

# Who was Buddha?

## Learning Objective:

To recognise where and how Buddhists worship.





Let's have a look at some Buddhist temples around the world.

What interesting or unusual features do you notice?

How  
are they different to other places of worship you have

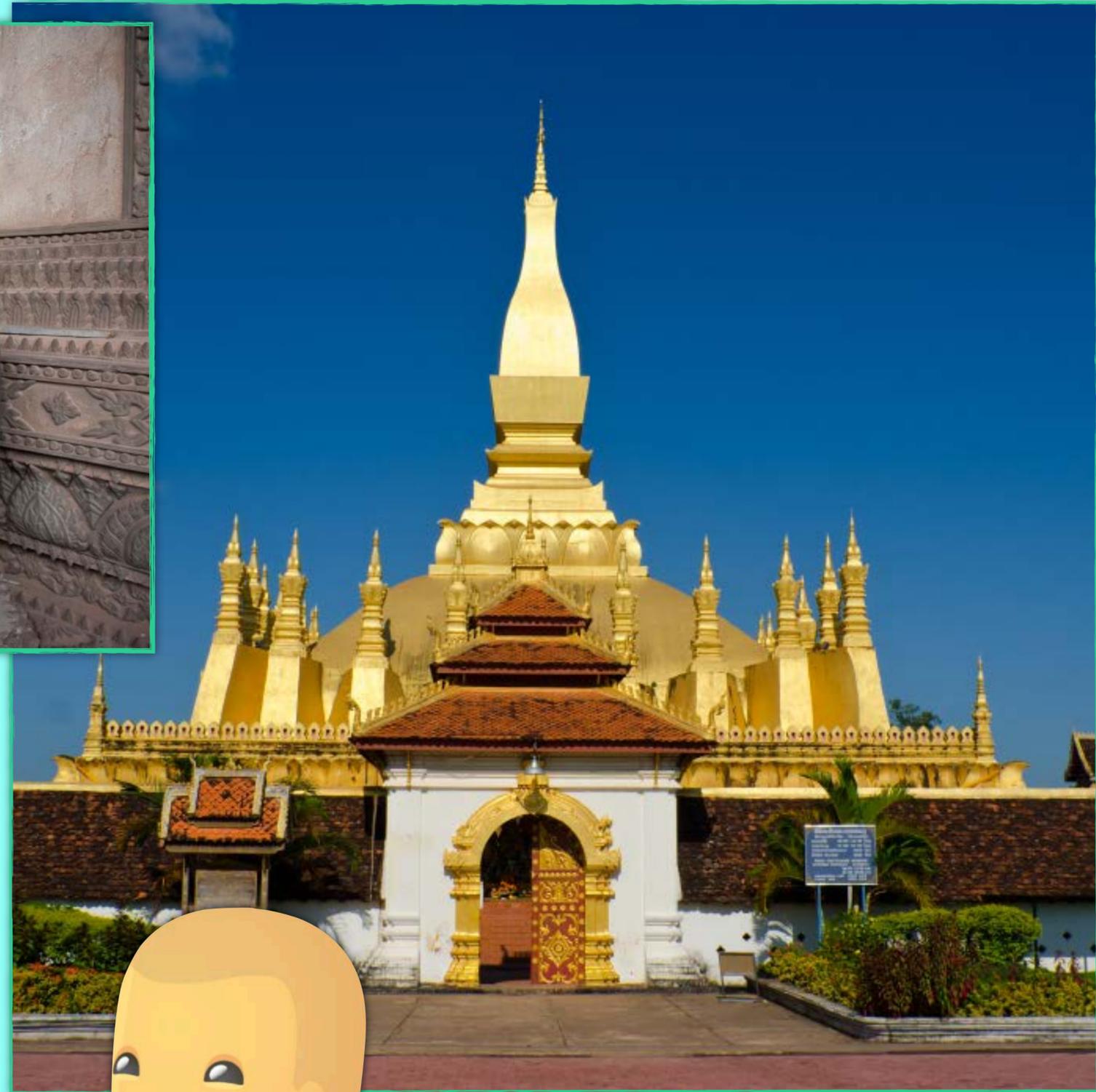
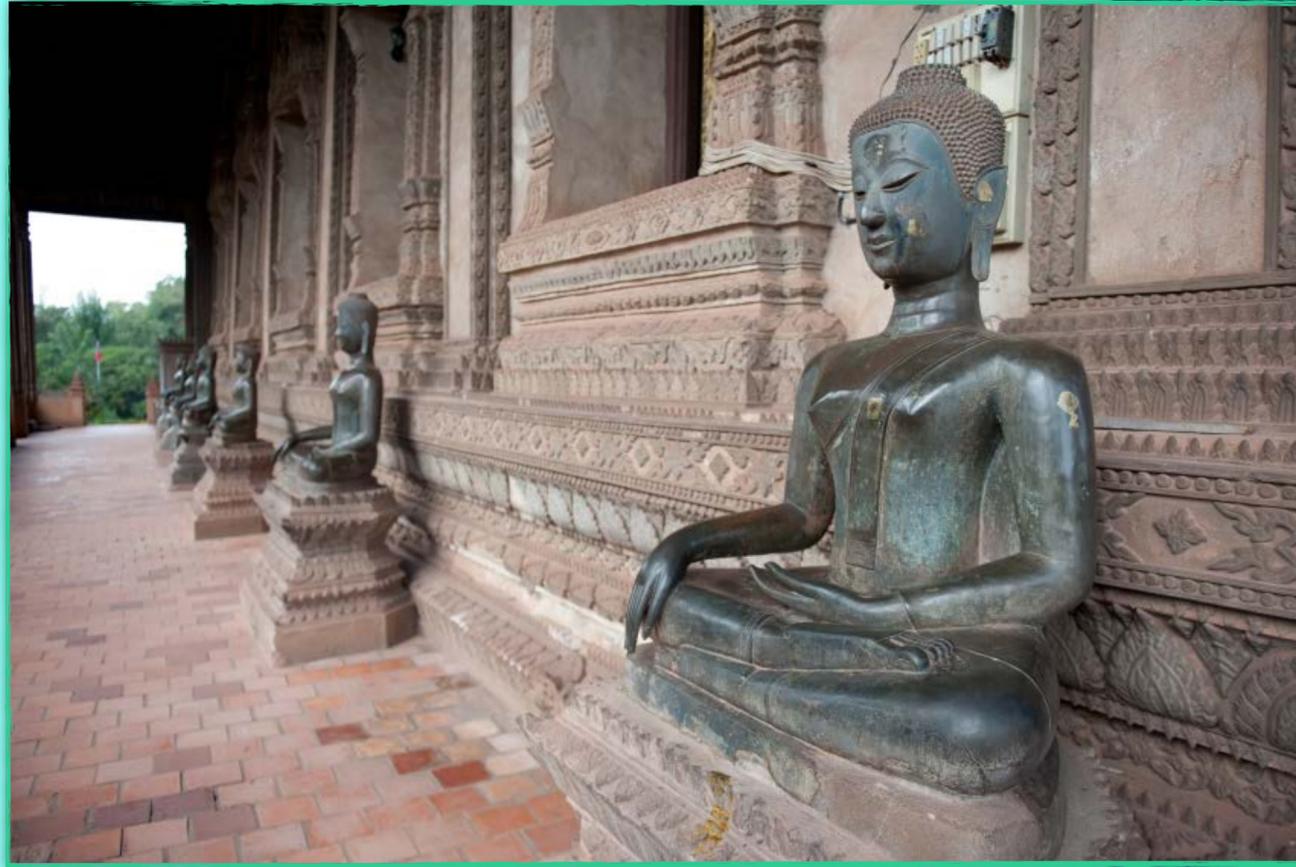
Are you ready to talk with a  
partner?





This Buddhist temple is called 'Wat Arun'. It is in Bangkok, Thailand.





This is 'Pha That Luang' in Laos, Southeast Asia.





Jokhang Temple, Tibet.





Mahabodhi Temple, India.

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What do you think these are?



They are Buddhist shrines.

Some Buddhists have shrines in their homes. The objects on the shrine all have special meanings.

Someone has lit some incense and placed an offering of food on this shrine.



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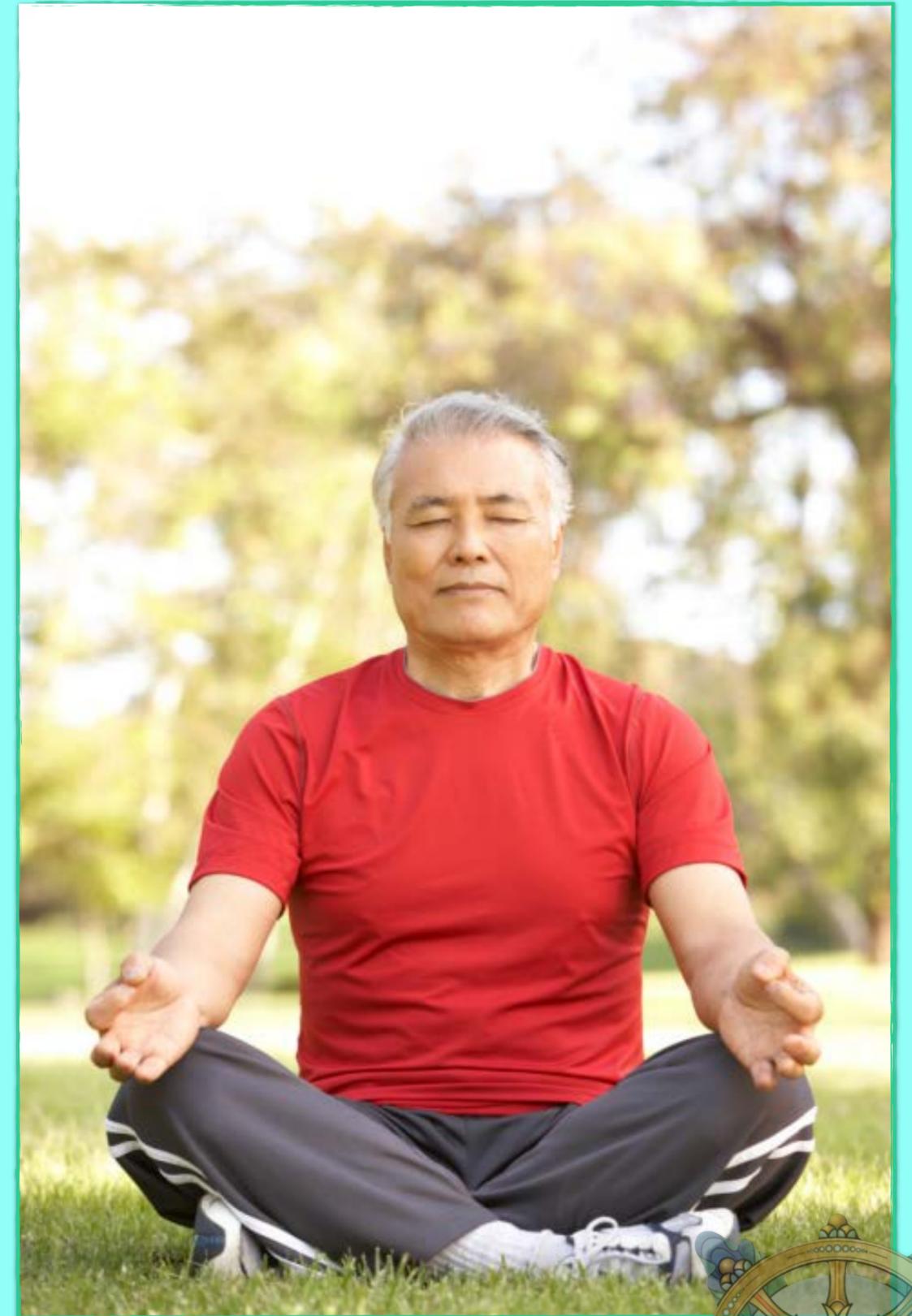
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Did you know that doing **nothing** is an important part of being a Buddhist?



Many Buddhists meditate as part of their worship. They believe that meditation helps them clear their minds and feel less worried about things.



Today we will be learning more about Buddhism by trying out activities similar to the things Buddhists do when they worship.



## Plenary

Many people, including Buddhists, say that they meditate because it helps them feel 'enlightened'. What do you think that



Talk to a partner.



# Plenary

They feel calmer and happier

They feel that they have learned something about themselves or the world around them

They feel that they better understand Buddhism

Did you think of any of these?

