

Unit Question L2.12	Religion(s) Covered
What helps Hindu people as they try to be good? (Karma, Dharma, Samsara, Moksha)	Hinduism,

Year Group: 4

Suggested Hours: 6

Key Vocabulary	RE Skills	Points to Note
Karma Dharma Samsara Moksha Brahman Atman Mahabharata Reincarnation Purusharthas Artha Kama Ashramas	Reflect Apply Interpret Discern	<p>Remember that Hinduism is very diverse so we should not say... 'all Hindus believe...'</p> <p>The ideas of dharma, karma, samsara and moksha are commonly held but described in different ways.</p> <p>BBC's 'My Life My Religion: Hindus is brilliant for this unit.</p> <p>Online Heart of Hinduism is also useful https://iskconeducationalervices.org/HoH/concepts/key-concepts/</p>

Key Question 1: What are the key concepts for most Hindus?	<p>Find out about Brahman (God, Ultimate Reality) and explore atman (eternal self) https://iskconeducationalervices.org/HoH/concepts/key-concepts/atman-the-self/ think about the analogy of the driver and the car- this could be presented pictorially by the children.</p> <p>explore the story from the Mahabharata, the 'man in the well' http://www.indianetzone.com/50/man_well.htm create a piece of artwork based on the story which shows the atman trapped in the physical body and wanting to escape the terrible dangers but the human is distracted by the trivial pleasures instead of trying to get out. This conveys the message to Hindus that they should pay attention to finding the way to escape the cycle of life, death and rebirth.</p> <p>This sets the scene for learning about karma, samara and dharma</p>
Key Question 2: What is karma?	<p>Karma is the law of cause and effect and how actions bring good or bad karma. Read the Sadhu's blessing and discuss what it means. https://iskconeducationalervices.org/HoH/further-information-and-teaching-resources-primary/concepts-stories-further-information-and-teaching-resources-primary/p-the-sadhus-blessings-karma/</p>
Key Question 3: What is samsara and moksha?	<p>Samsara is the cycle of life, death and rebirth (links to the Sadhu's blessing story) travelled by the atman through various reincarnations to reach moksha (release from the samsara cycle and for many Hindus the goal of union with Brahman.) This is seen as liberation or salvation by many Hindus.</p> <p>Play a game of snakes and ladders linked to the Hindu ideas of karma and moksha. https://www.hinduismtoday.com/modules/wfchannel/index.php?wfc_cid=35</p> <p>Reflect on how these beliefs offer reasons why many Hindus might try to be good- to gain good karma and a better reincarnation and ultimately release from samsara.</p>

<p>Key Question 4: What are the 4 aims of life for Hindus?</p>	<p>The 4 aims are called purusharthas</p> <ul style="list-style-type: none"> • Dharma- religious or moral duty • Artha- economic development, providing for family and society by honest means • Kama- regulated enjoyment of the pleasures and beauty of life • Moksha- liberation from the cycle of birth and rebirth/reincarnation <p>Create posters to promote these.</p> <p>Compare these with the children's own goals for living.</p> <p>Connect these with the idea of karma- pursuing these aims contribute to good karma; doing things selfishly or in ways that harm other living things brings bad karma.</p> <p>Hindus might describe life as a journey towards moksha. They also have different stages (ashramas) each with different duties.</p> <p>For information prior to learning these websites give more information: https://iskconeducationalservices.org/HoH/practice/dharma/the-four-ashrams/ https://www.learnreligions.com/stages-of-life-in-hinduism-1770068</p> <p>Look at the different dharma (duties) Hindus have at the four ashramas: student, householder, retired person, renouncer. http://kids.baps.org/thingstoknow/hinduism/37.htm</p> <p>How does the dharma for these stages help Hindus to be good? Compare the children's duties now and what they think they will have to do at later stages in life.</p>
<p>Key Question 5: How do Hindus make a difference in the world- wide community?</p>	<p>How does a Hindu way of life guide them in how they live? Research Mahatma Gandhi and Pandurang Shastri Athavale A starting point: http://www.4to40.com/biographies-for-kids/mahatma-gandhi/ http://www.4to40.com/biographies-for-kids/pandurang-shastri-athavale/</p> <p>Create a fact file based on their lives</p>
<p>Unit Assessment: What helps Hindu people as they try to be good?</p>	<p>Through a Philosophy for Children session: Consider the value of the idea of karma and reincarnation: what difference would it make to the way people live if everything they did carried good or bad karma. This would affect future rebirths. If no-one escapes from this law of justice, how does that change how we view injustice now? How might different people respond to this idea, including non-religious responses and how might the children respond themselves. What difference would it make to how they live? Why?</p>