

BUDDHIST BELIEFS & TEACHINGS

NAME:

When was Buddhism founded?	Who is Siddhartha Guatama?	What are the four sights?	What are the Jakata tales?	What effect did the four sights have on Siddartha?	How can you live an ascetic life?	Give some examples of meditation?	How did Siddartha live an ascetic lifestyle?
What does Enlightenment mean?	How did Mara try to stop Siddartha from reaching enlightenment?	What are the three watches of the night?	What were Buddha's first five students/monks known as?	Give two meanings of Dhamma/Dharma	What does 'go for refuge' mean?	Explain the dependent arising cycle	Who was the Dalai Lama?
What is the meaning of Samsara?	What image symbolises the Samsara?	What word describes the principle that good actions lead to more favourable rebirth	Describe Nibbana	What are the three marks of existence?	What is the Buddhist word for suffering?	Give 4 of the 7 states of suffering described by Buddha?	Give some examples of different types of suffering
Describe Anicca	What is the link between Anicca and Dukkha?	What does Anatta mean?	What are the five aggregates?	How do Buddhists explain what happens to their identity in re-birth	What are the four noble truths?	What is the difference between Theravada and Mahayana Buddhists?	What are the three main types of mental suffering that the Buddha taught about
What did Buddha believe was the first step to ending suffering?	Explain different types of Tanha	What are the three poisons in Buddhism?	What is the eightfold path?	Where is most Theravada Buddhism practiced in the world?	Where is most Mahayana Buddhism practiced in the world?	What does becoming an 'Arahat' mean in Theravada Buddhism?	What does becoming a 'Bodhisattva' mean in Theravada Buddhism?

BUDDHISM PRACTICES

NAME:

What may a Buddhist temple include?	What is a vihara?	What is the purpose of worship (puja)?	Give one example of how Buddhists worship	What is the difference between samatha and vipassana meditation?	What are the two aims of meditation?	What is the 'mindfulness of breathing' used in samatha meditation?	What is the purpose of samatha meditation?
What is the purpose of Vipassana meditation?	What is Zazen and who uses it?	What is deity visualisation?	Explain why some Buddhists use thangkas or mandalas to complete visualisation?	What is the purpose of visualisation?	What are the Buddhist beliefs about death?	What is the purpose of a Buddhist funeral?	Describe 3 features of a Theravada funeral?
What is 'sky burial' that takes place in Tibetan Buddhism?	What happens at a Buddhist retreat?	When is Wesak festival?	What does Wesak celebrate?	What happens during Wesak>?	What is the purpose of Parinirvana day?	What does 'Kamma' mean?	Give 3 skillful actions
Give 3 unskillful actions	What are the 6 realms that a person may be reborn into?	What is the best realm to be born into to gain enlightenment?	Give 3 examples of what Buddhists ethical actions that could lead to enlightenment	What is Karuna?	What are the four sublime states in Buddhism?	What does the Buddhist charity 'ROPKA' do?	What is Metta?
What is the difference between Metta and Karuna?	Name the 5 groups Buddhists show kindness to during loving-kindness meditation?	Describe the first moral precept	Describe the second moral precept	Describe the third moral precept	Describe the fourth moral precept	Describe the fifth moral precept	What are the 6 perfections?

