



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Key Texts



The Vedas

A collection of hymns praising Vedic Gods. Veda means knowledge.

The Ramayana

Long epic poems about Rama and Sita composed by Sage Valmiki. It is the story of Divali set in the beginning of time.

The Mahabharata

A very old and long story from India. It teaches lessons about family, choices, right and wrong. It includes the famous teachings of Krishna

Religion & Worldviews Year 3: Summer 2

How does living in Somerset affect how different Hindus live out their faith?

Key Beliefs



Dharma

Dharma means 'doing the right thing'. It teaches that we should treat everyone and everything with respect.

Ahimsa

Ahimsa means not hurting others. It's about being kind to people, animals and the world around us.

Karma

Karma means 'action'. The Law of Karma says that everything we think, do or say will produce certain results. For example, if we do good things, good things will happen to us.

Samsara

Samsara is the belief that we do not have only one life, but that we have many lives and continue to be born again and again. It is the cycle of birth and death.

Key Vocabulary



Hindu
(Sanatan)
Dharma

An organised religion that believes in a supreme God, Brahman.

Prayer

Talking to God

Chanting

Saying or singing the same words again and again, often in a special way.

Meditation

Remaining quiet and focusing your mind to help you feel calm and peaceful.

Mantra

A special word or sentence that people say again and again to help them focus or feel calm.

Hindus believe in one supreme God called Brahman.

Brahman is everywhere, and a part of Brahman is inside everyone.

Brahman can take many forms.

Three important forms are called the Trimurti.