



Key Vocabulary

Word	Meaning
worship	Any act that shows devotion to a divine being.
religion	A set of beliefs connected to God/s.
fasting	Going without food/drink for a period of time.
pilgrimage	A journey that has an important religious significance.
Sabbath	Christian/Jewish holy day, set aside for worship and rest.
meditation	An act of calming the mind and body to focus.
Guru	Sanskrit word meaning teacher or guide
enlightenment	In Buddhism, a state when there is no more suffering, realise the truth about life.
prophet	A messenger believed to be sent by God.

Why are rules important?

- Rules keep everyone safe
- Rules make sure things are fair
- Rules allow things to be organised
- Everyone feels equal and respected
- Some rules are laws

The Ten Commandments

Christians believe God gave Moses 10 rules which people, especially Christians must follow to live a good life.

1. Put God first.
2. Worship God only.
3. Use God's name with respect.
4. Remember God's Sabbath (holy day).
5. Respect your parents.
6. Do not hurt other people.
7. Be true to your husband or wife.
8. Do not steal.
9. Do not tell lies.
10. Do not be jealous of what other people have.





Buddhism - The Eight-Fold Path

Right understanding (viewpoint): Accepting life, there will always be things which make you feel positive/negative

Right attitude/intention: Thinking kind thoughts, not being selfish, being considerate of others

Right speech: Not telling lies or saying hurtful words

Right action: Behaving peacefully, not harming anyone or any animal

Right work: Doing a job which doesn't harm others

Right effort: Thinking before you act

Right awareness/mindfulness: Knowing what you are doing and what is going on around you

Right concentration/meditation: Being calm, strong and positive



The Five Pillars of Islam



الشهادتان
The
Shahadah

شهادة أن لا إله إلا الله
وأن محمدًا رسول الله.

The belief
that there is
no God but
Allah and that
Muhammad is
his messenger.



الصلاة
Salah

خمسة صلوات
في اليوم.

Praying five
times a day.



الزكاة
Zakat

إخراج جزء من المال
للفقراء والمساكين.

Making an
annual charitable
donation to help
the poor.



الصوم
Sawm

صوم رمضان.

Fasting during
the month
of Ramadan.



الحج
Hajj

حج البيت في مكة لمن
استطاع إليه سبيلاً.

Attending the
pilgrimage to
Makkah once in
your lifetime.

Extending your learning:
Investigate rules further – find out
the rules to a game you are not
familiar with.
Discuss rules with a family member,
what rules do you have, why are
these important?