



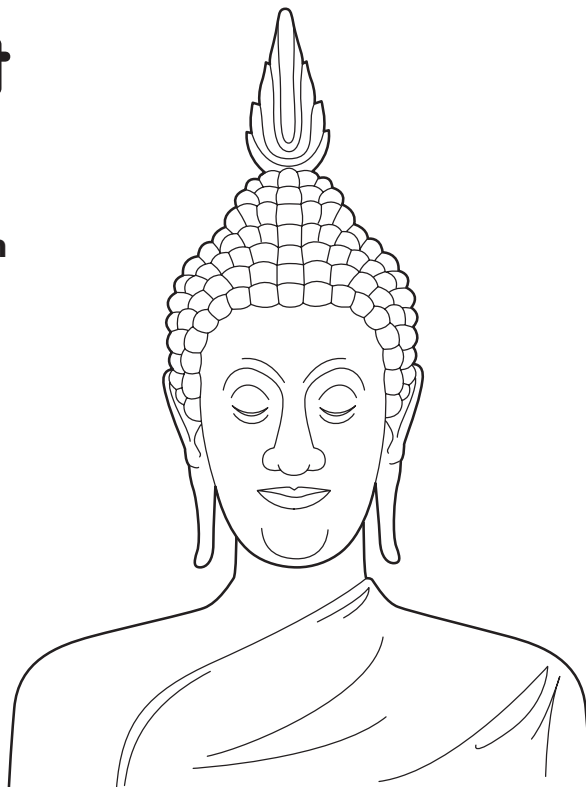
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Name:..... Form:.....

See **pages 4 and 5** of Buddhist temple

# What is a Buddhist temple for?

A Buddhist temple is a place to learn about and thank the **Buddha**.



**Q1.** Who was the founder of Buddhism?

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**Q2.** Where did Buddhism begin?

.....

**Q3.** What are two ways that Buddhists worship?

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.....

**Q4.** Many Buddhist words and holy books are in one of two ancient languages. What are the two languages?

..... .....

**Q5.** What is the main idea behind the Buddha's teachings?

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**Q6.** What are the eight parts of the Eightfold Path?

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## Answers

1. Siddhartha Gautama or the Buddha.
2. Ancient India.
3. By thinking about the Buddha and learning his lessons, and by thanking the Buddha for his teachings.
4. Sanskrit and Pali.
5. That suffering and unhappiness is caused by greed and selfishness.
6. Right Understanding; Right Attitude; Right Speech; Right Action; Right Livelihood; Right Effort; Right Mindfulness; Right Concentration.

## Lesson objectives

- ▶ To introduce some of the aspects of Buddhism.
- ▶ To introduce the Four Noble Truths and the Eightfold Path.
- ▶ To introduce the idea that Buddhists do not worship God or the Buddha.

## Lesson outcomes

- ▶ The children can understand that Buddhists do not worship a God or gods.
- ▶ The children know that Buddhists have ethical and moral guidelines to help them become enlightened.

## Teaching notes

*This opening unit addresses a very difficult aspect of Buddhism for many non-Buddhists. Even though Buddhists have a moral and ethical code, they do not worship a 'higher power'. Instead, Buddhist philosophy and*

*worship centre around the idea of gaining release from the state of unhappiness, selfishness and greed and achieving an eternal peace and contentment, called nirvana. Buddhists believe in reincarnation and that the better they do in this life, the closer they will come to nirvana in the next.*

*To many people, these concepts are very difficult to grasp and you may have to use some sensitivity when discussing concepts like suffering and greed.*

*It is also important to point out to the children that Buddhism does not deny the importance of other religions. Buddhists are tolerant and accepting of all religions and the goal of many Buddhist practices is to increase concentration, self-control, calmness and wisdom. As a result, many non-Buddhists practice things like meditation and the Eightfold Path.*

*There are two major schools of Buddhism: Mahayana and Theraveda. Theraveda Buddhism is primarily practised in Thailand, Myanmar, Cambodia, Laos, Bangladesh and Sri Lanka; and Mahayana is primarily practised in China, Tibet, Japan, Korea, Mongolia, Nepal, Indonesia and Vietnam. Although Buddhism began in India, many Buddhists in India today are Tibetans who fled from Chinese rule in Tibet. The two schools agree on all the major teachings, and mostly differ on monastic rules and academic points. However, ceremonies, ways of worship and festivals all differ greatly from country to country and culture to culture.*

## Complementary work

The children could use secondary sources to find out more about the life of the Buddha and how his life influenced his teachings.

## Resources

Secondary sources about the life of the Buddha. See [www.buddhanet.net](http://www.buddhanet.net).