

Buddhism

Introduction to the Buddhist faith

Key Facts

1. Buddhism was founded in North East India.
2. Buddhists believe there is a cycle of birth, life, death and rebirth. A person can break this cycle by gaining enlightenment. Breaking out of the cycle is called Nirvana.
3. Buddhists worship at home or temples called pagodas and the stupa.
4. The major Buddhist festival is called the Wesak.
5. The Buddhist holy book is called the Tripitaka.

Assessment

I can explain who founded Buddhism and where.



I can explain the main beliefs held by Buddhists.



I can explain which places are special for Buddhists.



I can explain what happens at the major Buddhist festival.



I can explain what the Buddhist holy book is and what is in it.



I can name and explain the meaning of Buddhist symbols.



Key Vocabulary

Enlightenment
 Nirvana
 Karma
 Rebirth
 Meditation
 Mindfulness
 Stupa
 Pagoda
 Puja
 Wesak
 Tripitaka