

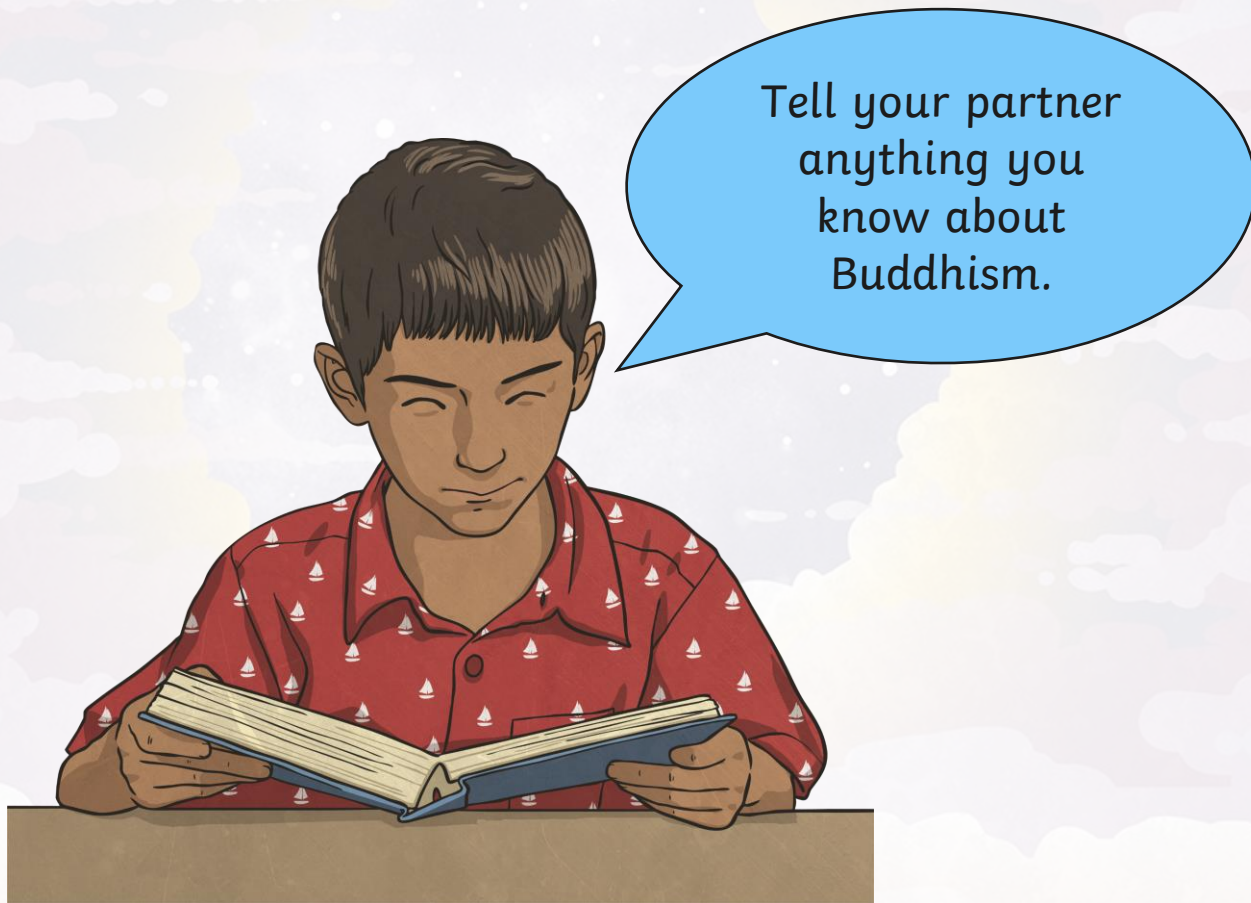
**L.O: To understand the importance of  
Nirvana Day to Buddhists.**

**I can say what Nirvana Day is.**

**I can say why Buddhists celebrate Nirvana  
Day.**

**I can say what Buddhists do to celebrate  
Nirvana Day.**

# What Do You Know about Buddhism?



Vulcano, Italy



# Facts about Buddhism

**The Buddha** – The Buddha was a man called Siddhartha Gautama. He was from a very rich family, but during his life, he learnt about what was really important in life. He then taught others about what he had learnt.

Buddhists do not believe that the Buddha was a god but that he was a very wise teacher.

**Reincarnation** – Buddhists believe that life is a cycle of birth and rebirth. They believe that after death, living things are reborn in a new body.

**Nirvana** – Leaving the cycle of birth and rebirth and going to a place of peace and happiness.

**Karma** – The idea that each action has a consequence. Good actions give you good karma, bad actions give you bad karma. Your karma will affect what you come back as in your next life.

**Dharma** – This word has many meanings but is often used to refer to the Buddha's teachings.

**Meditation** – A time of stillness, where Buddhists try to focus their thoughts on becoming peaceful and knowing the Buddha's teachings.

Vulcano, Italy

# What Is Nirvana Day?

Nirvana Day, also known as Parinirvana Day, is when Buddhists commemorate the death of the Buddha, which happened in 483 BCE. It is celebrated on 15<sup>th</sup> February, although some Buddhists celebrate it on 8<sup>th</sup> February.

Buddhists believe that through meditation and teaching, the Buddha created good karma and reached enlightenment. This is when a person discovers the true meaning of life. Buddhists believe that when you become enlightened, you can leave the cycle of birth and rebirth and reach Nirvana.



Did You Know?  
The Ancient Greek period was from around 800 – 500 BCE, just before the Buddha's death.

<https://www.bbc.co.uk/bitesize/topics/zh4mrj6/articles/zvtxgwx>



# How Is Nirvana Day Celebrated?

Buddhists spend time meditating.

Buddhists may visit a Buddhist place of worship, called a temple. Or they may visit a monastery, which is a place where **monks** live.

They may make **offerings** to a statue of the Buddha.

Some Buddhists make a **pilgrimage** to Kushinagar, the city in India where it is believed that the Buddha died. They may visit **shrines** dedicated to the Buddha and place offerings there.



Kushinigar

# How Is Nirvana Day Celebrated?

Buddhists may spend time reading Buddhist holy books, to help them learn more about the Buddha's teachings. In particular, they read the Parinibbana Sutta, the holy book that records the last days of the Buddha.

Buddhists also use Nirvana Day to think about friends and family who have died. A key Buddhist belief is that life always changes and that death should be accepted as a part of life.

# Your Task

**Write a diary entry as if you are a Buddhist. Write about your day celebrating Nirvana Day.**

**Make sure you include:**

What Nirvana Day is  
Why you celebrate it  
Who you celebrated with  
How you celebrated  
Thoughts & Feelings



# Glossary

**Monks** – People who devote their entire lives to studying the Buddha's teaching.

**Offerings** – Objects placed in front of a religious statue to show worship and gratitude. The offering could be a lit candle, food, flowers or water.

**Pilgrimage** – A journey with religious significance.

**Shrines** – A place dedicated to a religious person. Buddhist shrines have a statue of the Buddha.

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