



YEAR 5 HUMANISM



HUMANISM: A WAY TO LIVE A GOOD LIFE

Humanism is a way of thinking that helps people live good, meaningful lives. It teaches us to be kind, fair, and responsible. Humanists believe that everyone can make the world a better place by acting with kindness, using reason, and helping others. Humanism is not a religion, but it provides a guide for how to live well without needing to follow specific religious rules. It encourages people to think for themselves, make good choices, and work towards building a more peaceful, fair, and happy world.

Humanists believe that it is important to care for others and the planet, and to treat people equally and with respect. They focus on helping those in need and working together to solve problems. Humanism encourages everyone to use their own mind, learn from different sources, and make choices based on kindness, fairness, and reason.

WHAT IS HUMANISM?

Humanism is not a religion or a belief in one god. It is a way of living that focuses on what is good for people and the world around them. Humanists believe that people can live happy, fulfilling lives by making kind choices and caring for others. They think that we should always try to make the world a better place by being kind, honest, and respectful to everyone. Humanists do not think you need to follow a set of religious teachings to do this; instead, they believe in using reason and personal experience to make good decisions.

Humanism encourages people to ask questions, think for themselves, and decide what is right based on their own understanding and the knowledge they gain from the world. Humanists believe that helping others, protecting the environment, and making the world a fairer place are more important than following strict rules or worshipping in a certain way.

PLACE OF WORSHIP

Unlike many religions that have specific places of worship, Humanism does not have a single place where people gather for worship. Humanists do not believe that you need to go to a special building to be good or to make a difference in the world. Instead, Humanists meet in places like community halls, parks, or even at home to talk about their ideas, share their thoughts, and learn from one another. These gatherings help people think about how they can be kind, how they can help others, and how to make good choices in their lives.



Humanism teaches that it is not about where you meet, but about how you treat others and how you live your life. Humanists believe that every day is a chance to make the world better by being kind and fair.

HOLY BOOK

Humanists do not have one specific holy book, like the Bible or the Quran, because they believe that wisdom can come from many different places. Instead of following a single book or set of teachings, Humanists believe that people should learn from many books, ideas, and experiences. They value reason and critical thinking, which means using your mind to understand the world and decide what is good.

Humanists believe it is important to make decisions based on what is kind and fair, rather than following strict rules or traditions. They think everyone can make their own choices by using reason and considering how those choices affect others.

RELIGIOUS SYMBOL

Humanism does not have a symbol like a cross or a star. However, many Humanists wear a badge or pin with the "Happy Human" symbol. The "Happy Human" is a simple picture of a smiling human figure, and it represents the Humanist values of kindness, fairness, and respect for others. The symbol reminds people that the goal of Humanism is to make the world a better place for everyone by being kind and caring.

The "Happy Human" is a reminder that Humanism is about working together, thinking for ourselves, and making the world a place where everyone can live happily and safely.

MAIN CELEBRATIONS

Humanists do not celebrate religious festivals, but they do celebrate life's important moments. They celebrate birthdays, weddings, and other milestones in a person's life. For Humanists, celebrations are about spending time with family and friends, being thankful for the good things in life, and enjoying each other's company. These moments are opportunities to share happiness and create memories.

Humanists believe in enjoying life and appreciating what we have, but they also think that life is about helping others and making the world a better place. Celebrations are not just about having fun but about showing love and care for others and taking the time to recognize the things that matter most.

VALUES

Humanists believe in values that are all about being kind, fair, and respectful to others. These values include:

- **Kindness:** Being nice to people and animals, helping others whenever you can.
- **Fairness:** Treating everyone equally, no matter their background or beliefs.
- **Honesty:** Telling the truth and being open with others.
- **Respect:** Listening to others, understanding their views, and treating everyone with dignity.



- **Responsibility:** Taking care of the environment and helping make the world a better place.

Humanists also believe that it is important to make sure everyone has the same opportunities in life, and that we all have a duty to help those in need. Whether it's by helping a neighbour or protecting the planet, Humanists believe everyone can do something to make the world a kinder, safer place.

KEY STORIES

Humanism does not have one set of stories that people follow, but it values stories that teach important lessons. These stories often focus on kindness, fairness, and courage. For example, Humanists might share stories about people who have made the world better by standing up for what is right, helping others in times of need, or protecting the planet. These stories help remind everyone of the importance of caring for others and making the world a better place.

One example could be a story about someone who helps a stranger, or about a community coming together to clean up a local park. Stories like these inspire others to be kind, brave, and make the world a better place for everyone.

HOW HUMANISM CAN HELP US LIVE A GOOD LIFE

Humanism is all about living a good life based on reason, kindness, and fairness. It encourages people to think for themselves, use their minds to make good decisions, and act with compassion towards others. Humanists believe that by helping others, protecting the environment, and working together, we can make the world a better and happier place for everyone. Humanism teaches that it is up to each of us to make the world a kind, fair, and peaceful place to live.

Through Humanism, we can build a world where kindness, fairness, and respect are the most important things. By thinking for ourselves, being responsible, and working together, we can make the world a better place for everyone.

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EXAMPLE QUESTIONS:

1. What do Humanists believe is the most important way to make the world a better place?
2. Why do Humanists not have a special place of worship?
3. What does the "Happy Human" symbol represent?
4. How do Humanists celebrate important events like birthdays or weddings?
5. What are some of the values that Humanists believe in?