

# YEAR 3 HINDUISM



## HINDUISM

Hinduism is one of the oldest religions in the world. It began thousands of years ago in India and is still followed by millions of people today. Hindus believe in many gods and goddesses, but they also believe that all these gods are part of one great power. Hinduism teaches kindness, respect, truthfulness, and helping others.

## PLACE OF WORSHIP

Hindus pray in a temple, also called a mandir. Temples are beautifully decorated and have statues of gods and goddesses inside. People visit the temple to pray, light oil lamps, offer flowers and make food offerings to the gods. Some Hindus also have a small shrine in their homes, where they pray every day.

## HOLY BOOK

Hinduism has many holy books. The oldest and most important ones are called the Vedas. These books contain prayers, hymns, and teachings about life. Other important Hindu scriptures include the Ramayana, which tells the story of Prince Rama, and the Bhagavad Gita, which teaches about duty, courage, and doing what is right.

## RELIGIOUS SYMBOL

The most sacred symbol in Hinduism is Om (ॐ). It is often chanted during prayers and meditation because it represents peace, the universe, and the connection between all living things. Many Hindus believe that saying "Om" helps them feel calm and focused.

## MAIN CELEBRATIONS

Hindus celebrate many festivals throughout the year. Some of the most well-known are:

- Diwali – The Festival of Lights. People light oil lamps called diyas, set off fireworks, give gifts, and decorate their homes with rangoli (patterns made with coloured powder or flowers). It celebrates the victory of good over evil and light over darkness.
- Holi – The Festival of Colours. People throw brightly coloured powders at each other, sing, dance, and share sweets. It is a joyful festival that celebrates love, friendship, and new beginnings.
- Navratri – A nine-night festival honouring goddesses. People pray, fast, and take part in traditional dances called Garba and Dandiya.



## VALUES

Hinduism teaches many important values, including:

- Truthfulness – Always being honest and speaking the truth.
- Kindness – Treating all people and animals with kindness and respect.
- Respect – Respecting parents, teachers, elders, and all living things.
- Helping Others – Being generous and helping those in need.
- Patience – Staying calm and not giving up, even when things are difficult.

## KEY STORIES

Hinduism has many stories about gods, goddesses, and great heroes. Here are two famous ones:

- **The Story of Rama and Sita** – Prince Rama and his wife Sita were banished to the forest. An evil king named Ravana kidnapped Sita, but Rama, with the help of his brother Lakshmana and the monkey god Hanuman, fought a great battle and rescued her. This story is remembered during Diwali.
- **The Story of Krishna** – Krishna was a wise and powerful god who helped people in need. He is often shown playing a flute and loved by many for his kindness and wisdom. One of his most famous teachings is in the **Bhagavad Gita**, where he explains the importance of doing what is right, even when it is difficult.

Hinduism is a religion that teaches people to live with kindness, honesty, and respect for all living things. It is full of colourful festivals, beautiful temples, and inspiring stories that continue to be celebrated today.

## FIND OUT MORE...

[Hinduism facts for kids](#)

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### EXAMPLE QUESTIONS:

1. What is the name of the Hindu place of worship?
2. Which holy book tells the story of Prince Rama?
3. Why do people celebrate Diwali, and what do they do during the festival?
4. What does the Om (ॐ) symbol represent in Hinduism?
5. How did Rama rescue Sita in the story of Rama and Sita?