

Topic: Exploring Living By Rules

What should I already know?

- I understand and respect that there are many different faiths which are practiced all across the world, and that in each different faith there are different ways to worship and pray.
- I know that in my own life I am expected to behave in different ways depending on where I am and what I am doing.

At the end of the unit I will be able to:

- Understand what a rule is and explain why they are important.
- Devise some rules of my own for how I think people should behave in different situations.
- Know that every different faith has a different set of rules to live by, identify the importance of these rules and explain how they might affect the lives of believers.
- Understand why God, Allah, The Buddha and Guru Nanek are mentioned in the rules for each faith, and explain how these rules might influence both individuals and communities.
- Know that one of the golden rules across all religions is to ‘always treat others as you would like them to treat you’.
- Organise, plan and evaluate an RAK, understanding that showing kindness is a rule that spans all religions.

Phase: Lower KS2

Important things to know...

Across each of the world’s major religions, one binding feature is that of kindness and the ideas that you should ‘always treat others as you would like them to treat you’. This half term we will be investigating the ways in which kindness is shown across the following religions;



Buddhism



Christianity



Islam



Sikhism

Rules

Rules keep us safe and make sure everyone is treated fairly. Rules also bring order. For example, we could be asked to raise our hand or wait our turn if we are in a group and want to ask something. If there were no rules, everyone would talk at once and nobody would be able to hear what anyone was saying!

People of faith may think that God made rules to protect us too, just like your parents and teachers do. They think that God’s rules help people to live in a way that will make them happy and won’t get them into trouble with negative consequences.

Strand: Exploring and Asking Questions

**We are MANOR!
As learners we will ...**

Manners

Develop a respect and understanding for the views and opinions of other people and share ideas about our own ideas and thoughts in a respectful manner. We will celebrate good work, value others’ contributions, and discuss and debate opinions.

Aspiration

Learn by being challenged in a series of well-designed and interesting activities designed to deepen our understanding of the world and broaden our horizons. We will be aspirational in developing knowledge and conceptual understanding through practical activities and discussions.

Nurture

To recognise that we live in a wonderful world made up of many different people and ways of living. We will develop an appreciation and respect for the diverse world and environment in which we live, showing care and compassion for the people and beliefs around us.

Open-Mindedness

We will be open-minded so that we can learn more about others and the way in which they live their lives. We will listen respectfully to each other and not laugh at or make fun of what other people say.

Resilience

Engage confidently with the RE curriculum and learn that anything is possible and failure is not something to fear but to learn from. We will support each other to learn new things and share what we know so that we might help others.

Rules in major worldwide religions...

Buddhism - Noble Eightfold Path

The Eightfold Path consists of eight areas of life that people focus on towards the path of Buddhism. They can be worked on in any order and some are more difficult to achieve than others depending on the situation or the person. It is designed to relieve suffering.

Right Understanding	Right Effort
Right Intent	Right Livelihood
Right Speech	Right Mindfulness
Right Action	Right Concentration

Islam – The Five Pillars

The Five Pillars of Islam are duties which many Muslims carry out as the foundation of their Muslim life, and to live in a good and responsible way. They play an important role in Islam, and carrying out the Five Pillars shows that Muslims put their faith before anything else.



1). Shahada -
Declaration of
Faith



2). Salah -
Prayer



3). Zakat -
Charity



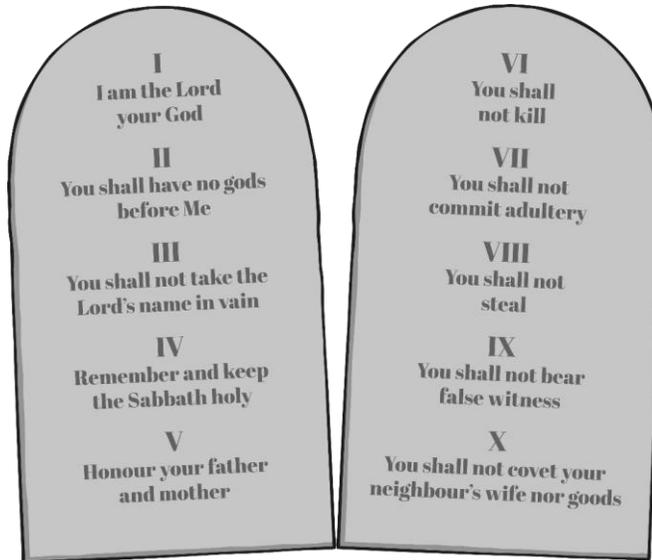
4). Sawm -
Fasting



5). Hajj -
Pilgrimage

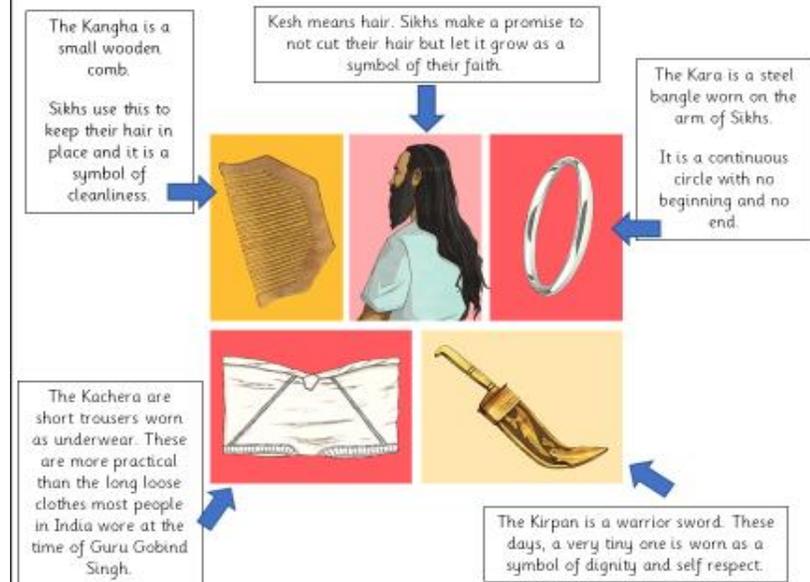
Judaism and Christianity – The Ten Commandments

The Ten Commandments are a set of rules. In the Old Testament of the Bible, they were given by God himself to Moses at the top of Mount Sinai. They play an important part in Christianity and Judaism and help both Christians and Jews live their lives. Often, the Ten Commandments are shortened and worded in different ways to help us understand.



Sikhism - The 5K's

Guru Gobind Singh founded the Khalsa. All men and women who belong to the Khalsa must wear five symbols which shows they are Sikh. They are called the five Ks because in Punjabi their names all begin with the letter 'K'.



Random acts of Kindness...

Research shows that helping others can be good for our mental health. It reduces stress, improves our emotional well-being and even benefits our physical health. Take action and carry out a random act of kindness for someone else. **If you do nothing else today, keep an eye out for an opportunity to help someone with a random act of kindness; or hold onto that warm feeling, when someone helps you.** Doing something nice for someone doesn't cost a lot of time or money. It's the small things in life that can make a big difference. Here are some examples of things you could do...

- Call a friend that you haven't spoken to for a while
 - Send a letter to a grandparent
 - Send flowers to a friend
 - Send someone a handwritten note
- Tell your family members how much you love and appreciate them
 - Help your parents with household chores
 - Help a friend get active
 - Make someone laugh
- Tell someone you know that you are proud of them
- Tell someone you know why you are thankful for them
 - Send someone you know a joke to cheer them up
 - Send someone you know a picture of a cute animal
 - Put a surprise note or drawing on someone's desk
 - Spend time playing with your pet
 - Have a clear out and take items to a charity shop
 - Say good morning
 - Pick up some rubbish lying around in the street
- Smile and say hello to people you may pass every day, but have never spoken to before
 - Return a lost item to its owner
- Pop into a coffee shop and ask to pay for a coffee for them to give to someone later that day for free

Vocabulary

Rules	statements telling people what they should do. These can be different from place to place.
Laws	a rule of behaviour or action that a nation or a group of people agrees to follow
Moral Code	a set of rules or guidelines that a person or group follows in order to live a just and good life. They're are based on what a person themselves believes to be right.
Sacred Writing	writing that is respected and revered for the worship of a deity (god) or other faith practice.
Influence	the ability to have an effect on the character, development, or behaviour of someone or something.
RAK	A Random Act of Kindness is an unplanned action designed to offer kindness towards the outside world.
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Living By Rules Quiz

- 1). Can you think of three rules that you have to obey at home or at school?
- 2). What rules do Jewish people have to abide by?
- 3). How many Pillars of Islam are there?
- 4). If you were going to do a Random Act of Kindness, what would you do and who would it be for?
- 5). Which religion's rules most closely matches the way that you live your life?

