

Year 3 Magpies

Religious Education

Summer 2

Hinduism



What is Hinduism?

Hinduism is a religion followed by Hindus. It is one of the oldest religions in the world and began in India over 4,000 years ago. Many Hindus believe in one main power called Brahman.

Hinduism can be seen as monotheistic (belief in one God) or polytheistic (belief in many gods). It includes many different beliefs and ideas, so it is sometimes described as a way of life rather than a single religion.

Key Vocabulary	Definition
Atman	The soul inside every living thing, and it is the true self that never changes.
Brahman	The supreme power in Hinduism, and Hindus believe it is present in everything.
Diwali	A Hindu festival of lights that celebrates good winning over evil.
Hinduism	A religion that began in India many thousands of years ago and is followed by Hindus.
karma	The idea that a person's actions have consequences that affect their future
Mandir	A Hindu temple where people go to pray and worship.
Moshka	Being free from the reincarnation cycle.
Murti	A statue or image of a god or goddess used during worship.
Puja	A form of worship where Hindus show respect and devotion to gods and goddesses.
reincarnation	The belief that after death, the soul is reborn into a new body.
religion	A religion is a set of beliefs about the world, how people should live, and what is important.
Samsara	The cycle of life, death and rebirth that the soul goes through.
shrine	A special place at home or outside where Hindus worship
Vedas	Ancient Hindu sacred texts that contain prayers, teachings and stories

Key beliefs

Hindus believe that Brahman is the supreme power that is in everything and connects all living things. They also believe that every living thing has a soul called an atman, which is their true self. When a person dies, the atman does not die but is reborn into a new body, which is called reincarnation. This happens again and again in a cycle of life, death and rebirth called samsara. Hindus believe that the way a person lives, known as karma, affects what happens in their next life.

Gods and Goddesses (Trimurti)

The Trimurti are three important Hindu gods.

1. Brahma is the creator who makes the world.
2. Vishnu looks after the world.
3. Shiva helps change things so new things can grow.

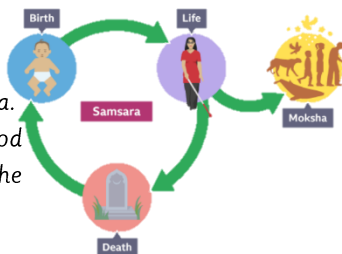
Together, they show how the world is always changing in a cycle.



विष्णु ब्रह्मा शिव
Vishnu Brahma Shiva

Cycle of birth and death

A Hindu's goal is to reach moksha, which means being free. Hindus believe the soul is born again and again in a cycle called samsara. If a person makes good choices, they build good karma over many lives. After many lifetimes, the soul becomes wise and does not need to be reborn anymore. When this happens, the soul reaches moksha and joins back with Brahman.



Vedas

The Vedas are very old Hindu holy books. They were written a long time ago in a language called Sanskrit. Hindus believe they are special because they teach people how to live, pray, and understand the world.

How Hindus live:

- Be kind to others
- Tell the truth
- Do no harm to living things
- Help people in need
- Build good karma

Big ideas to remember:

Hindus believe Brahman is in everything, life is a cycle called samsara, and actions (karma) affect the future. Hindus worship in different ways and celebrate Diwali, the festival of light over darkness.