

# What makes us human?

## Religion and Worldviews | Years 3 & 4 | Autumn Term 2025-26

### Theology

To know that soul means a person's spiritual and emotional sense of identity.  
To know that some people believe all living things have a soul and that it is immortal.

To know that some people believe spirituality and soul to be unique to humans.  
To know that some people believe connection with a god to be a spiritual experience.

To know that people from different religions believe some of the same things.  
To know that prayer, meditation and rituals are used to connect spiritually.



Different people from the same worldview may have different ideas about the soul or inner self. These beliefs may affect how people live their lives.



Some people, including many who follow Christian and Hindu worldviews, believe humans have an immortal soul and for some this soul is part of a person's connection with God.

For others, a soul is a person's thoughts and feelings.

Some people do not believe humans have a soul at all.

### Social Sciences

To know that for many people relationships with others and being part of a community are important.

To know that being part of a community with similar beliefs is important to some people.

### Vocabulary

**Buddhist:** A person who follows the teachings of Buddha.

**Connection:** A link between two things.

**Consciousness:** Being aware.

**Meditation:** Focusing the mind, often for religious or spiritual reasons.

**Mindfulness:** Focusing the mind on the present.

**Soul:** What some people believe to be the emotional, non-physical or spiritual part of a human.

**Source:** Something that provides information, such as a text, photo or person.

**Spiritual:** Connection with inner self, immaterial or non-physical things and belief of something beyond yourself.

### Philosophy

To know that the teachings of a religious or non-religious worldview often link with a follower's life choices.

To know that many factors affect our morals and life choices.



For many people, spirituality is an important part of being human. It looks and feels different to different people and may include taking time to stop, notice and connect - with others, with nature or with a god or higher power.





People who follow the Buddhist worldview may focus on developing their consciousness. For some Buddhists, consciousness means our always-changing thoughts, feelings, sensations and dreams called anatta or anatman.



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**Key Learning:** To understand and explain why some people have to stand up for what they believe in.

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| 1 | <b>What is special about being human?</b><br>To understand what makes being human special by exploring Humanist beliefs.<br>Exploring what makes people happy, what makes us special and what makes us different.  |
| 2 |  <b>What is a soul and do we all have one?</b><br>To consider what makes humans special by exploring beliefs about the soul.<br>Exploring our understanding of inner self and soul through images.<br>Sharing ideas and own images of what our inner self would look like.   |
| 3 |  <b>What do some people think makes us human?</b><br>To describe what some people believe about being human through exploring personal responses.<br>Exploring brain icons and discussing various statements.<br>Complete and share viewpoints about our snowflake activity.   |
| 4 |  <b>What is spirituality?</b><br>To explore the meaning of spirituality to different people.<br>Review of vocabulary. Discussion of what spirituality means to us by completing activity.<br>Sharing of ideas and views about what humans might have. Stop, notice, connect activity.<br>Completing sentences to express ideas about spirituality. |
| 5 |  <b>What do some Buddhists do to focus on their inner self?</b><br>To explain how and why some Buddhists meditate.<br>Listen and discuss music used in meditation.<br>Complete mind map to share ideas and understanding.  |
| 6 | <b>Does anyone know what makes us human?</b><br>To present my own and others' views to answer the enquiry question 'What makes us human?'<br>Exploring, reading and discussing views from a range of religious viewpoints.<br>Book blurb activity and learning review lucky dip.   |