

For Families and
Young People

Footsteps of the Buddha

Take a moment, find a space and stand quietly.

Stand as still and tall as a tree.

Wiggle your toes and feel your feet heavy on the floor.

Let your shoulders relax away from your ears.

Take a big breath in.

As you breathe out... smile.

You have arrived in this exhibition!

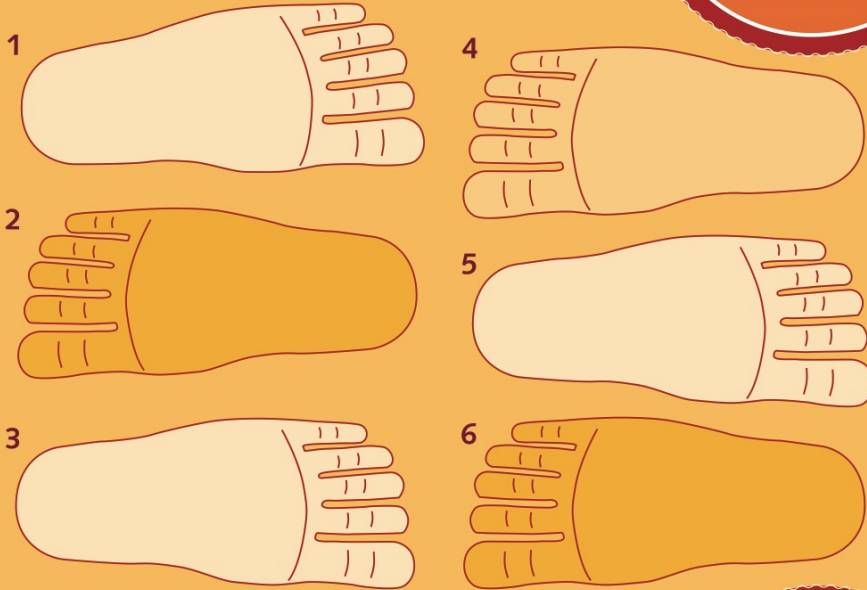
Let's take our first steps.



Listen

Stroll through Section 1: Buddha

How many different sounds can you hear?
Close your eyes, or look down. Keep listening until you have counted six sounds. Write a word describing each sound in the footprints.



A buddha is someone who has a deep understanding of what is going on inside and around them. They are fully aware, kind and loving.

There was once a prince called Siddhartha. He was a wise teacher and is known as the Buddha.

Action

Can you spot any special hand signs?

They are known as 'mudra', an ancient Sanskrit word from India. Practise these mudra, then test each other's knowledge.

Keep looking for more mudra as you explore.



Asking the earth for truth



Peace, without fear



Teaching



Connecting, meditating

There is a story about the Buddha when he was a baby: as he took his first seven steps, a lotus flower blossomed in each footprint.

Match

Move into Section 2: Buddhist Philosophy

There are animals found throughout Buddhist imagery. Can you match the animals to their footprints?

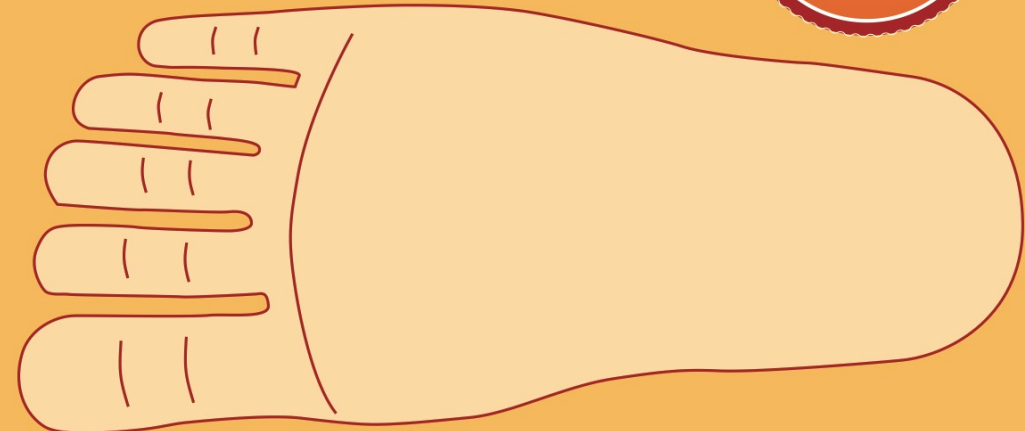


What other animals can you find stepping, prowling and jumping through the exhibition? Add their footprints here.

Draw

Wander through Section 3: The Spread of Buddhism and Section 4: Buddhist Practice

What have you discovered on your exhibition walk today? Fill this footprint with words, drawings or patterns.



For many people, a picture of the Buddha's footprint is a sign that he left a path behind for others to follow.

Farewell

Section 4: Buddhist Practice

When you are ready, complete your journey and leave the exhibition by tapping the bell once.

Listen carefully and count the seconds until the sound disappears completely.

This is the breath of the bell.

Mindfulness is an important practice to Buddhists. Being mindful means paying attention to what we are experiencing here and now, with curiosity and without judgment.

Family Activities

Join us for interactive workshops, events and activity trails throughout the year – have fun, be creative and explore the Library.

Find out more at bl.uk/families

As you continue your walk out into the world, visit our Treasures Gallery to explore more Buddhist objects, or take a look online at bl.uk/sacred-texts

Photograph

Taking a photograph is like a mini meditation: it can help us notice what's around us in this moment, and to choose what to focus on.

Plant your two feet firmly on the ground and take a picture.

It could be in the exhibition, outside, or somewhere you feel is special, peaceful or full of light and colour.

Share your photograph (or other artwork) using [#BLBuddhaFootsteps](https://twitter.com/BLBuddhaFootsteps)




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Contact us

learning@bl.uk
+44 (0)20 7412 7797

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