

# Nirvana Day

Buddhists believe in a cycle of birth, death and rebirth but they can escape this cycle by living a good life and following the Buddha's teaching. Nirvana Day commemorates the death of the Buddha. Buddhists believe that when the Buddha died, he entered Nirvana, which is the Buddhist afterlife (like the idea of heaven). Can you think of ways Buddhists could live a good life and enter Nirvana? Write them below and draw pictures to show some of your ideas.

How can Buddhists  
live a good life?



**Challenge!** Buddhists believe that death is a part of life and so people shouldn't feel too sad about it. Using books and the Internet, find out which other faiths teach about death.

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Buddhists believe in a cycle of birth, death and rebirth but they can escape this cycle by living a good life and following the Buddha's teaching called the Noble Eightfold Path. Nirvana Day commemorates the death of the Buddha. Buddhists believe that when the Buddha died, he entered Nirvana. Can you think of ways Buddhists could follow some of the teachings of the Noble Eightfold Path? Write them below.

How can Buddhists live a good life?

Doing the right thing

Not having lots of possessions, only having what you need

Making an effort with everything you do



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Right speech

Right conduct

Not having lots of  
possessions, only  
having what you need

Right effort



**Challenge!** Buddhists believe that death is an inevitable part of life and so people shouldn't grieve too much. Using books and the Internet, find out which other faiths teach about death.