

Buddha	'The Enlightened One' who taught how to end suffering
Enlightenment	understanding the truth and finding inner peace
Nirvana	a state of perfect peace and happiness
meditation	thinking quietly to calm the mind

Big Question: How do Buddha's teachings help people live happier and more peaceful lives?

- What did the Four Sights teach Prince Siddhartha?
- Why did Buddha believe people suffer?
- What steps do Buddhists take to find happiness?
- What can we learn from Buddha's example?

