



RS4 Buddhism: practices

Personal learning checklist | 1 of 3

AQA GCSE Religious Studies A 8062 | Paper 1

Name _____ Class _____ Date _____

Tick one box for each statement. Red: need help. Amber: partly confident.
Green: can do independently.

Use an explanation, source or example as evidence before choosing your confidence level. A quick quiz alone may not demonstrate the whole outcome.

I can	Red	Amber	Green
Worship and meditation			
Explain the importance of a home shrine.	☐	☐	☐
Explain the importance of a Buddhist temple.	☐	☐	☐
Distinguish the roles of viharas and gompas.	☐	☐	☐
Explain the significance of a Buddha rupa.	☐	☐	☐
Explain the symbolism of flowers in offerings.	☐	☐	☐
Explain the symbolism of lights in offerings.	☐	☐	☐
Explain the symbolism of incense in offerings.	☐	☐	☐
Explain the purpose of bowing in Buddhist devotion.	☐	☐	☐
Explain the role of puja in the home and temple.	☐	☐	☐
Explain chanting as devotion and an aid to concentration.	☐	☐	☐
Explain the use of mantras and mala beads.	☐	☐	☐
Explain the aim of samatha meditation.	☐	☐	☐
Describe mindfulness of breathing.	☐	☐	☐
Explain the aim of vipassana meditation.	☐	☐	☐
Explain the purpose and methods of zazen.	☐	☐	☐
Compare tranquillity and insight meditation.	☐	☐	☐
Explain how visualisation can develop compassion or wisdom.	☐	☐	☐
Explain Avalokiteshvara's connection with compassion.	☐	☐	☐

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Death and festivals			
Explain Theravada funeral practices.	☐	☐	☐
Explain how Theravada mourning rituals express impermanence.	☐	☐	☐
Explain Buddhist funeral and memorial practices in Japan.	☐	☐	☐
Explain the bardo's significance in Tibetan death rituals.	☐	☐	☐
Explain sky burial without treating it as universal Tibetan practice.	☐	☐	☐
Compare Buddhist mourning practices in Theravada, Japanese and Tibetan communities.	☐	☐	☐
Explain what Wesak commemorates.	☐	☐	☐
Explain how Wesak celebrations express Buddhist teaching.	☐	☐	☐
Explain the significance of Parinirvana Day.	☐	☐	☐
Explain why Buddhists attend retreats.	☐	☐	☐
Explain the importance of Buddhist festivals in Britain today.	☐	☐	☐
Ethics and compassion			
Explain kamma as intentional action and its consequences.	☐	☐	☐
Explain rebirth without assuming an unchanging soul.	☐	☐	☐
Explain why belief in kamma does not justify blaming or neglecting sufferers.	☐	☐	☐
Explain karuna and apply it to an example.	☐	☐	☐
Explain metta and its development through practice.	☐	☐	☐

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Ethics and compassion			
Use Dhammapada 5 to explain a response to hatred.	☐	☐	☐
Apply the first precept to a decision about taking life.	☐	☐	☐
Apply the second precept to a decision about taking property.	☐	☐	☐
Apply the third precept to avoiding sexual harm.	☐	☐	☐
Apply the fourth precept to truthful communication.	☐	☐	☐
Apply the fifth precept to avoiding heedlessness.	☐	☐	☐
Explain precepts as ethical training rather than a creator's commands.	☐	☐	☐
Identify the Six Perfections.	☐	☐	☐
Explain how generosity is developed as a perfection.	☐	☐	☐
Explain how morality is developed as a perfection.	☐	☐	☐
Explain how patience is developed as a perfection.	☐	☐	☐
Explain how energy is developed as a perfection.	☐	☐	☐
Explain how meditation is developed as a perfection.	☐	☐	☐
Explain how wisdom is developed as a perfection.	☐	☐	☐
Explain a specific connection between Buddhist belief and practice.	☐	☐	☐

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