



Topic: How does faith enable resilience?

Year: 6

Spring 2

What should I already know?

- The 'Big Six' religions are Hinduism, Judaism, Buddhism, Christianity, Islam and Sikhism
- Religious people are said to 'have faith'
- Faith often helps people through difficult times
- Religions have a view of life after death, in 'heaven' or being reincarnated
- Atheists rely on the power of good in people and usually think there is no form of afterlife, so we need to make life 'count' in order to be remembered by others

What will I know by the end of the unit?

Make sense of belief:

- describe at least three examples of ways in which religions guide people in how to respond to good and hard times in life
- identify beliefs about life after death in at least two religious traditions, comparing and explaining similarities and differences

Understand the impact:

- make clear connections between what people believe about God and how they respond to challenges in life (e.g. suffering, bereavement)
- give examples of ways in which beliefs about resurrection/judgement/heaven/karma/reincarnation make a difference to how someone lives

Make connections:

- interpret a range of artistic expressions of the afterlife, offering and explaining different ways of understanding these
- offer a reasoned response to the unit question, with evidence and examples, expressing insights of their own

Vocabulary

resilience	the ability to 'bounce back' or overcome difficulties in a positive way
karma	a person's actions for good or bad affect their next life
moksha	being at one with Brahman (being with God)
atman	the spirit or soul which is reincarnated or achieves moksha
samsara	the cycle of life and death
jammah	communal prayer in Islam
Judgement Day	The day when God/Allah/Jehovah decides whether we go to 'heaven' or 'hell'



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Investigate/Homework tasks

Look on BBCbitesize and find out about Nirvana Day

<https://www.bbc.co.uk/bitesize/topics/zh4mrj6/articles/zvtxgwx>

Which religion celebrates Nirvana Day?

How does the belief in Nirvana help people to be resilient in life?

Which other religion(s) have a similar belief?

How do you get through difficult times? Who do you talk to/rely on?

Who would you celebrate good times with?



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Mindfulness is a way of coping with stress and difficulty. Use the mandala below to colour in a mindful way. perhaps put on some relaxing music whilst you do it.

