

Name: \_\_\_\_\_

Date: \_\_\_\_\_



Draw a comic strip that tells the story of Siddhartha Gautama and the Ascetics.

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1. Siddhartha Gautama left his palace to achieve enlightenment and an end to suffering. He spent time with many teachers on his journey.


2. One day, he met six men called Ascetics. They believed that they could achieve enlightenment by living a life of suffering. Siddhartha joined them and became an Ascetic.

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3. After six years, Siddhartha had not achieved enlightenment. He realised he did not need live a life of suffering. Siddhartha left the Ascetics and went into the village to beg for food.

4. The Ascetics saw the villagers helping Siddhartha. They were disappointed in him. They turned their backs on him, and left.



**Choose the four most important moments from the story of Siddhartha Gautama and the Ascetics. Copy them onto the Buddha Story sheet, then illustrate them.**

## Siddhartha Gautama and the Ascetics

1. Prince Siddhartha had left his palace to achieve enlightenment and find an end to suffering.
2. He met many teachers on his journey.
3. One day, he met six men called Ascetics. They believed that by suffering themselves they could achieve enlightenment.
4. One of the men ate only a single grain of rice each day. Another slept on a bed of nails. A third would hold his breath until he passed out. All of them dressed in rags.
5. Siddhartha lived with the men, starving and suffering for six years. He did not achieve enlightenment.
6. He realised that there must be a 'middle way' to live his life, neither suffering or living an extravagant lifestyle.
7. Siddhartha went into the village to beg for food. The kind villagers helped him, and soon he was fit and healthy.
8. The Ascetics saw the villagers helping Siddhartha. They were disappointed in him. They turned their backs on him and left.



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**Read the story of Siddhartha Gautama and the Ascetics. Choose four key moments to describe and illustrate on the Buddha Story sheet.**

### Siddhartha Gautama and the Ascetics

The Prince Siddhartha had left his palace in search of enlightenment. He had seen people and animals suffering outside the palace walls, and he wanted to find a way to end the suffering.

He travelled to see many different teachers, hoping that one of them would help him achieve enlightenment. Once he had learned all he could from each teacher, he left, searching for more answers.

Eventually, Siddhartha met a group of six wise men called Ascetics. Ascetics believed they could achieve enlightenment by suffering themselves. One of them survived on a single grain of rice a day. Another slept on a bed of nails. A third would hold his breath until he collapsed. They all dressed in rags.

Siddhartha became an Ascetic, and lived a life of suffering for six long years.

By the end of the six years, Siddhartha still had not achieved enlightenment. He decided that starving himself in this way did not help himself or others bring an end to suffering. Instead, he decided that there must be a 'middle way' to live life, neither suffering or living an extravagant lifestyle which might be wasteful and cause harm to others.

Siddhartha went into the village with his begging bowl. The kind villagers looked at his starved and skinny body and took pity on him. They gave him rice and milk and, gradually, his strength returned.

The Ascetics saw this, and were disappointed with Siddhartha. They turned their backs on him and left. The Prince continued on his quest for enlightenment.

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1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



Stories about the life of Siddhartha Gautama tell of many moments when he experienced enlightenment.



One of those moments of enlightenment occurred after six long years of suffering while living with the Ascetics.



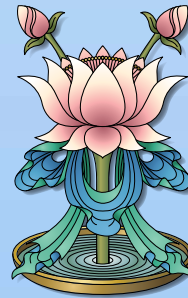
He realised that there was a 'middle way' to live life!

The 'middle way' meant not living a life of suffering, or living in an extravagant way. He left his life of suffering with the Ascetics, and went into the village with his begging bowl to ask for some food.



How do you think Siddhartha felt when he realised this?

One of the eight auspicious Buddhist symbols represents enlightenment. The Lotus grows out of the mud and up through the water, where its beautiful flower can open up. It represents Buddhists growing and escaping suffering through enlightenment.



Have you ever had a moment of enlightenment, like a light bulb coming on inside your head? Here are some examples of 'light bulb' moments, where suddenly something makes sense:

Working out a way of solving a tricky maths problem!

Realising how you can help a friend!

Knowing what you must do to solve a problem in your own life!

A teacher or a friend explaining an idea in a new way so that it suddenly makes sense!

How does it make you feel when you have a 'light bulb' moment?

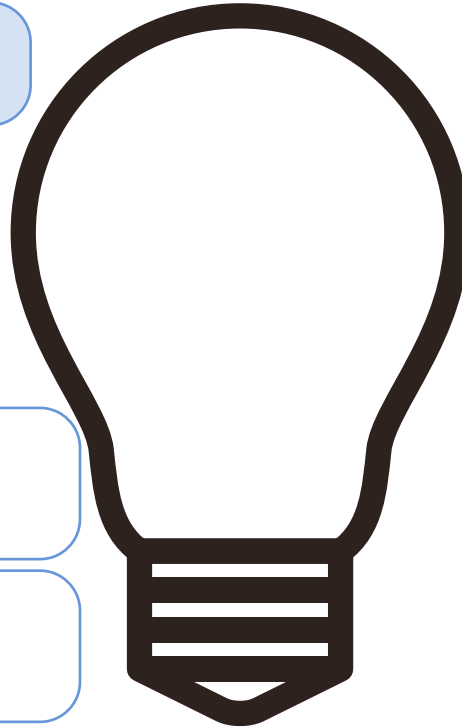
Can you think of a 'light bulb' moment you have experienced?  
Write about it in the bulb:

Name:

How did the problem make you feel?

How did you feel after your 'light bulb' moment?

Who or what helped you have that 'light bulb' moment?



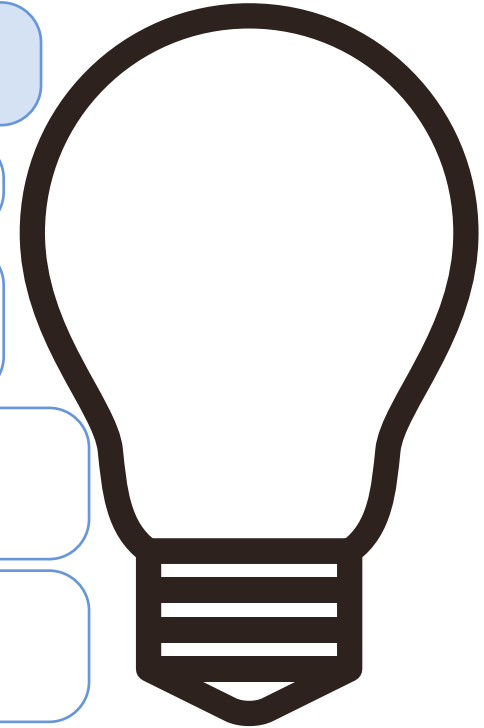
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Think of a problem you have right now. It could be something that is worrying you, or something you do not understand at school. Write it down and keep it somewhere safe. Could meditating or thinking deeply about the problem help you find an answer?



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