

Exploring Hindu Beliefs and Traditions

Learning objective: To understand core concepts of Hinduism, including the concept of Brahman, the Trimurti, and the significance of Puja.

Read each question carefully and use your knowledge of Hinduism to provide clear, detailed answers. Remember to use the word bank to help you express your ideas accurately.

Word bank: Brahman · Trimurti · Brahma · Vishnu · Shiva · Puja · Aum · Dharma · Murtis

1. Max the monkey is looking at the concept of the Trimurti. Can you name the three deities that make up the Trimurti and briefly explain the role each one plays in the cycle of life? (3 marks)

2. Explain what 'Brahman' means to a Hindu. How does this concept differ from the idea of having one single form? (2 marks)

3. Ellie the elephant has been learning about 'Puja'. Describe what happens during a Puja ceremony at home and why Hindus might use 'murtis' during this time. (3 marks)

4. What is 'Dharma'? Give one example of how a person might follow their dharma in their daily life at school. (2 marks)

5. Zara the zebra notices the symbol 'Aum' (Om) in many Hindu artworks. Why is this symbol considered so important and sacred to followers of Hinduism? (2 marks)

Draw: In the space below, draw a design for a small home shrine (mandir). Include at least two items that might be used during a Puja ceremony, such as a lamp (diya), flowers, or a bowl of fruit.



Extension challenge: Research the festival of Diwali. Write a short paragraph explaining why it is known as the 'Festival of Lights' and how it represents the victory of good over evil.