

YEAR 5 HINDUISM



HINDUISM

Hinduism is one of the world's oldest religions, dating back more than 4,000 years. It originated in India and is still followed by millions of people around the world today. Hinduism is not just a religion—it is also a way of life that teaches kindness, respect, truthfulness, and the importance of good actions. Unlike some religions, Hinduism does not have a single founder. Instead, its beliefs and traditions have developed over thousands of years through sacred texts, stories, and teachings.

BELIEF IN MANY GODS

Hindus believe in one supreme force called **Brahman**, which exists in everything. However, Brahman is too vast and complex for humans to fully understand, so it is worshipped in many different forms as gods and goddesses. Some of the most important deities in Hinduism include:

- **Brahma** – The creator of the universe
- **Vishnu** – The preserver and protector of the world
- **Shiva** – The destroyer, who helps bring new beginnings
- **Lakshmi** – The goddess of wealth, prosperity, and good fortune
- **Saraswati** – The goddess of wisdom, learning, and music
- **Ganesha** – The elephant-headed god, known as the remover of obstacles and the god of new beginnings

Hindus believe that these gods and goddesses help guide them in life. They pray to different gods depending on what they need help with.

PLACE OF WORSHIP

Hindus pray and worship in **temples**, also known as **mandirs**. Temples are beautifully designed and often contain statues or images of different gods and goddesses. People visit temples to pray, chant, and make offerings such as flowers, incense, and food. Some Hindus also have a **shrine** in their home where they pray daily. Worship, or **puja**, can be done individually or as part of a group.

SACRED TEXTS

Hinduism has many sacred books that contain spiritual knowledge, prayers, and stories. The most important ones include:



- **The Vedas** – The oldest Hindu scriptures, written in Sanskrit. They contain hymns, rituals, and teachings about the universe.
- **The Ramayana** – A great epic that tells the story of Prince Rama and his journey to rescue his wife Sita from the demon king Ravana.
- **The Mahabharata** – The longest poem ever written, which describes a great war between two families. Inside this epic is the **Bhagavad Gita**, a conversation between the warrior Arjuna and Lord Krishna about duty, courage, and doing what is right.

RELIGIOUS SYMBOL

The most important symbol in Hinduism is Om (ॐ). It is a sacred sound that represents the universe and the connection between everything. Hindus often chant "Om" when they meditate or pray, as it helps bring peace and focus. Another important symbol is the lotus flower, which represents purity and spiritual growth.

MAIN CELEBRATIONS

Hindus celebrate many festivals throughout the year. Some of the most famous ones are:

- **Diwali** – The Festival of Lights. People light lamps, set off fireworks, exchange gifts, and decorate their homes with rangoli (patterns made with coloured powders or flowers). It symbolises the victory of good over evil.
- **Holi** – The Festival of Colours. People throw brightly coloured powders at each other, dance, and celebrate love and happiness.
- **Navratri** – A festival that lasts for nine nights to honour goddesses. People pray, fast, and take part in traditional dances like Garba and Dandiya.
- **Raksha Bandhan** – A festival that celebrates the love between brothers and sisters. Sisters tie a special thread called a rakhi on their brothers' wrists as a sign of protection and love.

IMPORTANT VALUES OF HINDUISM

Hinduism teaches many values that help people live a good life. Some of the most important ones are:

- **Truthfulness** – Always be honest and speak the truth.
- **Kindness** – Treat all people and animals with care and respect.
- **Respect** – Honour your parents, teachers, elders, and nature.
- **Helping Others** – Be generous and support those in need.
- **Self-Control** – Stay calm, patient, and avoid anger.
- **Non-Violence (Ahimsa)** – Do not harm others, and try to solve problems peacefully.

THE CYCLE OF LIFE (REINCARNATION)



Hindus believe in reincarnation, which means that when a person dies, their soul is reborn into a new body. The actions they did in their past life affect what happens in their next life. This is called karma—good actions lead to good results, while bad actions lead to challenges in the future. Hindus believe that by doing good deeds, they can reach moksha, which is freedom from the cycle of rebirth and joining with Brahman.

FAMOUS STORIES IN HINDUISM

Hinduism is full of fascinating stories that teach important lessons. Here are two well-known ones:

- **The Story of Rama and Sita** – Prince Rama was banished to the forest with his wife Sita and his brother Lakshmana. While in exile, Sita was kidnapped by the demon king Ravana. With the help of the monkey god Hanuman, Rama defeated Ravana and rescued Sita. This story is remembered during **Diwali**, as it symbolises the victory of good over evil.
- **The Story of Krishna and the Butter Thief** – As a child, Krishna was playful and mischievous. He loved butter so much that he would sneak into homes and steal it! Even though he was a trickster, he grew up to be a wise and powerful leader, teaching people about love, duty, and devotion.

FAMOUS HINDUS

Many Hindus have made a significant impact on the world in different fields, such as religion, politics, science, and entertainment. Here are a few well-known Hindus:

- **Mahatma Gandhi** – A leader of India's independence movement, Gandhi believed in non-violence (**ahimsa**) and peaceful protests. His teachings inspired leaders around the world.
- **Swami Vivekananda** – A famous Hindu monk who spread the teachings of Hinduism to the world. He spoke about tolerance, kindness, and self-improvement.
- **Rani Lakshmibai** – A brave Hindu queen who fought against British rule in India and became a symbol of courage.
- **Sundar Pichai** – The CEO of Google, who was born in India and raised with Hindu values.
- **Sachin Tendulkar** – One of the greatest cricketers in the world, known as the "God of Cricket" in India.

These individuals have shown that Hindu values like truth, courage, and wisdom can help make a difference in the world.

HINDUISM AROUND THE WORLD

Although Hinduism began in India, it has spread to many other countries, including Nepal, Sri Lanka, Indonesia, the United Kingdom, the United States, and Canada. Many Hindus have built temples in different parts of the world, and their traditions and festivals are celebrated globally.

Hinduism is a religion rich in history, traditions, and values. It teaches people to live with honesty, kindness, and respect while celebrating life's joys through colourful and meaningful festivals.



FIND OUT MORE...

Hinduism facts for kids

EXAMPLE QUESTIONS:

1. What is the name of the Hindu place of worship?
2. Which Hindu festival is known as the Festival of Lights?
3. What does the Om (ॐ) symbol represent?
4. Who are the three main gods in Hinduism, known as the Trimurti?
5. What is karma, and how does it affect a person's life?