

## TEACHER'S GUIDE

# My Religion

*Ages 7-12*

*I'm a Hindu*

*I'm a Christian*

*I'm a Buddhist*

*I'm a Muslim*

*I'm a Jew*

*I'm a Bahá'í*

### Using this DVD

**Captions.** Important words are highlighted with captions.

**Chapters.** The teacher can use the Chapter Select to play a short portion of the programme to review important points with the students. Each programme has 7 chapters on average.

**Stills.** Showing the stills which are included on the DVD, is an excellent way to emphasize key points and give additional information. The user is in total control as pushing the return key on a computer or the arrow key on a remote control advances the slides. The stills were grabbed from important frames in each programme.

**Subtitles for the hearing impaired.** Subtitles for the hearing impaired are embedded in the disk and can be turned on or off.

**Vocabulary.** Difficult words are explained in the guide. As the programmes are targeted for younger students, an effort was made to limit the use of words that the students may not familiar with.

**Teaching Ideas.** Follow-up discussion and craft ideas are suggested for each programme.

**Suggested Resources.** Useful books and websites are listed.

**Teacher's Guide Included and Available online at:** [www.learningmode.net](http://www.learningmode.net).

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## I'm a Hindu

An eleven-year-old boy in London, England, celebrates Diwali at home with his family and participates in festivities at the largest Hindu temple in Europe. 5:45 min.

### Vocabulary

**Diwali** is one of the main festivals in Hinduism occurring between mid October and mid November. It is also known as the Festival of Lights.

**Rangoli** is a form of sand painting decoration that uses finely ground white and coloured powders, and is commonly done outside homes.

**Aum (or Om)** is a sacred syllable in Hinduism. It is placed at the beginning of most Hindu texts. It is also uttered previously to any prayer. The syllable is often used as a symbol to represent the Hindu faith.

**Swastika** A sacred sign in Hinduism. It represents the god Brahma, the creator.

**Puja** is a religious ritual performed as an offering to various deities.

Modelled on the idea of giving a gift or offering to a deity or important person and receiving their blessing.

### Follow-up Discussion and Craft Ideas

- Light is an important part of many Hindu ceremonies. Share with your students how light is also important in other religions.
- The students can make rangoli patterns. See: [www.theholidayspot.com/diwali/rangoli.htm](http://www.theholidayspot.com/diwali/rangoli.htm)
- Diwali lamps. See: [www.bigeyedowl.co.uk/craft-ideas/Diwali.htm#DiwaliLamp](http://www.bigeyedowl.co.uk/craft-ideas/Diwali.htm#DiwaliLamp)
- Diwali sweets. Recipes are available at this website: [www.indiaexpress.com/faith/festivals/dsweet.html](http://www.indiaexpress.com/faith/festivals/dsweet.html)

### Suggested Resources

Trueit, Trudi Strain: *Diwali (Rookie Read-About Holidays)*

[www.hindukids.org](http://www.hindukids.org) - Interactive website for young children on Hinduism.

[www.mandir.org/](http://www.mandir.org/) - The official site for the B.A.P.S. Shri Swaminarayan Mandir (temple), London

## I'm a Buddhist

A young girl meditates in a Buddhist temple in Toronto, Canada, and participates in a meditation group with her family and friends. 5:36 min.

### Vocabulary

**The Buddha** The founder of Buddhism, who is thought to have lived from about 563 BCE to 483 BCE in the north eastern region of the Indian subcontinent. The word Buddha means "the Enlightened One." His given name was Siddhartha and his family name Gautama.

**Bodhisattva** According to the Theravada school the term was used by the Buddha to refer to himself prior to his liberation. Mahayana Buddhism, on the other hand, regards the Bodhisattva as a person who already has a considerable degree of enlightenment and seeks to use his or her wisdom to help other human beings to become liberated.

**Samsara** The cycle of birth, death and rebirth (i.e. reincarnation)

### Follow-up Discussion and Activities

- This website has several craft ideas for children: [www.buddhamind.info/leftside/actives/craft.htm](http://www.buddhamind.info/leftside/actives/craft.htm)
- Tibetan Mandala is an ancient Buddhist graphic symbol of the universe. It functions as an aid to meditation. See: [www.creativekidsathome.com/activities/activity\\_10.html](http://www.creativekidsathome.com/activities/activity_10.html)
- Students can learn to meditate. See: [buddhanet.net/e-learning/buddhism/meditate/guide.htm](http://buddhanet.net/e-learning/buddhism/meditate/guide.htm)

### Suggested Resources

Conover, Sarah: *Kindness: A Treasury of Buddhist Wisdom for Children and Parents (The Little Light of Mine Series)*

Landaw, Jonathan: *Prince Siddhartha: The Story of Buddha* - Introduction to the Buddha's life for older elementary and middle school kids.

Buddhist Studies for Primary and Secondary students is a well-designed website with a wealth of material. See: [www.buddhanet.net/e-learning/buddhism/index.htm](http://www.buddhanet.net/e-learning/buddhism/index.htm)

## I'm a Jew

An eleven-year-old boy from New York gives us insight into how he and his family celebrate the Shabbat, Rosh Hashanah and Hanukkah. He also attends a Bar and Bat Mitzvah ceremony. 6:20 min.

### Vocabulary

**Shabbat** The seventh day of the Jewish week and a day of rest in Judaism.

**Synagogue** A Jewish house of prayer.

**Bat Mitzvah** A ceremony held in the synagogue, to admit as an adult member of the Jewish community a Jewish boy 13 years old who has completed a course of study in Judaism. A similar ceremony, called Bar Mitzvah, is held for girls when they become twelve.

**The Torah** The Five Books of Moses (or Pentateuch)

**Rosh Hasanah.** The Jewish New Year.

**Hanukkah** An eight-day Jewish holiday commemorating the rededication of the Temple in Jerusalem at the time of the Maccabean Revolt of the 2<sup>nd</sup> century BCE.

### Follow-up Discussion and Craft Ideas

- Share with your students the story of the Maccabean Revolt and the rededication of the Jewish Temple. See: [www.ort.org/ort/edu/festivals/hanukkah/index.html](http://www.ort.org/ort/edu/festivals/hanukkah/index.html)
- These websites contain many craft ideas for kids:
  - [www.dltk-kids.com/World/jewish/index.htm](http://www.dltk-kids.com/World/jewish/index.htm)
  - [www.evjcc.org/resources/parenting/crafts/hanukkah.html#banner](http://www.evjcc.org/resources/parenting/crafts/hanukkah.html#banner)
  - [www.chabad.org/kids/article\\_cdo/aid/364205/jewish/Chanukah.htm](http://www.chabad.org/kids/article_cdo/aid/364205/jewish/Chanukah.htm)

### Suggested Resources

Cato, Vivienne. *The Torah and Judaism*  
Groner, Judyth. *All About Rosh Hashanah*  
Marx, David F. *Rosh Hashanah and Yom Kippur*  
Trueit, Trudi Strain. *Chanukah*

## I'm a Christian

A Christian girl who lives in Sicily, Italy, attends a Catholic mass on Mount Etna and celebrates Christmas with her family. The Vatican and the pope are also featured. 6:10 min.

### Vocabulary

**Holy Communion** A Christian sacrament, considered to be a commemoration of the Last Supper, the final meal that Jesus Christ shared with his disciples before his arrest and crucifixion. Also called The Eucharist.

**Confession** In Catholic teaching, the Sacrament of Penance is the method used by the Church by which individual men and women may confess their sins committed after baptism and have them absolved by a priest.

**The Pope.** The leader of the worldwide Catholic Church.

### Follow-up Discussion and Craft Ideas

- Students can compare the Christmas festival with the major festivals of other religions. What is similar and what is different?
- Research how Christmas is celebrated among different Christian denominations.
- Here are some websites with Christmas craft ideas:
  - [www.enchantedlearning.com/crafts/christmas/](http://www.enchantedlearning.com/crafts/christmas/)
  - [www.craftbits.com/christmas-crafts](http://www.craftbits.com/christmas-crafts)
  - [www.dltk-holidays.com/xmas/crafts.html](http://www.dltk-holidays.com/xmas/crafts.html)
- Share one of the parables of Jesus with the students and discuss the message of the story. The Good Samaritan would be a good pick. It teaches love and compassion for all people.
- Discuss with the students how love and compassion feature in the teachings of Jesus. Compare these teachings with those of other religions. Can we find any similarities?
- Share with your students the story in the Bible behind the sacrament of Holy Communion

### Suggested Resources

Trueit, Trudi Strain Trueit. *Christmas*  
Ganeri, Anita. *This Is My Faith: Christianity*  
This website is a treasure house of teaching ideas on Christianity and Judaism: [www.teachingideas.co.uk/re/contents01christianity.htm](http://www.teachingideas.co.uk/re/contents01christianity.htm)

## I'm a Muslim

An eleven-year-old Muslim boy observes the fast, learns to recite passages from the Qur'an and takes part in a ritual prayer at a mosque in Sydney, Australia. 6:54 min.

### Vocabulary

**Mosque** A place of worship for followers of Islam. Muslims often refer to the mosque by its Arabic name, masjid

**Abutions** Muslims are required to be clean in preparation for ritual prayers. They wash their face, hands, head and feet.

**The Qur'an** The sacred text of Islam, revered as the word of God, dictated to Muhammad by the Archangel Gabriel over a period of twenty-three years, beginning in 610 CE, when he was forty, and concluding in 632 CE, the year of his death.

### Follow-up Discussion and Craft Ideas

- [www.submission.org/YES/child2.html](http://www.submission.org/YES/child2.html) This website has many craft ideas about Ramadan, the month of fasting, as well as Ramadan songs with lyrics, which you can listen to on the site. It also includes a lot of background information and useful advice for teachers.
- Share with the students why Ramadan is important in Islam. See the chapter "The Importance of Ramadan" at: [www.submission.org/teachers/ramadan.html](http://www.submission.org/teachers/ramadan.html)
- The students can make a Mosque Craft Mobile. See: [www.kiddyhouse.com/Ramadan/mosquecraft.html](http://www.kiddyhouse.com/Ramadan/mosquecraft.html)
- Many Islamic arts and craft ideas are available at: [www.youtube.com/user/muslimkidstv](http://www.youtube.com/user/muslimkidstv). For instance how to make an Islamic vase and a miniature model of the Kaabah (the holiest site of Islam, which is located in Mecca, Saudi Arabia.)
- Students can make Muslim prayer beads. See: [www.muslimkidscrafts.com/?z=how-to-make-multicoloured-prayer-beads](http://www.muslimkidscrafts.com/?z=how-to-make-multicoloured-prayer-beads)

### Suggested Resources

Marx, David F. *Ramadan* - This BBC website gives background information about Ramadan:  
[www.bbc.co.uk/schools/religion/islam/ramadan.shtml](http://www.bbc.co.uk/schools/religion/islam/ramadan.shtml)

An Islamic website that contains a lot of information about Islam:

[www.2muslims.com/directory/Mosques\\_And\\_Centers/index.shtml](http://www.2muslims.com/directory/Mosques_And_Centers/index.shtml)

## I'm a Bahá'í

A German girl participates in the life of her local Bahá'í community and enjoys a summer festival with her family and friends in the grounds of the House of Worship, near Frankfurt. 5:50 min.

### Vocabulary

**Bahá'í** A follower of Bahá'u'lláh. The word is derived from the Arabic Bahá'í, meaning, "glory" or "splendour".

**Nineteen-Day Feasts** Community gatherings, occurring on the first day of each month of the Bahá'í calendar. Each Feast consists of a Devotional, Administrative and Social part. The Feast is the heart of the Bahá'í community life.

**Bahá'u'lláh** (pronounced: ba-haa-ol-laa) Arabic: "Glory of God" (12 November 1817 – 29 May 1892), born Mírzá Husayn-'Alí Nuri, was the founder of the Bahá'í Faith. He claimed to be a Messenger from God referring to the fulfilment of expectations in Islam, Christianity, and other major religions.

### Follow-up Discussion and Craft Ideas

- A nine pointed star is one of the main symbols of the Bahá'í Faith. The students can practise drawing it. See: [www.ehow.com/video\\_4978510\\_draw-ninepointed-star.html](http://www.ehow.com/video_4978510_draw-ninepointed-star.html)
- The Unity of Mankind is the central teaching of the Bahá'í Faith. Share the following quote from Bahá'u'lláh: "Ye are all fruits of one tree, the leaves of one branch, the flowers of one garden." After the students have understood the quote, let them collect leaves and glue them unto a drawing of a tree trunk. Then they can draw fruits on the tree and write the quote under the drawing.

### Suggested Resources

Habibi, Sara. *Bahá'í Children's Workbook - Exercises and lessons for children ages 5-9*.

Sprague, Jodell Babbitt. *Bahá'í Crafts for Children* Ruhi Institute. *Teaching Children's Classes. Book 5*.

*Peace Pack*. Four books and an audio CD with songs. Art and craft ideas. Book 1 includes lessons on all the six world religions featured on this DVD. See: [www.bahaibooks.com](http://www.bahaibooks.com)

*Core Curriculum for Spiritual Education*. Downloadable material. Lesson plans, resources for teachers, and more. See: [www.core-curriculum.org](http://www.core-curriculum.org)