

# The Four Noble Truths Activity Sheet

The Four Noble Truths are one of Buddha's key teachings. They explain the problems humans face and why.

The Four Noble Truths are as follows:

<b>First truth</b> Dukkha	Accepting that all life is impermanent and will involve suffering.
<b>Second truth</b> Samudaya	Knowing that there are things in life that cause suffering, such as craving and desire.
<b>Third truth</b> Nirodha	Understanding that we can end suffering and achieve nirvana if we detach ourselves from what we crave and are content with what we have.
<b>Fourth truth</b> Marga	Knowing we can end suffering by following the Eightfold Path or 'the middle way'.



Fill in the blanks. Use the words in the table to help you.

- The four noble truths are \_\_\_\_\_ and \_\_\_\_\_.
- Buddha believed that by following the four noble truths, we can achieve \_\_\_\_\_ by breaking ourselves free from what we \_\_\_\_\_.
- By following the \_\_\_\_\_, Buddha believed we can end suffering.
- Buddha taught of impermanence, meaning the world is always \_\_\_\_\_.

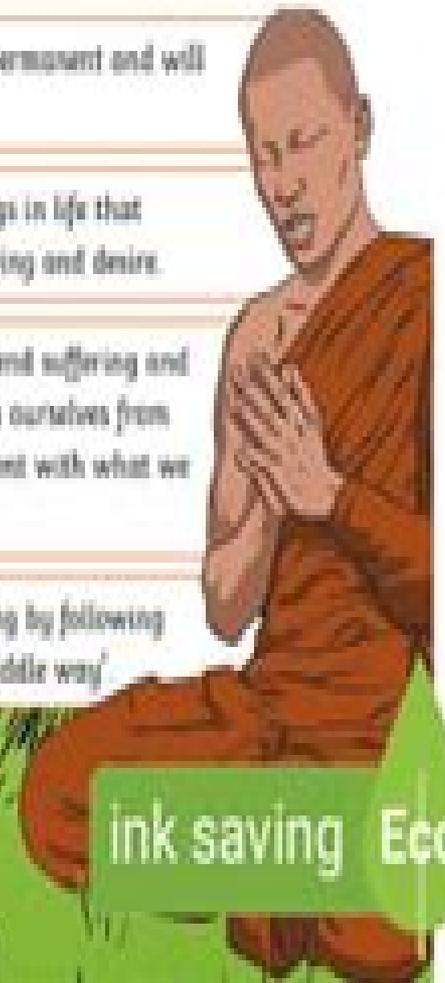
Dukkha	craving	that	imper	craving
Samudaya	knowledge	Eightfold	can	Dukkha

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# 4 Noble Truths Worksheet

**Yicheng Fang**



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