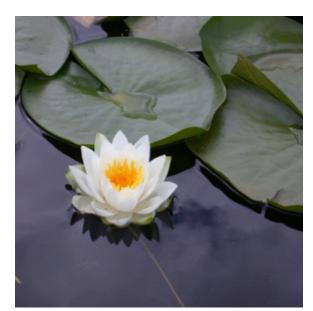


The Lotus flower is a very important symbol to Buddhists.



















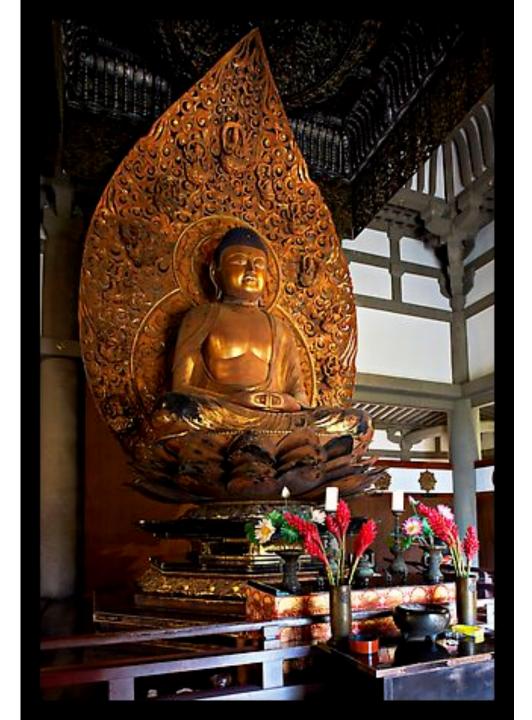


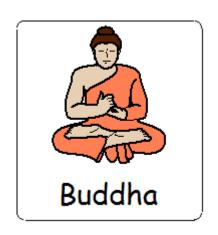
When Siddhartha Gotama (The Buddah) was born it is said

that he took seven footsteps straight away, and on each step a lotus flower appeared.

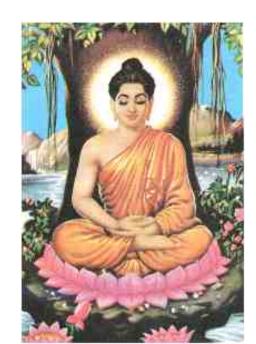






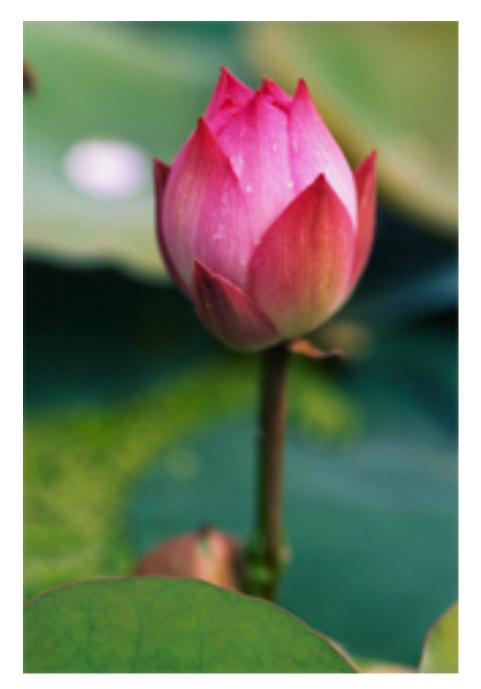


Buddha is often pictured seated on a lotus flower.



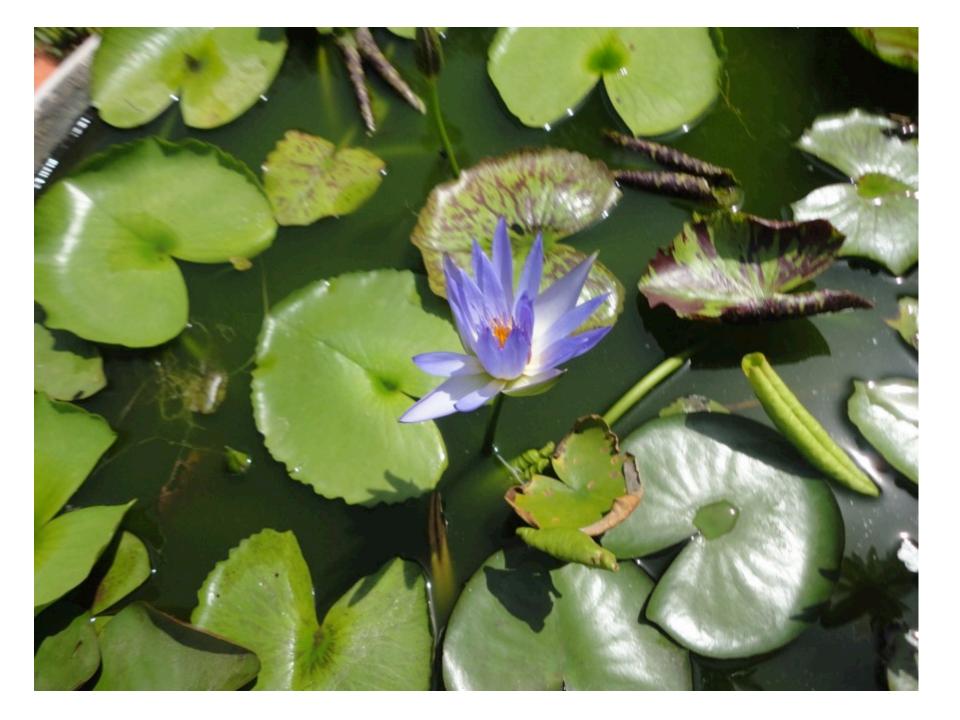
The lotus flower grows from the mud at the bottom of a pool.







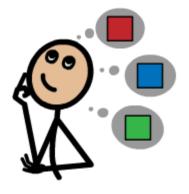
It rises out of the water and opens to become a beautiful flower.







It shows how we can grow and change through the choices we make and the actions we take.







The Lotus flower is a symbol of hope.

How do you feel you have changed through this time of home learning?

What are your hopes for the future?