



Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

## Karma

Karma is the idea that your actions have consequences.

If you do kind and helpful things, good things are more likely to happen because of your actions.

If you do unkind or harmful things, there may be negative consequences.

It encourages people to make good choices and treat others well.

Karma is not about punishment – it is about learning from your actions and their results.

Sanatanis believe that doing a good deed will bring rewards but it might not be in their lifetime.

Sanatanis believe that people build up Karma both positive and negative all based on their actions within that lifetime.

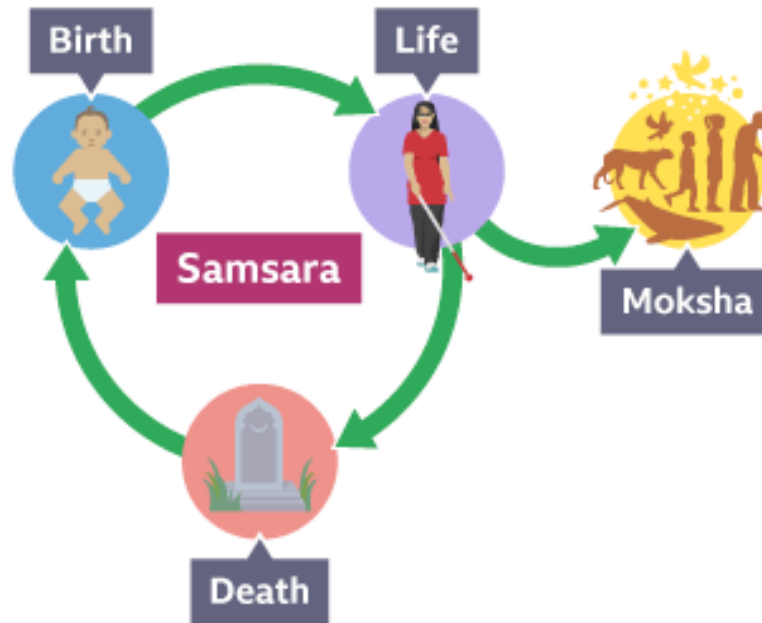
## Religion & Worldviews

### Year 5: Summer 2

#### Do beliefs in Karma Samsara and Moksha help Sanatanis lead good lives?

## Moksha

Moksha is when the soul escapes from the cycle of Samsara – birth, life, death and re-birth.



## Key Vocabulary

| Key Vocabulary |                                                                                                      | ✓ |
|----------------|------------------------------------------------------------------------------------------------------|---|
| <b>Samsara</b> | The cycle of life including birth, life, death and rebirth.                                          |   |
| <b>Moksha</b>  | The final release from the cycle of rebirth – to join with Brahman.                                  |   |
| <b>Sadhu</b>   | A holy man – usually one who has turned away from ordinary life to concentrate on spiritual matters. |   |
| <b>Brahman</b> | The ultimate, unseen force that connects everything.                                                 |   |
| <b>Karma</b>   | The principle of cause and effect.                                                                   |   |

What good actions could I do?

What might happen if I do good things?

Will it help me if I do good things?

Why is it important to not always expect a reward?

What do I think happens at the end of life?