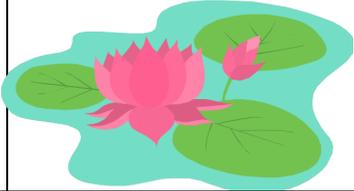
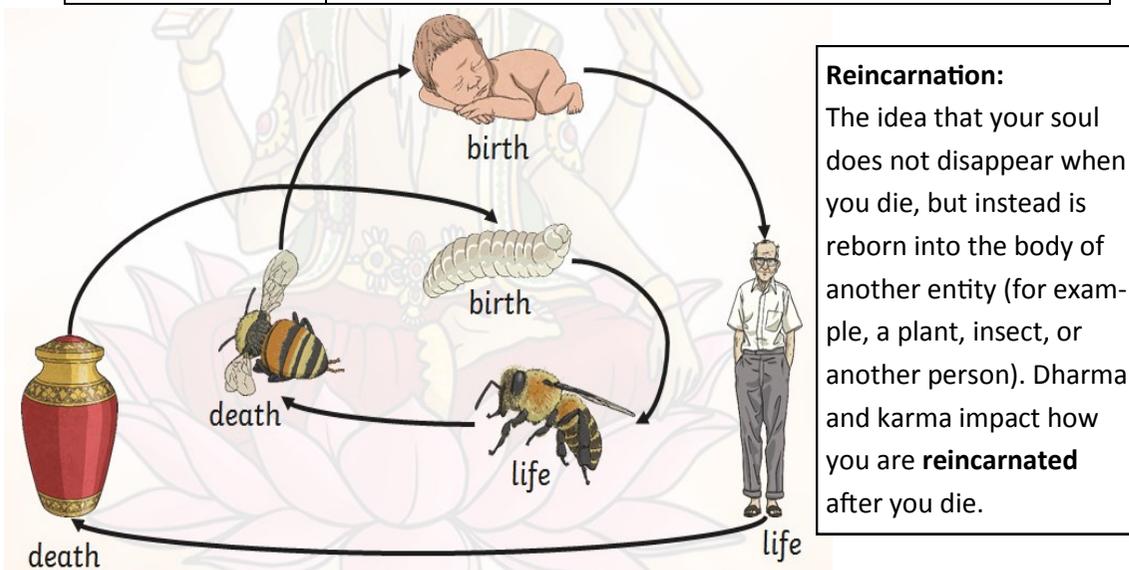


Class 3—Hinduism— Symbols and Stories

Hinduism is a collection of religious ideas. It is a **monotheistic** religion, although there are other gods and goddesses, alongside the main god **Brahman**. Like many religions, Hinduism believes that how we behave in this life and contribute (**dharma**) to the world we live in, impacts (**karma**) what happens after we die. There are a number of stories that explain the meaning of these concepts, such as the story of **Rama and Sita**.

Brahman	The main God: 4 arms, 4 faces
Trimurti	Three aspects of the supreme God— Brahma, Vishnu, Shiva
Vishnu	Preserver and sustainer of life
Shiva	The destroyer of life.
Tridevi	Three goddesses, equally important: Saraswati, Lakshmi, Shakti
Monotheistic	A religion that has one main God
Atman	The soul. The atman travels through the life cycle and its goal is
Samarsa	The cycle of life: birth, life, death and reincarnation.
Moksha	This is when the atman (soul) is able to break free from the cy-
Dharma	Humans achieve moksha by fulfilling their duty, known as dharma . It is how you contribute to your community and society.
Karma	Your actions—there is good karma and bad karma. Karma helps

Word	Definition	Symbol/Image
Aum	The most important symbol: it represents Brahman and the universe. It is pronounced 'Ohm'.	
Lotus Flower	It represents purity and how people should always be kind and good.	
Cow	The cow is a symbol of purity, motherhood and non-violence and is considered a sacred animal.	
Arti Lamp	The lamp is lit to show that they want to move from darkness to light to find God. It is used in different ceremonies.	
Ahimsa	The principle of non-violence.	



Story of Rama and Sita:

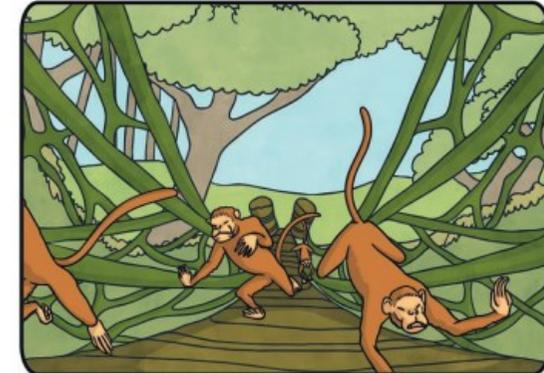
A prince called **Rama** fell in love with a beautiful princess called **Sita**. **Rama** and **Sita** got married. The king wanted **Rama** to become king eventually but one of his wives asked that her son be made king instead and **Rama** to be sent into the forest for 14 years. The king was very sad but he had promised his wife she could have anything she wanted, so he sent **Rama** and **Sita** away.

Rama's brother, **Lakshman**, also went with them. They obediently lived in the forest for many years, then one day a golden deer ran by them and **Sita** asked **Rama** and **Lakshman** to catch the deer for her as it was so beautiful. **Rama** chased the deer but it had all been a trick to get **Rama** away from **Sita**. When **Rama** did not return, **Lakshman** went to look for him. While **Sita** was alone an old holy man came by. He asked **Sita** for somewhere to rest and have some food and drink. The holy man was really the ten-headed god **Ravana**, who wanted to capture **Sita** and make her his wife. **Ravana** took **Sita** to his castle on a remote island.

When **Rama** found out where **Sita** was he was very upset and set out to rescue her. **Rama** needed help and he went to **Hanuman**, the monkey army general. **Hanuman** was pleased to help and he jumped over to the island and found **Sita** there. He told **Rama** where she was and then **Rama** went to fight **Ravana**, who sent his army to fight the battle with **Rama** and **Hanuman's** army.

They fought for a long time until the only one left was **Hanuman**. He found some herbs to bring everyone back to life, then **Rama** fought **Ravana** and killed him with a magical spear, **Rama** and **Sita** were together again.

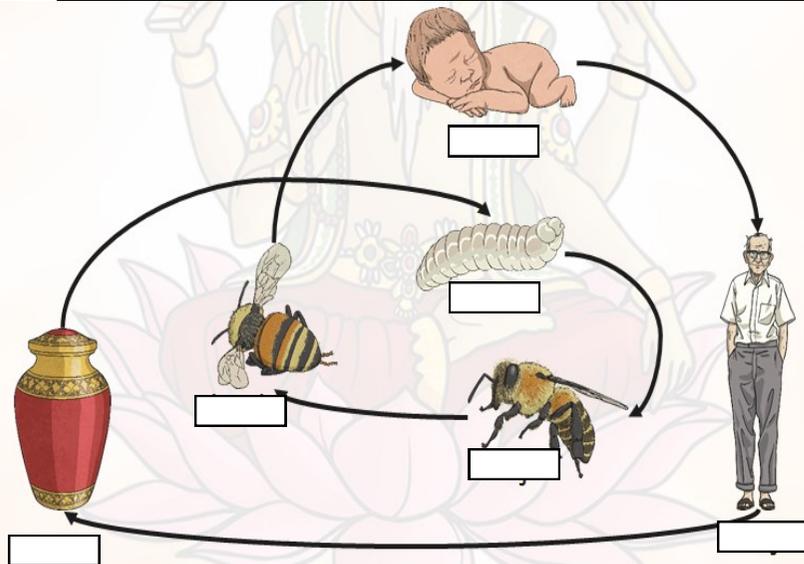
14 years had past and the people of the kingdom were waiting for **Rama** to come home. A woman decided to put a small lamp in her window to light the way for **Rama** and **Sita**. Other people in the villages saw this and they put lamps in their windows until everyone in the kingdom had lamps lit. The whole kingdom was glowing with light. As **Rama** and **Sita** made their way back they saw the glowing lamps and it led them home. **Rama** was crowned king and **Sita** was his queen, and everyone in the kingdom was very happy.



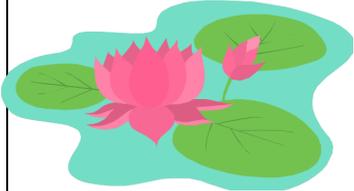
Class 3—Hinduism— Symbols and Stories

Hinduism is a _____. It is a _____ religion, although there are other gods and goddesses, alongside the main god **Brahman**. Like many religions, Hinduism believes that how we _____ and contribute (_____) to the world we live in, impacts (_____) what happens after we die. There are a number of stories that explain the meaning of these concepts, such as the story of _____.

Brahman	The main God: ___ arms, _____ faces
	Three aspects of the supreme God— Brahma, Vishnu, Shiva
	Preserver and sustainer of life
Shiva	
Tridevi	Three goddesses, equally important: _____, _____, _____
	A religion that has one main God
Atman	The soul. The atman travels through the life cycle and its goal _____.
Samarsa	The cycle of life: _____, _____, _____, _____.
Moksha	This is when the _____ is able to break free from the cycle of life.
Dharma	Humans achieve _____ by fulfilling their duty, known as _____. It is how you _____ to your community and society.
Karma	Your _____ — there is good karma and bad karma. Karma helps you _____.



Reincarnation:
The idea that your _____ does not disappear when you die, but instead is _____ into the body of another entity (for example, a plant, insect, or another person). _____ and karma impact how you are **reincarnated** after you _____.

Word	Definition	Symbol/Image
Aum		
Lotus Flower		
Cow		
Arti Lamp		
Ahimsa		

Story of Rama and Sita:

This can be worked with in several ways:

- Students can cut up the images and try to piece the story back together in the correct order.
- Paragraphs can be cut up and pieced together in the correct order.
- Students can paraphrase the story and practice retelling it to someone in their own words. This can be oral or written out.
- Students can memorise sentences or sections of the story.
- Students can be quizzed on the names of the main characters, how they are spelled, and what their role is in the story.
- Students can make their own visual story with their own drawings.

