



# Who Is the Buddha? teacher's notes

## General Note

You can find more background information for yourself in the section for [16-19 year olds](#).

With this you can also answer questions that might come up for the children. Such as: did the Buddha really exist?

## Who is the Buddha actually?

Here you can use either one of the 5- or 10-minute videos or the story provided in our Buddhist stories section. There are also great image books about the life of the Buddha, you can find some examples below. If you are interested in more information on books about Buddha's life you can read this article from Middle Way Education:

<https://middlewayeducation.org/resources/9-books-about-the-life-of-the-buddha/>

Image books:

*Life of the Buddha*, by Heather Sanche, published by Bala Kids:

<https://www.shambhala.com/browse-categories/kids-parents/children-s-books/the-life-of-the-buddha-9781611806298.html> (also in electronic file)

*Prince Siddhartha: The Story of the Buddha*, by Janet Brooke and Jonathan Landaw, published by Wisdom Publications:

<https://bookshop.org/p/books/prince-siddhartha-the-story-of-buddha-jonathan-landaw/16433541>

*Buddha*, by Demi, published by Henry Holt and Co

<https://www.amazon.com/Buddha-Demi/dp/0805042032>

## Story Discussion

If you want the discussion to be more playful you could do a dice plenary:

Ideally you would have a foam die which you can throw to students. It is also possible to hand a normal die to students of your choice. Then students answer the question corresponding to the number they roll. You can also do this in smaller groups with each group having the questions themselves and a die.