

YEAR 4 HINDUISM



HINDUISM

Hinduism is one of the world's oldest religions, dating back over 4,000 years. It began in India and is still followed by millions of people today. Hinduism is more than just a religion—it is also a way of life that teaches kindness, respect, honesty, and the importance of doing good deeds. Unlike some religions, Hinduism does not have a single founder. Instead, its beliefs and traditions have been passed down for thousands of years through stories, holy books, and teachings.

BELIEF IN MANY GODS

Hindus believe in one great power called Brahman, which is present in everything. However, they also worship many gods and goddesses, who are different forms of Brahman. Some of the most well-known gods and goddesses include:

- Brahma – The creator of the universe
- Vishnu – The protector who keeps balance in the world
- Shiva – The destroyer, who helps bring new beginnings
- Lakshmi – The goddess of wealth and good fortune
- Saraswati – The goddess of knowledge and learning
- Ganesha – The elephant-headed god, who removes obstacles and brings success

Each god and goddess has special qualities and stories that teach important lessons. Hindus often pray to different gods depending on what they need help with in life.

PLACE OF WORSHIP

Hindus pray in temples, also called mandirs. These temples can be large, beautifully decorated buildings or small, simple shrines. Inside, there are statues of gods and goddesses, and people bring flowers, food, and light oil lamps to show their respect. Some Hindus also have a shrine in their homes where they pray every day.

HOLY BOOK

Hinduism has many sacred texts that contain prayers, teachings, and stories. The most important ones include:

- The Vedas – The oldest Hindu scriptures, which contain hymns, rituals, and spiritual knowledge.



- The Ramayana – A great epic story about Prince Rama, his wife Sita, and their battle against the evil king Ravana.
- The Mahabharata – The longest epic poem in the world, which tells the story of a great war between two families. Inside this book is the Bhagavad Gita, which teaches about duty, bravery, 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.

KEY STORIES IN HINDUISM

Hinduism has many interesting stories that teach important lessons. Here are two famous ones:

- The Story of Rama and Sita – Prince Rama was sent into the forest with his wife Sita. 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 celebrated during Diwali.
- The Story of Krishna and the Butter Thief – As a child, Krishna was known for being playful and mischievous. He loved butter so much that he would steal it from the villagers! But as he grew up, he became a wise and powerful leader who helped protect people and teach them about doing what is right.

HINDUISM AROUND THE WORLD

Although Hinduism started in India, it has spread to many countries, including Nepal, Sri Lanka, Indonesia, and even places like the United Kingdom, the United States, and Canada. Hindus have built temples in many countries, and their festivals are celebrated worldwide.

Hinduism is a religion full of history, stories, traditions, and important values. It teaches people to live kindly, honestly, and respectfully while celebrating life's special moments through colourful festivals.

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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?