



## Hinduism

Hello Kahlo and Stowasser,

We hope you enjoyed our last topic on the Lord's Prayer. This half-term we are starting a new topic in RE – the religion of Hinduism.

Hinduism is one of the oldest religions in the world (twice as old as Christianity!), and most people in India and Nepal are Hindus. In fact, there are more than 1 billion Hindus around the world.

This half-term, we are going to be learning about Hindu artefacts, what Hindus believe in, and where they worship as well as their many other gods and goddesses.

Namaste (this is a Hindu greeting meaning hello or goodbye!)

Mr Knight and Miss Nakkas

### Week 1 Questions about Hinduism

#### What is Hinduism?

Have you heard of Hinduism before?

Use your book to write down anything you know already.

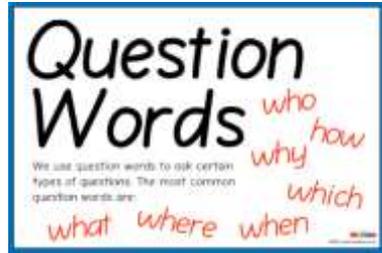
Click on the image below to watch this short video about Hinduism.



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## Activity

Write down any questions you would like answered about Hinduism after having watched the video.



Miss Nakkas wrote down the question, 'If Hindus believe in one true God called Brahman, why do Hindus also believe in many other gods and goddesses?'

Jackie wondered what is similar and different about Hinduism and Christianity.

Kelly asked the question, 'What are Hindu temples like? Are there any in Peckham?'

Naomi was curious about how Hindus pray.

Mr Knight recorded his questions, 'Can we see the Hindu God Brahman? How is part of him in everyone?'

## Week 2 – The Hindu God Brahman

### Brahman

Hindus believe in a universal soul or God called Brahman. Brahman is the most important God to Hindus because Brahman gave life to everything. Hindus believe that Brahman is present everywhere and there is a part of Brahman in everyone.

Brahman takes on many forms and Hindus worship these gods and goddesses. Three of the most significant forms of Brahman are Brahma, Vishnu and Shiva.



**Brahma** is the **creator** of the world and all creatures. He is usually shown with four heads.

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**Vishnu** is the **preserver** of the world. His role is to return to the earth in troubled times and restore the balance of good and evil. He has blue skin and four arms.

**Shiva** is the **destroyer** of the universe. Shiva destroys the universe in order to re-create it. Shiva has blue skin, a third eye and carries a trident.

### Importance of symbols

All religions use signs and symbols to help connect with their beliefs and Gods.

Do you recognise these?

Which religion do you think they belong to? Discuss with a family member.



Were you right?

Check which religion these symbols belong to:



The symbol of the cross is often used to represent Christianity.



The Om sign is often used to represent Hinduism.



The Star of David is often used to represent Judaism.



The Hilal (crescent moon and star) is often used to represent Islam.

### Activity

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We can't see Brahman but we can imagine what Brahman and the other gods and goddesses look like. Lots of artists have created images and symbols of Brahman and the other gods to try and show how Brahman is one God but is made up of many gods.

Design your own symbol or piece of art to represent Brahman, the Hindu God.

There are some pictures below to help inspire you.



### **Week 3 –The Hindu gods and goddesses**

In the last lesson, we learnt about Brahman. There are millions of other gods and goddesses who all represent Brahman, the one true God. In fact, there are over 30 million of them!

Here are a few representations of Brahman. He can take the form of Shiva (on the left) and Ganesha (the elephant god).



#### **Task 1:**

Look at the information in the PowerPoint about Hindu gods and goddesses to find out about the different gods.

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### **Task 2:**

Choose your favourite god or goddess and create an information poster about them. Draw and colour them carefully and include facts about them so that other people can learn about your favourite Hindu god!

Remember, Hindus love to decorate their gods with bright colours.

Please share your posters with us – we'd love to see them!

### **Week 4 – The Hindu gods and goddesses (continued)**

#### **Watch**

Watch this video. This is a story about the Hindu gods.



Can you count how many of the Hindu gods and goddesses are in this story?

Can you write them down?

#### **Task**

In Hinduism, there are millions of other gods and goddesses who all represent Brahman, the one true God.

Using the video and the information about Hindu gods, you are going to create your own true god and three different representations of this one god.

We have created a template below to help you but you simply use a blank piece of paper if you prefer. Don't forget to label your pictures!

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*My one god is called \_\_\_\_\_,*  
*She/ He is the god of \_\_\_\_\_,*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

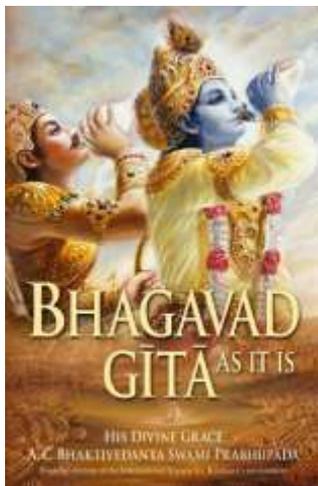
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## Week 5 – Bhagavad Gita, the Hindu Bible

### Discuss

The Bhagavad Gita is like the Hindu Bible.



What clues are there that this is a special book?

How can you tell that this is a religious book?

Do you think it looks similar to our Christian Bible?

What kinds of stories might it contain?

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The Bhagavad Gita is very important to Hindus. They put it right at the heart of their lives as it is a message from God.

### **Task:**

What is in the heart of your life?

In your exercise book, draw and write down the most important thing in your life and explain why it is so important to you. It could be your religion, your family and friends, or something else!

Miss Nakkas' example:

*My family is at the heart of my life because we love and care for one another. I feel connected with them even when they're not around.*

Mr Knight's example:

*My friends are at the heart of my life. My friends bring me joy and always support me when I need.*

Here are some pictures to help you think about what might be important in your life:



### **Week 6 - Mandir, the Hindu Church**



### **Discuss**

This is a Mandir, which is like a Hindu church, temple or synagogue. What do you think might be inside?

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Does it look like any churches you have visited before?  
What are the similarities between a Church and a Mandir?  
What do you think are the differences between a Church and a Mandir?

### Watch

Click on the image below to watch a boy visiting his local Mandir. He explains the importance of Mandirs for Hindus.



Click on the below image to have a tour of a Mandir in London.



### Task:

Create a poster to tell people what they might see when they visit a Mandir.

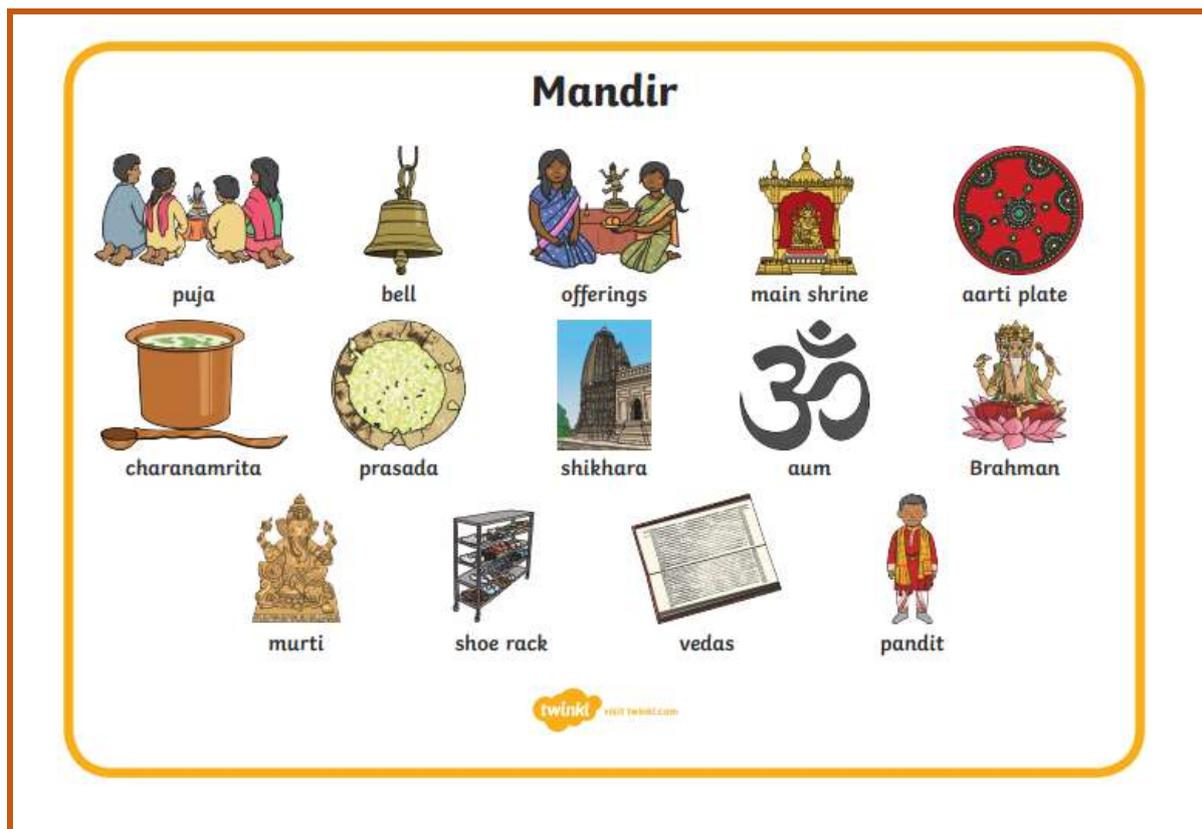
Include important rules like remove your shoes before you enter the Mandir!

### Challenge:

Create a map of a Mandir.

You can include a key for what can be found in a Mandir.

Please use the **key words** and images below to help you when creating your poster and map!



## Week 7 Puja, Hindu Worship

### What is Puja?

Puja means worship. Hindus worship at the Mandir, but also at home. Puja is usually performed by at least one person in the house every day.

At home, Hindus perform Puja at a shrine, which is an area in their home decorated with all things to do with the gods. Click on the image to find out more Puja at home:

### Puja - a form of Hindu worship

Part of Religious Education | Hinduism

Duration 02:04



### **Task:**

Using junk modelling and recycled goods design and create your own Puja shrine.

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You could include pictures or models of some of the Hindu gods you have learned about, some fruit and a bell to wake up the gods before praying.

What else could you include?

**Challenge:**

Could you create a guide to go with your Puja shrine explaining what you have created?

