

Name:

Form:

# Buddhism

## Summer Revision



This is compulsory homework to complete over the summer holidays. You should hand the booklet in to your teacher in the first lesson back in September.

The set of practice exam questions at the end should take you no more than 30 minutes.

# Revision of Buddhist Beliefs



## 1. The Life of the Buddha

Fill out the factfile below about the life of the Buddha:

**Full name:**

**Place of Birth:**

**Life of a Prince:**

**Married to:**

**The 4 sights:**

**Enlightenment story:**



## 2. The Buddha's Teachings (Dhamma)

Find out the meaning of the following key terms:

<b>Dukkha</b>	
<b>Anicca</b>	
<b>Anatta</b>	

## 3. The 4 Noble Truths

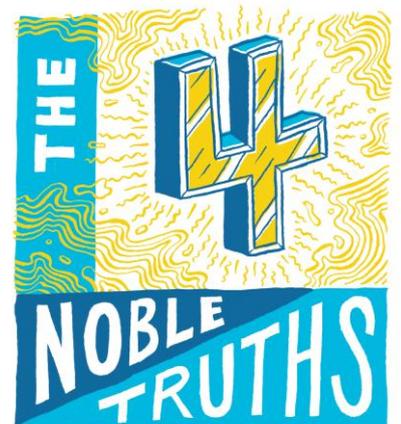
Read the paragraphs below, then add an explanation of each of the truths in the grid below:

The first noble truth states that all life involves unavoidable suffering (dukkha). There are 4 types of physical suffering that we will all encounter: birth, old age, sickness and death. There are 3 types of mental suffering: separation from someone or something you love, contact with someone or something you dislike and not being able to achieve your desires. These are all inescapable.

The second noble truth states that this suffering is caused by craving (tanha). We want or desire things that it is impossible for us to really have. This could be cravings for things that please the senses, craving to be something you are not or craving not to exist. The Buddha said that we find life unsatisfactory because we fail to accept the fact that things change and the things we want cannot last.

The third noble truth is that there is an end to suffering (nirodha). A person's actions and efforts can lead to enlightenment, which means that although suffering is unavoidable, it is possible to overcome it and happiness can be achieved.

The fourth noble truth is the cure to end suffering (maggā). This involves following the middle way – a number of practices spoken of in the 8-fold path that allow someone to lead a moderate life and achieve enlightenment.



<b>1. The Truth of Suffering</b>	<b>2. The Truth of the Cause of Suffering</b>
<b>3. The Truth of the End of Suffering</b>	<b>4. There is a way to bring about the End of Suffering</b>

#### **4. The 5 Precepts of Buddhism**

These are the 5 moral rules that Buddhists should follow to avoid creating negative karma.

Explain why each of these is an important rule to stick to:

### **FIVE MORAL PRECEPTS**

1. Avoid taking life
2. Avoid taking what is not given
3. Avoid sexual misconduct
4. Avoid speaking falsely
5. Avoid drink and drugs that cloud mind