

**Monday 23<sup>rd</sup> February 2021**

**LO: to know and understand facts about  
Nirvana Day**



# All about Nirvana Day



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# Important aspects of Buddhism – Nirvana Day

**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.

**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.



# 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.

Watch this video and read the information about Nirvana Day.

Use the fact file template on the class page to present information about Nirvana Day.



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