

RE Plan Years 1-6

Summer 1: Hinduism and 'Where Does The Power Come From?'

This plan focuses on exploring the sources of power in Hinduism, from divine beings to inner spiritual practices, and how these powers are reflected in the world, aligning with the question, "Where does the power come from?"

Year	Key Concept	Objectives	Key Lessons
1 - Understanding Divine Power in Hinduism	• Deities • Symbols • Strength	• To explore the idea of power and where it comes from in Hindu stories. • To introduce key Hindu gods and goddesses. • To explore the symbols that represent power in Hinduism.	• Introduce the concept of power through the story of Hanuman, the monkey god, and his great strength in serving Lord Rama. Discuss how Hanuman's power comes from his devotion. Lesson idea: Retell the story of Hanuman using puppets or finger puppets. Afterward, have students draw their own pictures of Hanuman, labelling what makes him powerful. • Show images of Hindu deities such as Vishnu, Shiva, and Lakshmi. Discuss what each god or goddess represents and how they are seen as powerful forces in the world. Lesson idea: Create a "Gods and Goddesses" poster. Provide students with images of Hindu deities and have them label each god/goddess with a description of their power (e.g., Vishnu—protector, Shiva—destroyer, Lakshmi—goddess of wealth). • Introduce the om symbol, the lotus flower, and other sacred symbols. Discuss how these symbols represent divine power and connection to the gods. Lesson idea: Give students a set of Hindu symbols (like the om and the lotus) and ask them to create a collage of these symbols, colouring them in and writing a few words about what power each symbol represents.
2 - Power in Nature and Hindu Beliefs	• Creation • Nature • Balance	• To explore the power of nature and its significance in Hindu beliefs. • To understand the significance of water in Hindu traditions. • To explore the significance of light and its symbolic power.	• Discuss the belief that the natural world is a manifestation of divine power. Introduce the idea of the Trimurti (Brahma, Vishnu, Shiva) and their roles in creation, preservation, and destruction of the world. Lesson idea: Nature walk – take students outside to observe nature (if possible), and afterward, have them write down what powerful things they saw in nature (e.g., the sun, trees). Then, relate this to how Hindus view nature as part of divine power. • Discuss the importance of the River Ganges in Hinduism, and how it is believed to have purifying power. Explore the idea of pilgrimage and holy rivers. Lesson idea: Create a "Ganges River" display using blue fabric or paper, and add boats, people, and flowers to represent how

			people interact with the river. Discuss how water has spiritual power, and have students write about what water means to them. Introduce the festival of Diwali, the Festival of Lights, and the victory of good (Rama) over evil (Ravana). Discuss how light symbolizes divine power and knowledge. Lesson idea: Have students make small paper diyas (lamps) to symbolize the light of Diwali. Discuss the importance of light, and let students write or share how light makes them feel powerful or safe.
3 – The Power of Stories and Lessons in Hinduism	- Mythology - Morality - Strength	- To understand how Hindu stories explain the source of power and teach important lessons. - To explore the role of knowledge and wisdom in Hinduism. - To explore the concept of dharma and its role in giving people strength.	- Introduce the Ramayana and the powerful characters of Rama and Ravana. Discuss how stories convey lessons about good, evil, and the sources of moral power. Lesson idea: Group students to act out parts of the Ramayana, especially the scenes where Rama and Ravana use their powers. Discuss afterward the lessons learned from the characters and their actions. - Introduce the god Saraswati and her connection to knowledge. Discuss how learning and wisdom are seen as sources of power in Hindu belief. Lesson idea: Have students make Saraswati "knowledge cards," drawing a picture of Saraswati on one side and writing three things that represent knowledge on the other (e.g., books, music, school). - Discuss how following dharma, or moral duty, gives Hindus a sense of purpose and inner strength. Explore how this power helps them navigate challenges in life. Lesson idea: Create a "Dharma Tree" where each leaf represents a different duty or responsibility students have (e.g., helping at home, being kind). Discuss how fulfilling these duties makes them strong and responsible.
4 – Spiritual Power and Meditation	- Inner power - The Power of Gods in Action - The Power of Prayer	- To explore the idea of spiritual or inner power. - To understand the actions of gods and their displays of power. - To understand how prayer is a source of strength for Hindus.	- Introduce the practice of meditation and how Hindus use it to connect with their inner power and the divine. Discuss how practices like yoga are also part of spiritual discipline. Lesson idea: Lead the class through a simple guided meditation. Afterward, have students draw what they felt during the meditation and discuss how quieting the mind can help people feel strong inside. - Explore stories about Krishna, focusing on his childhood exploits where his divine powers come to life. Discuss how divine powers are used to help and protect people. Lesson idea: Create a comic strip of one of Krishna's stories, illustrating the moments where he uses his powers. Students can choose how to illustrate his playful and protective powers.

			Discuss the importance of prayer and how Hindus use it to seek strength and guidance from the gods. Explore common Hindu prayers and their meanings. Lesson idea: Have students create a simple prayer mat using paper and colours, decorating it with symbols like the om. Discuss how prayer is a way to connect to divine power.
5 – Cosmic Power and The Universe	- Creation - Cosmic order - Universe	- To explore Hindu beliefs about the creation of the universe. - To understand the Hindu concept of time and cosmic cycles. - To explore the concept of karma and its impact on life.	- Introduce the idea of Brahma as the creator of the universe. Discuss the cosmic cycle of creation, preservation, and destruction, and how it reflects the power of the gods. Lesson idea: Use a large piece of paper to create a collaborative mural showing the Hindu Trimurti (Brahma, Vishnu, and Shiva). Students can add drawings representing creation, preservation, and destruction, and discuss the power these gods have over the universe. - Discuss the yugas (ages of time) in Hinduism, and how power shifts in different ages. Relate this to how Hindus believe the universe operates in cycles of time and rebirth. Lesson idea: Create a “Yugas Clock” showing the four ages of time in Hinduism. Students can illustrate or label the different yugas (Satya, Treta, Dvapara, Kali) and discuss the idea of cycles of power. - Discuss how karma, or actions, have consequences in this life and future lives. Explain how this power governs the moral universe and how Hindus believe it shapes their destiny. Lesson idea: Karma role play: students act out scenarios where good and bad actions have consequences. Discuss how karma works in real life and how Hindus believe it affects future lives.
6 – The Power of Gods and Goddesses	- Deities - Divine power - Protection	- To understand the power of female deities in Hinduism. - To explore the role of different gods and how their powers interact. - To explore the concept of bhakti (devotion) and how it gives Hindus power.	- Introduce the goddess Durga and her role as a powerful protector. Discuss the story of how she defeated the buffalo demon Mahishasura and what it symbolizes about power and protection. Lesson idea: Have students design their own "Durga shields" that symbolize protection. They can draw or write on them to represent what they would protect (e.g., family, friends) and discuss Durga's power as a protector. - Discuss how different gods and goddesses, such as Vishnu and Lakshmi, complement each other in their roles and powers. Relate this to the concept of balance in the universe. Lesson idea: Group project: assign small groups different Hindu gods and goddesses. Each group creates a fact sheet or a mini-poster showing the god's/goddess's powers and how they interact with others.

			• Discuss how devotion to a particular god or goddess can bring inner strength and blessings. Explore how festivals, such as Navaratri, are celebrations of this devotion and divine power. Lesson idea: Organize a "Bhakti Festival" where students write or create something devoted to someone or something they care about (e.g., a poem, artwork, or letter). Discuss how devotion can give people strength and focus.
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