

Building Hinduism Knowledge

	EYFS	Y3	Y6	KS3
Beliefs (Religion, Faith and Teachings)	<ul style="list-style-type: none"> ✓ Some people follow Hindu Dharma. ✓ Many people who follow Hindu Dharma live in India or Nepal. <p>Hindu Dharma Creation Story</p> <ul style="list-style-type: none"> ✓ Before time began, there was no heaven, no earth and no space in between. ✓ An enormous cobra floated in the nothingness. Asleep inside its coils was Vishnu. ✓ The sound 'om' began to fill the nothingness and woke Vishnu. ✓ When Vishnu woke, a magnificent lotus flower grew from his navel. ✓ In the middle of the lotus flower sat Brahman. ✓ Vishnu commanded Brahman to create the world, then the cobra and Vishnu disappeared. ✓ Brahman split the lotus flower into three. He turned one part into the heavens, he made another part the Earth and the third part of the flower became the sky. ✓ Earth was completely bare, so Brahman created flora and fauna and gave the animals the sense of touch, sight, sound and movement. 	<p>Key Belief – Dharma. (Right-living, respecting life, honouring Natural world)</p> <ul style="list-style-type: none"> ✓ Recall stories of the exile, return and reign of Rama from the Hindu book: The Ramayana and understand how they teach a) respect for Parents, b) keeping promises, c) doing the right thing even when it's hard, and from his reign d) using power with care and responsibility towards those with less power, know that many Hindus think these are important guidelines for right-living. <p>Belief – Deity (Brahman, Deva, Devi, Avatar)</p> <ul style="list-style-type: none"> ✓ Know that Hindu holy books describe Rama AND Krishna as special people called Avatars. These are believed by Hindus to be God, in human form and that God can choose to be born as an Avatar, in any time and place, when the world needs God's help or example. ✓ Know that many Hindus believe that they can also worship God in other divine forms (or deities) alongside the Avatars, such as a loving mother (Devi), Lakshmi, popularly worshipped at Divali. 	<p>Key Belief – Dharma. (Right-living, respecting life, honouring Natural world)</p> <ul style="list-style-type: none"> ✓ Know that the term "Hinduism" is a Western term for people who lived in Northern India, who shared the Vedas and ancient Sanskrit writings of India. Followers prefer the term "Sanatan Dharma", which mean 'eternal truths' (i.e. basic teachings which have always been true and always will be). ✓ Also recall the Holika story, who died using her powers to try and kill Prahlad, a believer in God, and understand how this reminds Hindus to use their gifts to help not hurt others, the principle of ahimsa. ✓ Know the Hindu word for 'action' is 'karma which means everything we do will have consequences. This is the 'Law of Karma'. Following the Dharma will produce beneficial results. <p>Belief – Deity (Brahman, Deva, Devi, Avatar)</p> <ul style="list-style-type: none"> ✓ Understand that thousands of years ago, Hindu books called the Vedas described many ways of thinking about God with special names, images and stories to help Hindus remember and understand about God. Hindus pray to God by any of these names and ways. 	<p>Key Belief – Dharma. (Right-living, respecting life, honouring Natural world.)</p> <ul style="list-style-type: none"> ✓ The Bhagavad Gita mentions 4 paths which lead to Moksha. Each path is open to anyone and many Hindus use more than one path in their lives: <ul style="list-style-type: none"> ○ Jnana-yoga ○ Raja-Yoga ○ Bhakti-Yoga ○ Karma-Yoga ✓ Recall the festival of Dussehra celebrating Rama upholding Dharma by defeating the tyrant King Ravana who had been treating his subjects very badly and had kidnapped Sita. ✓ Note Dussehra shows that Dharma does not forbid killing. It is based on the belief that society must keep adapting rules to maintain Dharma. In this case Rama must fight and kill Ravana in order to preserve life and right-living for the world. ✓ Recall when Arjuna won't fight his evil cousins in The Mahabharata, Krishna reminds him of his personal Dharma (Svadharm) as a gifted warrior to serve his country. This reminds Hindus we are born with unique talents and play our part (varna) serving society with our gifts.

			<ul style="list-style-type: none"> ✓ Recall the story of Shiva and the Ganges. Understand that Hindus believe that whilst the natural world is all from within God and so is to be treated as special, the Ganges is a holy river to visit and Shiva is a special and particularly powerful form of God to worship. ✓ Hinduism teaches that there is one Supreme Being/Person, Brahman. Brahman is everywhere and everything that exists lives in Brahman all the time. Nothing would exist if Brahman was not in it. ✓ Recognise the symbol often associated with Hinduism: Aum. The sound is sacred and is a way of describing Brahman. <p>Belief – Atman (The Divine within)</p> <ul style="list-style-type: none"> ✓ Recall the Hindu greeting Namaste and its meaning: 'I respect you', because Hindus believe the same God is inside every heart and must be treated as one world-family. ✓ Many Hindus believe in Reincarnation: the belief that when a body dies their atman ("soul") may move onto another being. In the Bhagavad Gita this is likened to someone changing dirty clothes for clean ones. Similarly, the Atman casts off its worn-out body for a new one. (Bhagavad Gita 2:22). 	<p>Belief – Deity (Brahman, Deva, Devi, Avatar)</p> <ul style="list-style-type: none"> ✓ Recall the Mahabharata story where 'Arjuna chooses Krishna' as his charioteer in the battle with his cousins. During the battle, Krishna answers his questions about Dharma, right living and ethics. These 18 chapters are known as the Bhagavad Gita used by Martin Luther King, Nelson Mandela and Mahatma Gandhi to help them battle injustice using spiritual principles ✓ Know that there are diverse views about the nature of reality within Hinduism- such as Advaita Vedanta and Dvaita Vedanta. ✓ Appreciate that Deity or Deities is a more accurate word than "Gods" and "Goddesses" to describe the range of forms with which Hindus relate to a single ultimate reality or "God". <p>Belief – Atman (The Divine within)</p> <ul style="list-style-type: none"> ✓ Recognise that Hindus believe that as there are many ways to think about God and many ways to be of service in the world, there are also different ways to connect with the Divine within (known as the Atman). The key point is to be quiet and reflective through 1) sitting
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<p>Practices (Worship, Commitment, Rites of Passage and Pilgrimage)</p>	<ul style="list-style-type: none"> ✓ Hindus worship in a mandir (temple). ✓ Inside many mandirs you will see Ganesh, God for Good Luck; a bowl of sweets; incense; orange fruit; a sacred flame and a prayer bell. 	<ul style="list-style-type: none"> ✓ Know Dharma means 'right-living' and that the Hindu faith is called the 'Hindu Dharma.' ✓ Recognise a form of Hindu worship (called puja) using a special tray called 'a puja thali' with a small sacred flame, a bell, flower petals, incense and water to help them not be distracted by anything else they may see, hear, smell or touch around them, to make it a special time. ✓ Know and be able to use the following terms accurately and confidently: Mandir, shrine, puja, murti, prasad and arti. ✓ Know that many Hindus have a special place at home for performing puja once a day. ✓ Understand that Puja helps Hindus be quiet enough to 'hear' God guiding them from within and to know Hindus can perform Puja at home or in a place of worship called a Mandir. 	<ul style="list-style-type: none"> ✓ Many Hindus pray to God by any of these names and ways. ✓ Recall the Hindu greeting Namaste and its meaning: 'I respect you', because Hindus believe the same God is inside every heart and must be treated as one world-family. 	

<p>Festivals (Belonging and Celebration).</p>	<ul style="list-style-type: none"> ✓ Diwali is a very special celebration for many Hindu people. ✓ It is also known as the 'festival of lights'. ✓ Diwali takes place every year. It lasts for five days. ✓ The dates change every year but it usually falls between October and November. ✓ Diwali is celebrated by cleaning and tidying the house, creating Rangoli, visiting a temple, making Diya lamps, watching fireworks and meeting with family and enjoying eating delicious food. ✓ Holi is a Hindu celebration. ✓ Holi is known as the festival of colours and is celebrated all over the world. ✓ It marks the beginning of spring and it is usually in March. ✓ People sing, dance and have fun together, no matter who they are. ✓ During Holi, people celebrate the story of Prahlad. 	<ul style="list-style-type: none"> ✓ Diwali is a very special celebration for Hindu people. ✓ It is also celebrated by Jains, Sikhs and some Buddhists. ✓ It is a celebration of light over dark and good over evil. ✓ It is also known as the 'festival of lights'. ✓ Diwali takes place every year. It lasts for five days. ✓ The dates change every year but it usually falls between October and November. ✓ Cleaning and tidying is a big part of Diwali. Hindu people believe the goddess Lakshmi visits clean homes. ✓ Each Diwali, people light hundreds of lamps, called diyas. They can be found in houses, shops and in the streets. ✓ Diyas are usually made out of clay. Hindu people believe these lights will welcome the goddess Lakshmi into their homes. ✓ Rangoli patterns are thought to bring good luck. ✓ People make Rangoli patterns at the entrance to their homes. This is to welcome the goddess Lakshmi. ✓ Visiting the temple is a very important part of Diwali. Hindu people will get up very early and put on special new clothes. ✓ They will often take food and sweets to the temple to offer to 	<ul style="list-style-type: none"> ✓ Know the Holi festival celebrates Spring, community and equality, reminding Hindus to respect the natural world and its seasons. ✓ Holi is a Hindu celebration. ✓ Holi is known as the festival of colours and is celebrated all over the world. ✓ People sing, dance and have fun together, no matter who they are. ✓ During Holi, people celebrate the story of Prahlad: There was once a cruel king. He wanted everyone to worship him. The king had a son called Prahlad. He was always very good and he worshipped the God Vishnu. This made the king angry. The King ordered his sister, Holika, to take Prahlad into a fire. The king believed that Prahlad would die and Holika would be saved. The God Vishnu saved Prahlad and Holika was turned into ashes. ✓ The festival begins with a Holika bonfire the night before Holi. ✓ A model of Holika is put on to the fire to burn. ✓ People will sing and dance around the fire. ✓ The next day is very messy and colourful. People go out into the street for a Carnival of Colour. ✓ Everyone throws colourful powders and coloured water on to each other. 	<ul style="list-style-type: none"> ✓
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		<p>the goddess Lakshmi. Inside, they will pray to the goddess. Then, everyone from the town will help to decorate the temple.</p> <ul style="list-style-type: none">✓ Each Diwali, many Hindu people will share a huge feast with their families. Grandparents, aunts, uncles and cousins will all get together for a big meal.✓ Fireworks are very popular during Diwali. Towns and cities will put on firework displays, but people also have fireworks at home.✓ Fireworks are used to celebrate Diwali because it is the celebration of light over dark.	<ul style="list-style-type: none">✓ People sing, dance and have fun together, no matter who they are.	
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