



Belonging

PSHE and RE

Friday

Learning objectives



- To learn about the importance of belonging.
- To share our own thoughts about personal belonging.
- To learn about how people of different religions can feel part of their faith family.



Have a think...

Q: What does it mean for a person 'to belong'?

Q: What groups can you belong to?



Have a think...

Q: What does it mean for a person 'to belong'?

A: It means that a person is part of, or a member of, a group.

Q: What groups can you belong to?

A: People can belong to their families, schools, local communities, sports teams, organisations (such as Brownies or Scouts) or religious groups.



Belonging to a Family

Here are some things you might do with your family. Can you think of anything else?

baking



playing sports



cleaning



shopping



eating



gardening



Belonging to a School

Have a think about these tricky questions!

Q: Does your school belong to you or do you belong to your school?

Q: What would you miss if school didn't exist?



Belonging to a Local Community

You are part of your local community in Beeston!

Q: Have you ever been involved in any local community events?

Q: How did it make you feel?



Belonging to a Club

Which sports teams, clubs or organisations do you belong to?

Did you make any promises when joining?

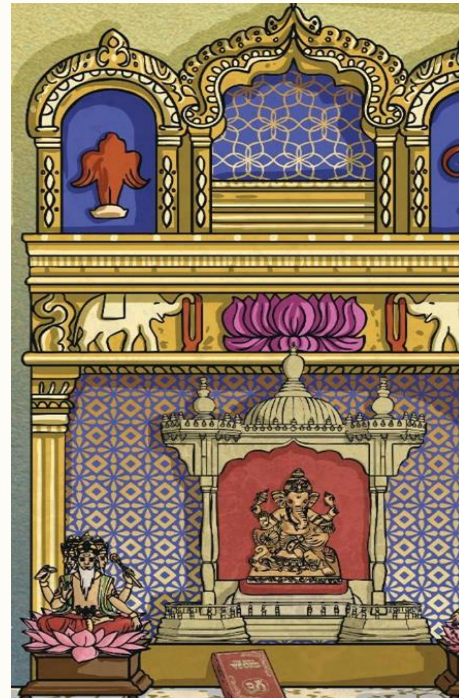
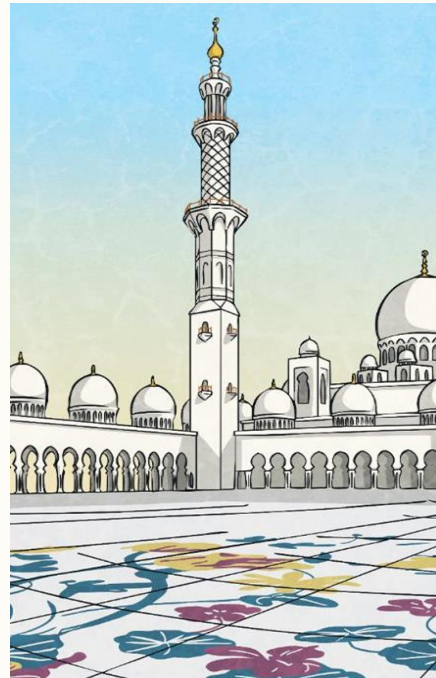
What do you do there?

How does it make you feel to be part of a group?



Belonging to a Religious Group

Do you belong to a religious group?

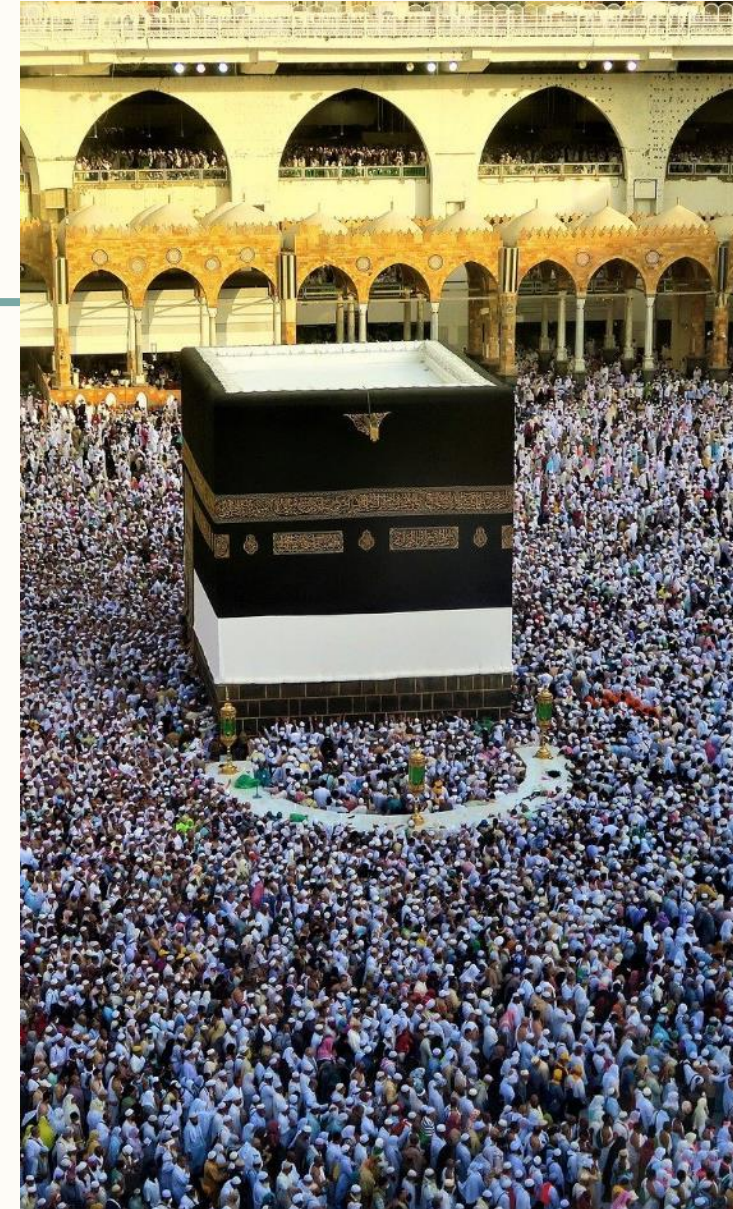


Islam - Hajj

The Ka'bah sits inside the most important mosque in the world. It is known as Allah's house (God's house). It can be found in Mecca which is in Saudi Arabia.

Muslims are expected to make the long journey here at the least once in their lifetime, as long as they are physically able to do so. This is called hajj and is one of the 'Five Pillars of Islam'. Hajj is one way that Muslims show they belong to the Muslim faith (as only Muslims are allowed in Mecca).

It is believed that Prophet Ibrahim, the messenger of Allah, built the first Ka'bah for Muslims to worship Allah.





Christianity – Holy Communion

Holy Communion is an important way Christians show they belong to their faith. It is a re-enactment of the Last Supper, the final meal that Jesus Christ shared with his disciples, before his arrest and crucifixion.

Bread and wine is a very important part of Christian worship. Giving his disciples bread and wine during the meal, Jesus commanded his followers to do this in remembrance of him. He referred to the bread as his body and the wine as his blood.

Bible passage

¹⁷After taking the cup, he gave thanks and said, "Take this and divide it among you.
¹⁸For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes." ¹⁹And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."

²⁰In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you. (Luke)

Sikhism – Belonging to the Khalsa (pure one)

The Khalsa is a group that Sikhs can belong to if they want to show their commitment to Sikhism. Any Sikh may join but they must show their dedication by wearing the 5 Ks and following God with all their heart.

Sikh people take part in a special ceremony to show they belong to the Khalsa.



The 5 Ks are:

1. **Kesh** (uncut hair)
 - represents spirituality
2. **Kangha** (a wooden comb)
 - represents cleanliness/tidiness
3. **Kara** (steel bracelet)
 - represents the relationship with God
4. **Kirpan** (single-edged sword)
 - represents duty to protect
5. **Kaccha** – Kachhera (soldier's shorts)
 - represents discipline and self-control

Judaism - Shabbat

Shabbat is an exciting and important day that Jewish people look forward to all week. It happens every weekend, beginning on Friday evening and ends an hour after sunset on Saturday evening. Many families will visit a synagogue during Shabbat.

For Jewish people, Saturday is a special day (just like Sunday is special to Christians).

When Shabbat begins on Friday evening, Jewish people put on their best clothes and gather for a special meal. Other family members or friends may join the family for this special occasion. Families enjoy talking together and children can often stay up late to tell or listen to stories. During Shabbat, traditional songs are often sung.



Buddhism - Puja

Buddhists can worship at home or at a temple. This act of worship is called puja. Buddhists chant to show their love for the Buddha and make offerings of flowers, incense, candles and water.

A wat is a Buddhist temple. On special religious days (often when it is a full moon), Buddhists may visit a temple to worship with others. Doing this together is another way of feeling a sense of belonging to the Buddhist faith.

Buddhists often have a room set aside in their home as a shrine, which may contain a statue of Buddha, candles and an incense burner. This is where Buddhists thank Buddha for his teachings.



Hinduism - Rakhi



Raksha Bandhan (also abbreviated to Rakhi) is a Hindu festival. It celebrates and strengthens the bond of love between brothers and sisters. The rakhi (bracelet) is a symbol of family belonging and protection from evil. Sisters tie a rakhi made from coloured cotton or silk around their brother's wrist.

After the rakhi has been tied, the sisters say a special prayer and sometimes perform an Aarti ceremony. This is where a special tray with a lighted candle or lamp is rotated around the brother's face in an offering, while prayers and good wishes are said.

The sisters then put a tilak (a colourful mark) on their brother's forehead. After the tilak, the brothers make a special promise to look after and protect their sisters. Then, the sisters feed sweets to their brothers, using their hands. The brothers then offer their sisters gifts and may also feed them with sweets too. Brothers and sisters often hug and then families usually continue the celebration

Religious Festivals

Religious festivals are a time to celebrate key events in religious history with other members of your faith family. They are an important part of helping people to feel like they belong.

Here are a few examples of religious festivals. Can you think of any more?

Easter



Wesak



Eid and
Ramadan



Yom
Kippur



Diwali





Reflection

Your final task is to reflect on what we have learned today.

Did you find out something new about a religion?

Where do you feel like you belong?

Have some quiet time to think through these questions.

