





Year 5		Autumn 1 RELIGIOUS EDUCATION		Hinduism – What does it mean to be a Hindu?	
beliefs, teachings and sources		practices and ways of life		forms of expression	
Key Vocabulary					
<b>nuclear family</b> - a couple and their dependent children		<b>extended family</b> - a family which extends beyond the nuclear family to include grandparents and other relatives		<b>namaste</b> – a traditional Hindu greeting encouraging respect for all.	
<b>karma</b> – every action has a reaction. Hindu belief that everything you do accumulates either good or bad karma which can be carried over many lives.		<b>Sanskrit</b> – the classical language of Indian and the liturgical language of Hinduism, Buddhism, and Jainism		<b>moksha</b> - liberation from the cycle of death and <b>rebirth (reincarnation)</b>	
<b>mandir</b> – name for Hindu temple or place of worship.		<b>prasad</b> – vegetarian food religious offerings to deities.		<b>murtis</b> – statues of religious	
<b>Bhagavad Gita</b> – 700-verse Hindu scripture					
<b>Why is family so important to Hindus?</b> 		<b>What can we learn from Hindu values?</b> 		<b>What is Karma and how does it affect the life of a Hindu?</b> 	
<b>Is a Mandir Just a Place to Pray?</b> 		<b>Why is Pilgrimage Important To Many Hindus?</b> 			
<p>For Hindus, a family is larger than the <b>nuclear</b> family; family includes the <b>extended family</b>—maternal and paternal grandparents, uncles, aunts, and cousins. This provides free shelter for younger members of the family. In return those younger members offer can offer practical support around house as well as emotional support to each other. Elders take important decisions and, based on their own experience in life, offer guidance to younger members.</p>		<p><b>Namaste</b> is a customary way of greeting someone respectfully. The Hindu main values that are taught in Hindu scriptures are family, respect, honesty and non-violence – otherwise known as <b>ahimsa</b>. It means avoiding harm (and the desire to harm) any living thing physically, mentally and emotionally. Cows are considered to be sacred animals among Hindus because they are the symbol of the earth - they give so much yet ask nothing in return.</p>		<p><b>Karma</b> is a <b>Sanskrit</b> word whose literal meaning is 'action'. According to Hindu scripture, karma is the belief that every action has a reaction, there are consequences for everything they do, in this life and in reincarnation. Traditionally, Hindus saw karma as something given to them by the gods. If you did something good, especially something for other people, you got good karma and this would help you in the future. On the other hand, if you did something bad you would get bad karma e.g. violence will cause bad karma, <b>ahimsa</b> will bring good karma. Hindus think that the way they lead their life will affect the next life so their aim is to minimize bad karma in order to enjoy better fortune in this life and achieve a better <b>rebirth</b> in the next.</p>	
<p>A <b>Mandir</b> is a special place where Hindus believe heaven meets the earth, so many mandirs are tall buildings, like mountains reaching up into the sky. They are not just place places for worship, Hindus also hold birth, death and wedding ceremonies a place to discuss and strengthen their faith, take part in meditation and yoga classes, sit and be peaceful, sing, eat together after worship with <b>prasad</b>. Hindus show respect by taking shoes off, dressing modestly, bowing down when entering the temple room and ringing a bell to acknowledge presence. Objects you might find inside a mandir are: pictures of deities, the main shrine, a bell, incense box, candles, the Aum religious symbol and <b>murtis</b> (statues of deities)</p>		<p>Lots of different people from different religions go on pilgrimages from many different reasons including: to remember special people; to fix the mind on God; for spiritual development; for meeting and taking guidance from holy people; to perform specific religious rites (e.g. religious ceremony such as baptism); for self-reflection and contemplation and for an uplifting and memorable experience. The Hindu tradition of pilgrimage means making a journey to a holy place in order to feel closer to God. The most famous Hindu pilgrimage is the <b>Kumbh Mela</b>, which takes place at the River Ganges in India. Up to 40 million people go to purify themselves in the water, the biggest gathering of people on Earth. Hindus try to do at least one pilgrimage in their lifetime.</p>			