

YEAR 1 HINDUISM



HINDUISM

Hinduism is one of the oldest religions in the world. Many people follow Hinduism, especially in India. Hindus believe in being kind, helping others, and respecting all living things.

PLACE OF WORSHIP

Hindus go to a special place called a temple to pray. Some people also have a small temple in their home. Inside the temple, there are statues of gods and goddesses. People bring flowers, food, and lights as offerings.

HOLY BOOK

The holy books of Hinduism are called the Vedas. They are very old and have many stories and prayers. Hindus read these books to learn how to be good and live a kind life.

RELIGIOUS SYMBOL

The special symbol of Hinduism is Om (ॐ). It is a sacred sound. Hindus say "Om" when they pray. It reminds them of peace and the universe.

MAIN CELEBRATIONS

Hindus celebrate many festivals. Some important ones are:

- Diwali - The festival of lights. People light lamps, set off fireworks, and share sweets.
- Holi - The festival of colours. People throw bright colours at each other and have fun.
- Navratri - A festival to celebrate goddesses with dancing and prayers.

VALUES

Hindus believe in:

- Truth – Always telling the truth.
- Kindness – Being kind to everyone.
- Respect – Respecting parents, teachers, and elders.
- Helping Others – Sharing and helping those in need.



KEY STORIES

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

- The Story of Rama and Sita – Rama was a brave prince who saved his wife Sita from an evil king. This story is remembered during Diwali.
- The Story of Krishna – Krishna was a playful and wise god who loved to help people. He taught others to be good and kind.
- Hinduism teaches people to be kind, truthful, and respectful. It is a religion full of stories, festivals, and traditions.

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EXAMPLE QUESTIONS:

1. Where do Hindus go to pray?
2. What is the special symbol of Hinduism?
3. What do people do during Diwali?
4. Name one value that Hindus believe in.
5. Who did Rama save in the story of Rama and Sita?