

In this unit, you should:

- Be introduced to the history of Hinduism
- Learn about the gods that Hindus worship.
- Look at the Hindu belief of reincarnation – discuss the Hindu belief of karma and how it is believed this affects re-birth
- Look at stories from the Hindu religion that teach about forgiveness.

Links to other Dharmic Religions:

- Yr 3 HT 3** – Sikhism – Why is generosity important to Sikhs?
- Yr 3 HT5** - How do Hindus show identity and belonging?
- Yr 5 HT 5** – Sikhism - How are people of religious tradition shaped by the stories and practices of their community?
- Yr 6 HT6** – Buddhism - What is forgiveness and is it important?

Key vocabulary:

- Vishnu:** Hindu god who protects the universe.
- Brahma:** Hindu god of creation.
- Trimurti:** The three aspects of the universal supreme God.
- Tridevi:** The three great goddesses of Hinduism.
- Brahman:** Hindus recognise one God, Brahman
- Puja:** ‘Worship’, which might consist of a series of symbolic actions and devotional words (including singing)
- Puja tray:** A metal plate which contains a small bowl in which ghee and a wick can be placed to form a lamp – used during puja
- Mandir/Hindu temple:** Place where some Hindu people go daily or weekly for puja
- Reincarnation:** Hindus believe that when a person dies, their atman (soul) is reborn in a different body.
- Moksha:** the end of the cycle of death and rebirth in Hinduism.

Key content:

- Hinduism is the oldest of the world’s religions. It is now practised all over the world but originated in South East Asia. It is a mix of different beliefs, cultures and traditions dating back over 4000 years.
- Hindus recognise one God, Brahman. The gods of Hinduism are different aspects of Brahman. The main three aspects (Trimurti) are: Vishnu, Brahma and Shiva. The three great goddesses (Tridevi) are: Saraswati, Lakshmi and Shakti
- Hindus can pray to different gods and goddesses for help with different needs.
- Hindus believe in reincarnation. If a person has good karma in a previous life (they have done good things), then their atman (soul) will be reborn or reincarnated into something better than they were previously. A person gains good karma for doing good things in life, such as helping others through following their *dharma*.

