

Buddhists, Buddhism, and the Buddha

Buddhists are people who follow the teachings of the Buddha. Most Buddhists live in south Asia (which includes India, Nepal, and Tibet (currently controlled by China) and southeast Asia (which includes China, Mongolia, Myanmar, Thailand, and to a lesser extent, Malaysia,).

The Buddha was a man who lived in India about 2500 years ago. His real name was Siddhartha Gautama but the people who follow his teachings call him the Buddha. It is not a name. It means “the one who has gained enlightenment.” For Buddhists, the word “enlightenment” means knowing and understanding how to overcome suffering.

Buddhists believe that the Buddha learned why there is suffering in the world and how to overcome it. They believe that if they follow his teaching they, too, will be able to overcome suffering.

Read the Story of the Buddha. Using your own words, create a caption of the main idea for each paragraph. Draw pictures to illustrate the captions on the 8 box paper you have prepared. Pick the most important element(s) of each paragraph. Stick figures are fine. You can include limited thought or speech bubbles.

The Story of the Buddha

1). Siddhartha Gautama was an Indian prince. He was born about 560 years before the time of Jesus in a place called Lumbini which is near the river Ganges in the very north of India, within sight of the Himalayas. When he was born, a wise man prophesied that if he ever saw suffering he would become a religious leader instead of a king. His father decided that Siddhartha must never see suffering so his father decreed that Siddhartha must never go outside the royal palace and its grounds.

2). When he was 16, Siddhartha married a beautiful princess and they soon had a baby son. For a while he was happy with his wife and family and stayed inside the palace as his father had ordered.

3). Eventually, Siddhartha became bored and wanted to know more of the world. One day, when he was 29 years old, he sneaked out of the palace while his father was not looking. While he was outside he saw 4 things that surprised and worried him. He thought about those things for a long time.

4). *The 4 Things that Siddhartha Saw*

He saw an old man. He had never seen an old person before.

He saw a sick man. He had never seen anyone unwell before.

He saw a dead body and relatives weeping around it. He had never heard of anyone dying.

He saw a holy man. He had never seen a holy man before. He spoke to the man who told him that he had left his home, his friends, and his family and was wandering from place to place trying to find the meaning of life.

5). These things worried him. He asked himself why there was so much suffering in the world. He decided to become a holy man himself and to go off in search of an answer.

He took off his royal robes and put on simple clothes. He shaved his hair. He said goodbye to his wife and son and left the palace.

6). Siddhartha spent 6 years travelling around northern India. He spent some time with a group of monks who believed that if they ate and drank as little as possible and spent a lot of time thinking that they would come to understand the meaning of life. Siddhartha found that this did not work for him. So he left the monks and travelled on.

7). He came to a holy fig tree and rested in its shade. For 46 days, he stayed there thinking deeply and paying no attention to what was going on around him. This kind of deep thinking is called “meditation.” As he sat and meditated, he realized that he understood the answers to his questions. Buddhists say that he became enlightened. He became the Buddha.

8). He went back to Benares, the place he had lived with the monks, and in the park there he told them about what he had discovered. They understood what he was saying and became his first disciples. The Buddha lived until he was 80 years old and during the rest of his life, he travelled about teaching and preaching. After he died, his disciples went on travelling and teaching the things he had told them. Today there are millions of people in the world who follow the teachings of the Buddha.

Again,

1. Determine the most important part of each paragraph.
2. Write that as your caption for that box.
3. Illustrate your caption. (Stick figures are fine. You may use short speech/thought bubbles.)
4. Be sure your name is on your paper.

	4	3	2	1
<p>6.RH.2: Determine a central idea or information in a primary or secondary source; provide an accurate summary of the source.</p> <p>6.WHST.2: Write informative/explanatory texts, including the narration of historical events.</p>	<p>Level 3 , and captions use student language to succinctly summarize the paragraphs and key details.</p> <p>Illustrations are especially detailed or instructive as to the important facts contained in the paragraphs.</p>	<p>Captions show the most important fact(s) in each paragraph and summarized them accurately.</p> <p>Illustrations are an accurate non-linguistic representation of the important facts contained in the paragraphs.</p>	<p>Facts in the captions are not essential to an understanding of the main point of the paragraph, or are inaccurate.</p> <p>Illustrations do not match captions or important facts of the paragraphs.</p>	<p>Facts in the captions show little or no connection to the paragraph provided.</p> <p>Illustrations are missing or incomplete.</p>

