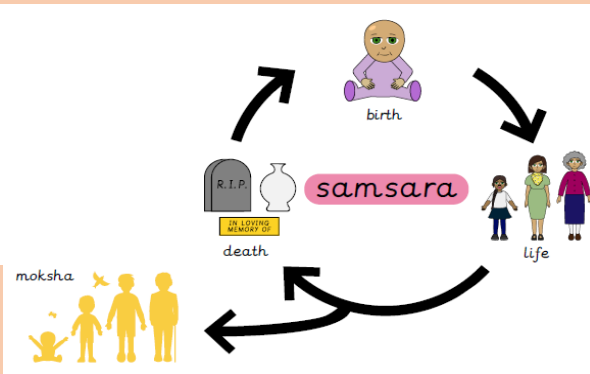


What happens when we die? (Part 2)


Religion and Worldviews | Years 5 & 6 | Summer Term 2025-26


Theology


The cycle of birth, life, death and reincarnation is often referred to as samsara. Some people believe the soul or consciousness moves to a new body or form when a person dies.



Enlightenment: When a person will no longer experience the cycle of life, death and reincarnation and will gain a complete understanding of the universe.

 Hindus refer to this as moksha and believe that their soul (atman) is reconnected with Brahman.

 Buddhists refer to this as nirvana; some believe they can reach nirvana but choose to delay this to help others achieve it.

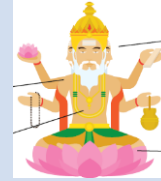
 Sikhs believe when they are liberated from reincarnation, they unite with God, like rays of light merging back with the Sun, and call this mukti.

Buddhists refer to the concept of reincarnation as 'rebecoming'.

Social Sciences

Some people believe that karma can be gained by experiencing different roles in life called varnas:

- Brahmins: priests or religious teachers;
- Kshatriyas: warriors and rulers;
- Vaishyas: merchants; and
- Shudras: labourers.



Vocabulary

Bodhi tree: a type of tree in India significant to many Buddhists.

Dharmic: religious groups that originated in South Asia who have similar ideas about life and death.

Enlightenment: in Dharmic worldviews, gaining a very deep spiritual understanding and breaking free from the cycle of reincarnation.

Hukam: the Sikh belief that everything happens according to God's plan.

Karma: a person's actions affecting the soul's journey.

Liberation: becoming free.

Reincarnation: the belief that after death, the soul is transferred into a new body or form, continuing through different lives.

Varna: a Hindu concept categorising society into different groups, each with specific religious and social duties.

Tolerance: Willingness to accept or respect different beliefs, practices, or opinions, even if you disagree with them.

Philosophy

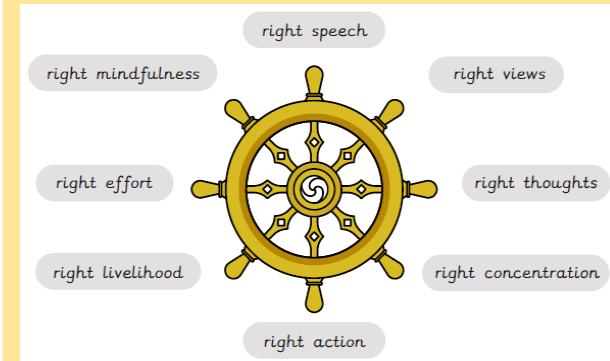
The Four Noble Truths:

Core Buddhist teachings to support the understanding of life's challenges:

- 1) Life involves suffering.
- 2) Suffering is caused by cravings and attachments.
- 3) There is a way to end suffering.
- 4) The path to end suffering is through the Eightfold Path.

The Eightfold Path:

Eight practices that many Buddhists try to follow to live a fulfilled life.





Orange is considered a sacred or holy colour by many Hindus.

What happens when we die? (Part 2)

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Key Learning: Continue to investigate concepts relating to death and exploring the concepts of reincarnation and karma.

- 1 If there is a soul, where does it go?**
Exploring Sikhi and Hindu scripture to interpret beliefs about the soul. Recognise many Hindu and Sikhi people believe the soul is a part of God. Compare different Dharmic beliefs about the soul.
- 2 What is samsara?**
Recognise how the cycle of life, death and reincarnation can shape people's views about life and death. Define the terms 'samsara', 'moksha' and 'mukti' and discuss what some Hindu and Sikh people see as life's ultimate goal. Express own understanding of samsara using a visual representation.
- 3 How might someone meet moksha?**
Recognise factors that may contribute to someone breaking the cycle of reincarnation and samsara by exploring varnas. Suggest reasons why different members of society are important, identifying characteristics or attributes needed for different roles. List ways a person can gather karma through actions and experiences.
-  **4 How can people find comfort after death?**
Describe how certain practices and traditions may help a Sikhi cope with the death of someone, interpreting Guru Nanak's final message from a story. List different practices a Sikhi may perform when someone has died and explain why certain practices may provide comfort.
- 5 What is nirvana?**
Investigate important Buddhist figures to understand some beliefs about death and reaching the state of nirvana. Express ideas about enlightenment based on Buddhist beliefs. Discuss how nirvana can mean freedom from samsara, explaining the similarities between moksha and nirvana.
-  **6 What does enlightenment look like?**
Recall the margas Buddha gained to reach enlightenment. Explore an image and select elements that reflect enlightenment. Design a visual representation of my understanding of enlightenment.