# **Disposition:** Being Reflective and Self-Critical

## **Lesson:** Two

Question/LO: What does Hinduism and Jainism teach about reflecting on your journey through life?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning about religious traditions and non-religious world-views | Watch the video filmed at the Hindu temple, Tividale, West Midlands. Arti, a student, talks about prayer, reflection and meditation and how this is central to her life as a young Hindu. Recap on the previous lesson and emphasize the importance of reflection and questioning in the spiritual journey to perfection.  Explain that Hindus and Jains see life as a journey, with every Hindu having the goal to enable their soul (atman) to be free from ‘samsara’ or being reborn (through a series of rebirths). The aim is to attain ‘Moksha’ (salvation or liberation) which releases the soul from this cycle. All Hindus have a chance to attain Moksha, by living well. ‘Karma’ (deeds and actions) determines the state in which Hindus are born, reborn and when one attains Moksha. Good actions and deeds remove the karmic matter from your soul, whilst negative actions (such as laziness or harming someone) add to your karmic matter which ‘slow down’ progress in life. Karma can affect how you progress in life, whether you are seen to move forward and up in life or whether you fall behind and move downwards. In both cases, there is the belief that you or your ‘atman’ continue to live on after death, whether that be through achieving liberation and being absorbed into the cosmos or continues to be reborn in another body.Watch the video: **Simran, who is 14 and Vraj, who is 11, explain the complexities of Hindu belief in karma and reincarnation.**The game ‘Moksha Chitram’ explains these beliefs. It is similar to the game of snakes and ladders. Ask pupils if they have ever played the game? This clip explains the rules. Have a go and play!Choose a counter each and place this at the start position. In turn roll the dice, the one with the highest score goes first.Take it in turns to roll the dice and see how many places you move forward. If you land on a square with a ladder in it you have made a good move and have shown that you have removed karma. You can progress and move up the ladder. If you have landed on a square with a snake’s head in it you have attached karmic matter to the soul. You will now have to slide down the snake and fall back in life. Continue taking it in turns to move on or slide back. The winner is the first one to reach “moksha’ at the end of the board. After playing the game consider how a belief in Karma and reincarnation affects how Hindus and Jains live their lives. | A video ‘Being Reflective in Hinduism’ will have downloaded into the same folder as this lesson plan.KS2\_Y6\_Unit\_012\_Su\_Wk\_03\_of\_03\_R13\_Video\_Being\_Reflective\_in\_Hinduism\_v1<https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks2-my-life-my-religion-hinduism-cycle-of-birth-and-rebirth/zn68qp3>From start until 2.25<https://www.youtube.com/watch?v=dJ-dMNzSBNI> Snakes and Ladders Board resource (maybe print enlarged to A3). KS2\_Y6\_Unit\_12\_Su\_Wk\_02\_03\_R123\_Resource\_v2Also needed:* Counters
* Dice

If you have time, pupils could create their own boards |