

# Buddha Worksheet

By **Really Learn English**

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Buddha, the person who founded (began) Buddhism, was born a prince. When he was born in the 6th century BCE, his name was Siddhartha Guatama. His father was the king of a tribe (group) of people called the Shakyas. They lived in Nepal, which back then was part of India.

Siddhartha's father did not want him to know that the world was full of unhappiness and suffering. So, he built Siddhartha a beautiful palace to live in and never leave. From the time Siddhartha was a boy until he was 29 years old, Siddhartha's father kept him in this palace. Siddhartha married when he was 16 and together he and his wife had a son.

When Siddhartha was 29, he left the palace for the first time. Outside the palace, Siddhartha saw old men and sick men. He asked why these men were old and sick but no one could answer him. He also saw an ascetic. An

“ascetic” is a person who is very religious who does not let himself have any happiness for his body like food.

The suffering he saw in the world upset Siddhartha. He decided to become an ascetic to find out if by depriving (keeping away from) his body of food and happiness, he could understand suffering. He left his home and his family and wandered (traveled) for years trying to find answers to why people suffer.

He could not find any answers though. One day, after years of not eating or drinking much, Siddhartha realized (understood) that physical (body) suffering would not help him find answers. He needed to find a balance between suffering and indulgence (having everything you want all the time). He called this balance “the Middle Way.”



That night, Siddhartha sat down under a tree and promised himself that he would not stand up until he had found the answer to why people suffer. He sat under the tree and meditated (thought) about his life and his past lives. As he meditated, he began to find the answer to why men suffer. He called this answer his enlightenment.

Finally, Siddhartha found pure enlightenment. “Pure enlightenment” means that he understood why men suffer and understood how to end suffering.

At that moment, he became Buddha. "Buddha" means "he who is awake" or the person who understands everything.

Brahma, the king of the gods, came to Buddha and told him that he must teach others how to end suffering. So, Buddha traveled around India for the rest of his life teaching people what he had learned about how to end suffering.

Some of the people he taught started a group of monks. "Monks" are people who spend their lives away from the world thinking about religion. Anyone who wanted to find enlightenment and understand how to end suffering could be a monk. This meant that there were women who were monks as well as people from different countries all over the world.

Buddha's teachings are called the Dharma. The Dharma is still studied and taught today by Buddhists all over the world who want to end suffering.

## Buddha Worksheet – Exercises

### A. Answer the following questions.

1. Where was Buddha/Siddhartha born? What country is that today?

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2. What did Buddha/Siddhartha leave his home at 29 to find?

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3. What are the teachings of Buddha called?

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### B. Rewrite the following sentences as negative sentences, yes/no questions, WH-questions (using the underlined word) and tag questions.

**Examples for the sentence “He was born in the 6th century BCE”**

**Negative:** He was not born in the 6<sup>th</sup> century BCE.

**Yes/No Question:** Was he born in the 6<sup>th</sup> century BCE?

**WH-Question:** When was he born?

**Tag Question:** He was born in the 6<sup>th</sup> century BCE, wasn't he?

1. Siddhartha married when he was 16 years old.

**Negative:** \_\_\_\_\_

**Yes/No Question:** \_\_\_\_\_

**WH-Question:** \_\_\_\_\_

**Tag Question:** \_\_\_\_\_

2. The suffering he saw in the world upset Siddhartha.

**Negative:** \_\_\_\_\_

**Yes/No Question:** \_\_\_\_\_

**WH-Question:** \_\_\_\_\_

**Tag Question:** \_\_\_\_\_

3. Siddhartha found pure enlightenment.

**Negative:** \_\_\_\_\_

**Yes/No Question:** \_\_\_\_\_

**WH-Question:** \_\_\_\_\_

**Tag Question:** \_\_\_\_\_



## Buddha Worksheet – Answers

### A. Answer the following questions.

1. Where was Buddha/Siddhartha born? What country is that today?

Buddha/Siddhartha was born in India. Today, the part of India he was born in is the country of Nepal.

2. What did Buddha/Siddhartha leave his home at 29 to find?

Buddha/Siddhartha left home to find the answer to why people suffer.

3. What are the teachings of Buddha called?

The teachings of Buddha are called the Dharma.

### B. Rewrite the following sentences as negative sentences, yes/no questions, WH-questions (using the underlined word) and tag questions.

**Examples for the sentence “He was born in the 6th century BCE”**

**Negative:** He was not born in the 6<sup>th</sup> century BCE.

**Yes/No Question:** Was he born in the 6<sup>th</sup> century BCE?

**WH-Question:** When was he born?

**Tag Question:** He was born in the 6<sup>th</sup> century BCE, wasn't he?

1. Siddhartha married when he was 16 years old.

**Negative:** Siddhartha did not marry when he was 16 years old.

**Yes/No Question:** Did Siddhartha marry when he was 16 years old?

**WH-Question:** How old was Siddhartha when he married?

**Tag Question:** Siddhartha married when he was 16 years old, didn't he?

2. The suffering he saw in the world upset Siddhartha.

**Negative:** The suffering he saw in the world did not upset Siddhartha.

**Yes/No Question:** Did the suffering he saw in the world upset Siddhartha?

**WH-Question:** What upset Siddhartha?

**Tag Question:** The suffering he saw in the world upset Siddhartha, didn't it?

3. Siddhartha found pure enlightenment.

**Negative:** Siddhartha did not find pure enlightenment.

**Yes/No Question:** Did Siddhartha find pure enlightenment?

**WH-Question:** Who found pure enlightenment?

**Tag Question:** Siddhartha found pure enlightenment, didn't he?

**C. Write the correct word in the blank.**

1. Buddha was born **a** prince.

- a) a                                      b) an                                      c) the

2. His father was **the** king of a tribe of people called the Shakyas.

- a) a                                      b) an                                      c) the

3. The suffering he saw **in** the world upset Siddhartha.

- a) on                                      b) in                                      c) at

4. He **called** this balance "the Middle Way."

- a) call                                      b) called                                      c) to call

5. "Buddha" means the person **who** understands everything.

- a) who                                      b) that                                      c) which

6. Buddha traveled **around** India for the rest of his life.

- a) about                                      b) into                                      c) around

7. **Some** of the people he taught started a group of monks.

- a) each                                      b) those                                      c) some

8. The Dharma is still studied and taught today **by** Buddhists.

- a) for                                      b) by                                      c) in

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