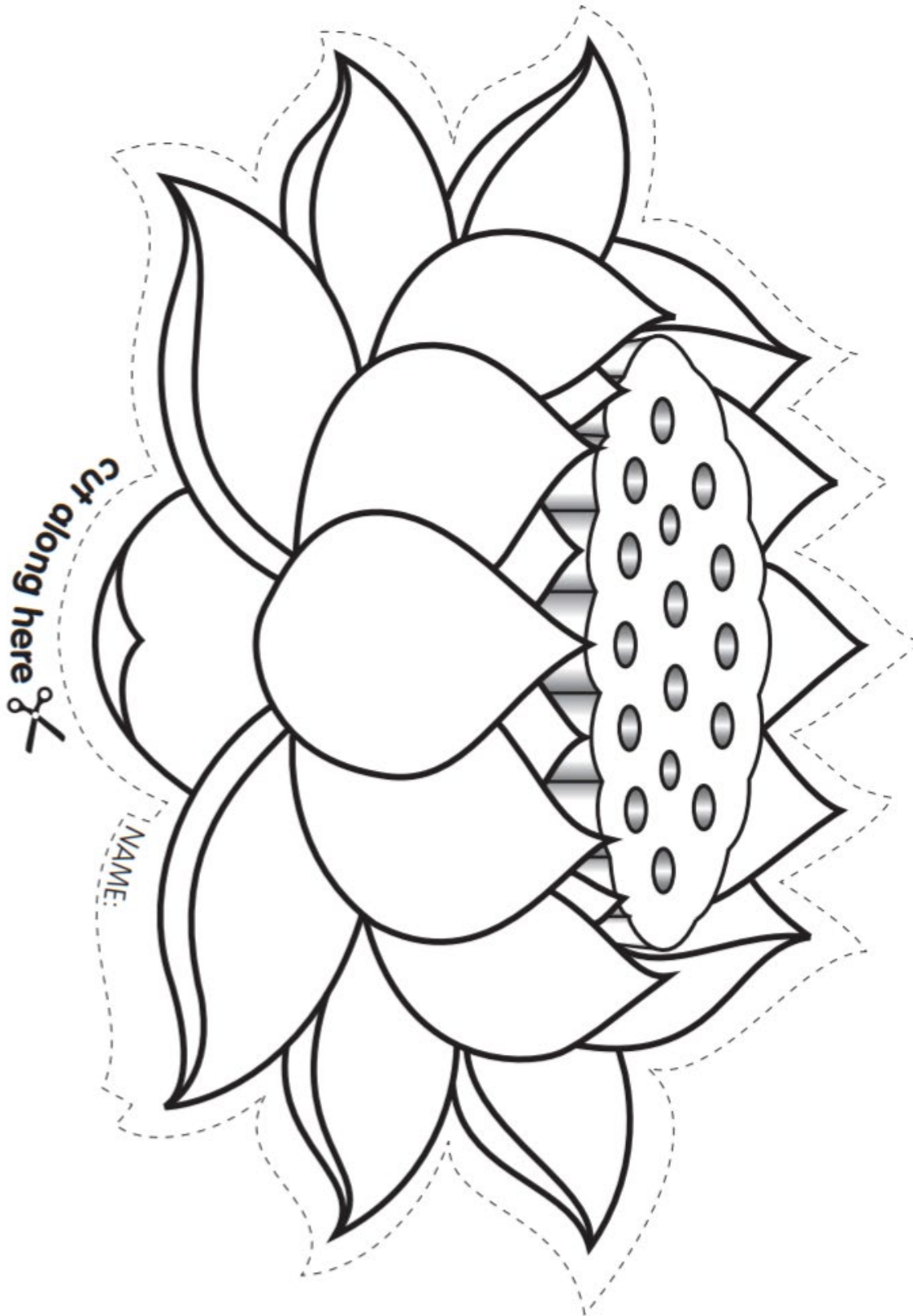
Year 1



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Lotus flowers are very special and important in Buddhism. It represents, growth and progress.

Use some beautiful colours to represent the significance of it in the Buddhism religion.



**Meditation** and **stillness** are a very important part of Buddhism. Find somewhere comfortable to sit and practice this breathing meditation.

# Deep breathing using your hand.

