

Discovery

Religious Education and DT

Your lessons for the week!

Lesson 1- What is a mantra?

Lesson 2- The Gayatri mantra

Lesson 3- Extension activities

Lesson 4 – Seaside Towns

Lesson 5 – Creating a tourist brochure

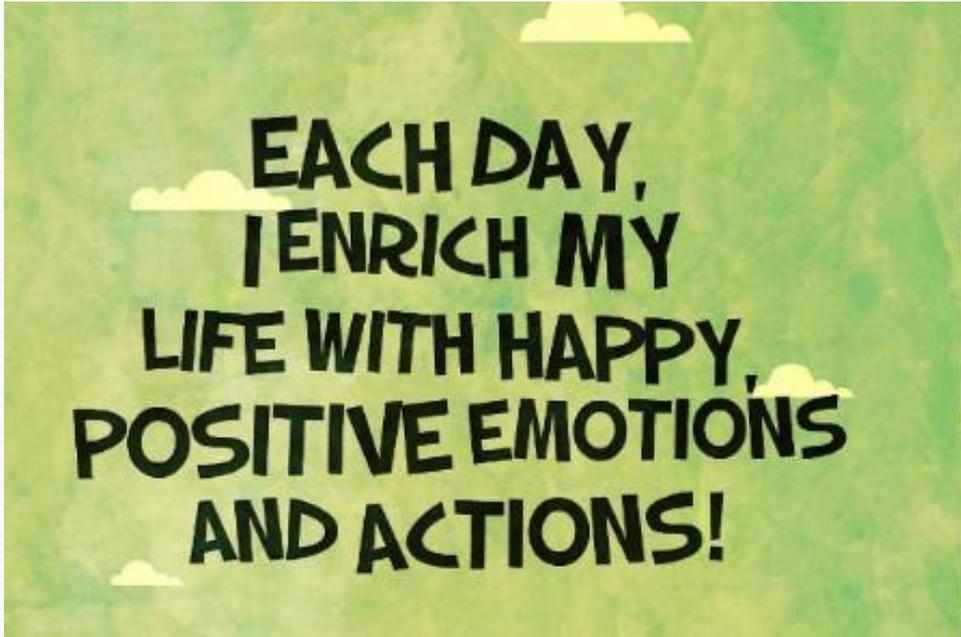
Lesson 6 –Flying Kites!

Lesson 1

Hinduism

What is a mantra?

A mantra is a word, or sound repeated that is believed to help with meditation. Hindus believe that if you chant a mantra you will be blessed with happiness and peace of mind.



**EACH DAY,
I ENRICH MY
LIFE WITH HAPPY,
POSITIVE EMOTIONS
AND ACTIONS!**

Hinduism

What is a mantra?

Mantras are used in every day life, not just for Hindus (people that follow the Hindu religion). A mantra is a positive statement that can be repeated or placed somewhere to remind ourselves of a positive message.

Can you think of a positive message you always tell yourself or hear?



Hinduism

What do Hindus believe about gods?

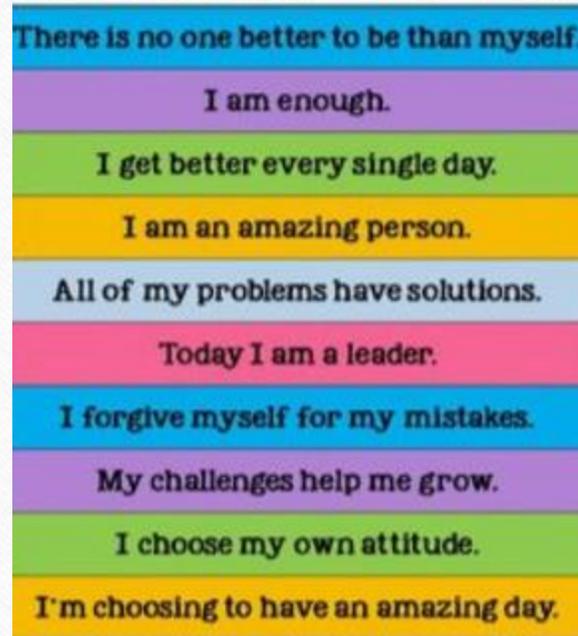
This is a very popular mantra that originated from World War II. It was used to encourage the British people to stay positive during the war. You may have seen it used a lot more recently as we experience the pandemic.



Hinduism

What is a mantra?

Take a look at these examples of positive mantras



How do they make you feel saying them?

Hinduism

Activity 1:

Create a poster of a mantra to help you or someone in your family during these challenging times. What words or sentences/phrases do you think would help someone feel happy if they chanted it?

Activity 2:

Try some of these meditation activities for 5 mins each day for 5 days. Write down how you feel at the end of each session and at the end the end of the week.

https://www.youtube.com/watch?v=Bk_qU7l-fcU

Hinduism

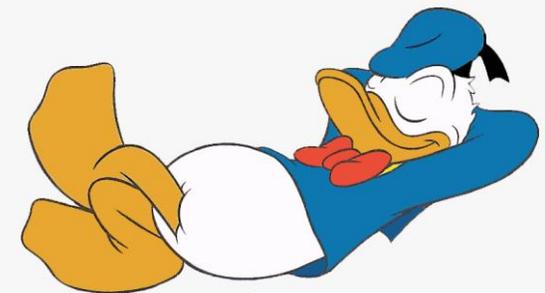
What is a mantra?

Activity 2:

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<https://www.smilingmind.com.au/smiling-mind-app/>

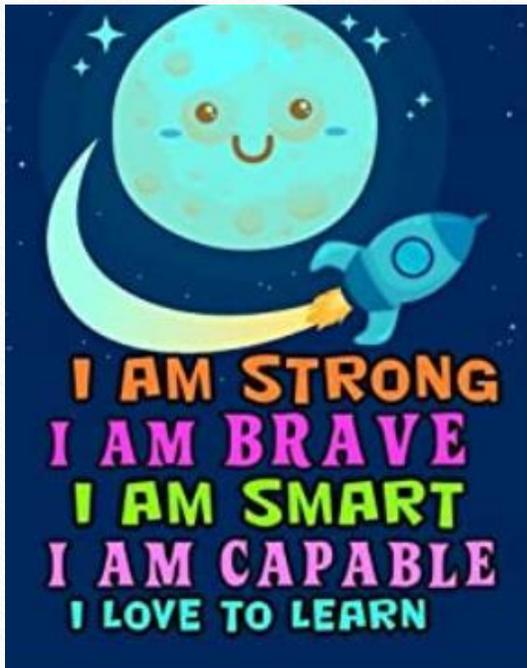


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Lesson 2

Hinduism

What is a mantra?



Let's review!

Last time we explored the idea of a mantra. We learned that a mantra is a sound or phrase repeated. Hindus believe that it will bring a person peace and happiness if chanted/repeated.

Hinduism

What is a mantra?

The Gayatri Mantra

- The Gayatri mantra is one of the oldest and most powerful of Sanskrit mantras. It is believed that by chanting the Gayatri mantra and keeping it firmly in your mind, if you carry on with life and do what is expected of you, your life will be full of happiness.



Hinduism

What is a mantra?

The Gayatri Mantra

- The word “Gayatri” why the mantra exists in the first place. It means it is a mantra that will take away any bad feelings.
-



Hinduism

What is a mantra?

Activity 1:

Listen to the Gayatri mantra (only listen to the first 2 minutes)

See if you can notice when they start to repeat the mantra again.

<https://www.youtube.com/watch?v=eQCAAUCwU9c>

- How does the mantra make you feel?
- Write a few sentences in your distance learning book explaining how you feel.

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Extension
activities

Hinduism

What is a mantra?



Activity 3:

Have a think... what sounds do you find peaceful to listen to? Why do you think they help you relax? How do you feel after you have listened to them?

(write responses in distance learning book)

Activity 4 (optional)

Print out (or copy) and colour the Aum symbol and lotus flower.



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Seaside Towns

- Britain, where we live, is an island.
- An island is an area of land surrounded completely by water. It may be in a river, a lake or the sea. Islands can be different shapes and sizes. Some islands are large, like Britain, others are small and you could easily walk around them.



Because Britain is an island, it has lots of seaside towns.



These towns can be quite different...



Some seaside towns have lots of arcades...





Some have lots of rides...

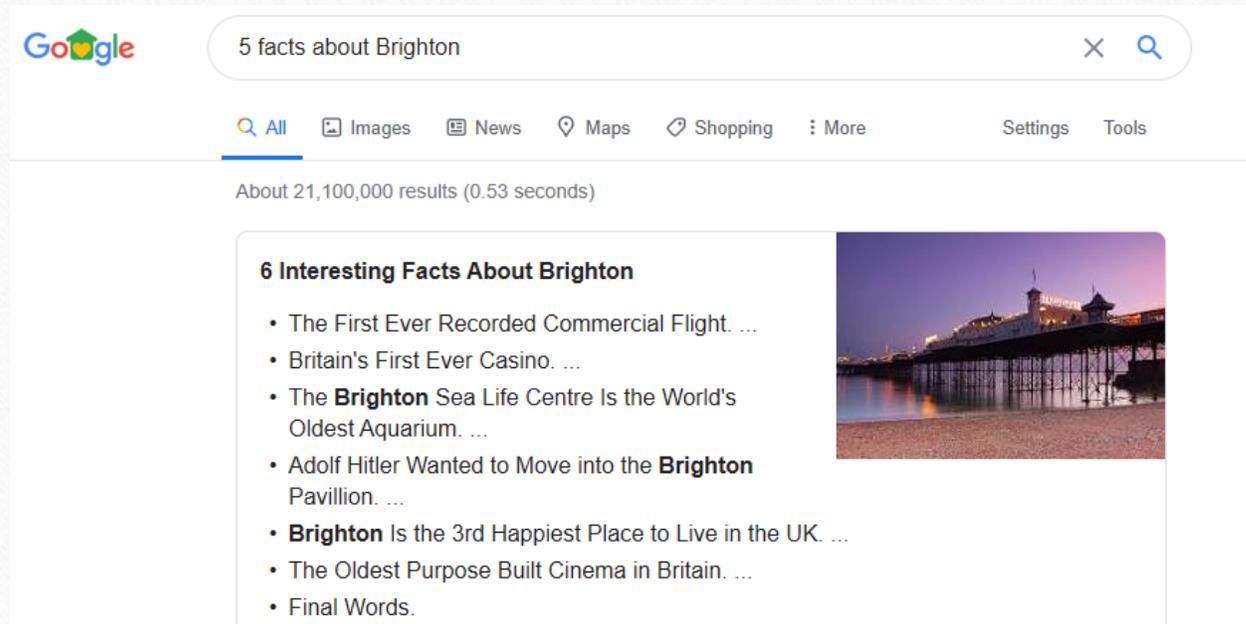
Some have water sports you can try...



A wide-angle photograph of a coastal scene. In the foreground, a sandy beach stretches across the frame, with a few people walking near the water's edge. The ocean is a vibrant turquoise color, with white foam from waves washing onto the shore. In the background, a green cliffside rises, topped with a large, multi-story building with a red roof and several towers, likely a hotel or resort. The sky is a clear, pale blue. The entire image is framed by a thin black border, with dark grey horizontal bars on the left and right sides.

And some are quiet and peaceful.

Think about a seaside town you have been to in the UK or would like to go to. Now research that town and record 5 facts about it.



The screenshot shows a Google search interface. The search bar contains the text "5 facts about Brighton". Below the search bar, there are navigation options: "All", "Images", "News", "Maps", "Shopping", "More", "Settings", and "Tools". The search results indicate "About 21,100,000 results (0.53 seconds)". A featured snippet titled "6 Interesting Facts About Brighton" is displayed, listing several facts. To the right of the list is a photograph of Brighton at night, showing the illuminated Brighton Pier and buildings along the coast.

Google

5 facts about Brighton

All Images News Maps Shopping More Settings Tools

About 21,100,000 results (0.53 seconds)

6 Interesting Facts About Brighton

- The First Ever Recorded Commercial Flight. ...
- Britain's First Ever Casino. ...
- The **Brighton** Sea Life Centre Is the World's Oldest Aquarium. ...
- Adolf Hitler Wanted to Move into the **Brighton** Pavillion. ...
- **Brighton** Is the 3rd Happiest Place to Live in the UK. ...
- The Oldest Purpose Built Cinema in Britain. ...
- Final Words.



My seaside town is: _____

My five facts are:

1. _____

2. _____

3. _____

4. _____

5. _____

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Creating a tourist brochure

- For the last lesson, you found out five facts about a seaside town in the UK.

My seaside town is: _____

My five facts are:

1. _____

2. _____

3. _____

4. _____

5. _____



Now you are going to use these facts to create a tourist brochure for your town!



You could design this on your computer or in your workbook.

If you are doing it on computer, you could find some pictures of your town to go with your facts...



If you are doing it in your workbook, you could draw a picture of the town...

Your tourist booklet should have a title (the name of your town), and you could list your facts under a sub-heading like this:

Brighton

Interesting facts about Brighton:

Picture of Brighton Pier



Don't forget to send us a picture of your work!

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Flying kites!

- In Design Technology we are going to be learning about kites.
- We will talk about the history of kites, look at what materials can be used to make kites, and finally you will try to make one out of objects you can find at home!
- Firstly, lets look at the history of different kites.





Kites have been used for many years. Countries have used kites for different reasons.



It is believed that China invented kites. Some people said a Chinese general used kites to measure how far away his enemies were. He used the measurements to plan his attacks.



The kites had strange patterns and evil faces to scare the enemy.

People in Korea also started using kites for military reasons, like China.



During the war, Korean soldiers were tired and didn't want to fight. Their general attached a fire ball to a kite and flew it in the sky. This made the soldiers scared, so they wanted to fight again.

People in Japan also started using kites for a different reason.



It is believed that Japanese people decorated kites with evil faces to scare away bad spirits. Japanese people invented the Carp Kite, which is flown on Children's Day.

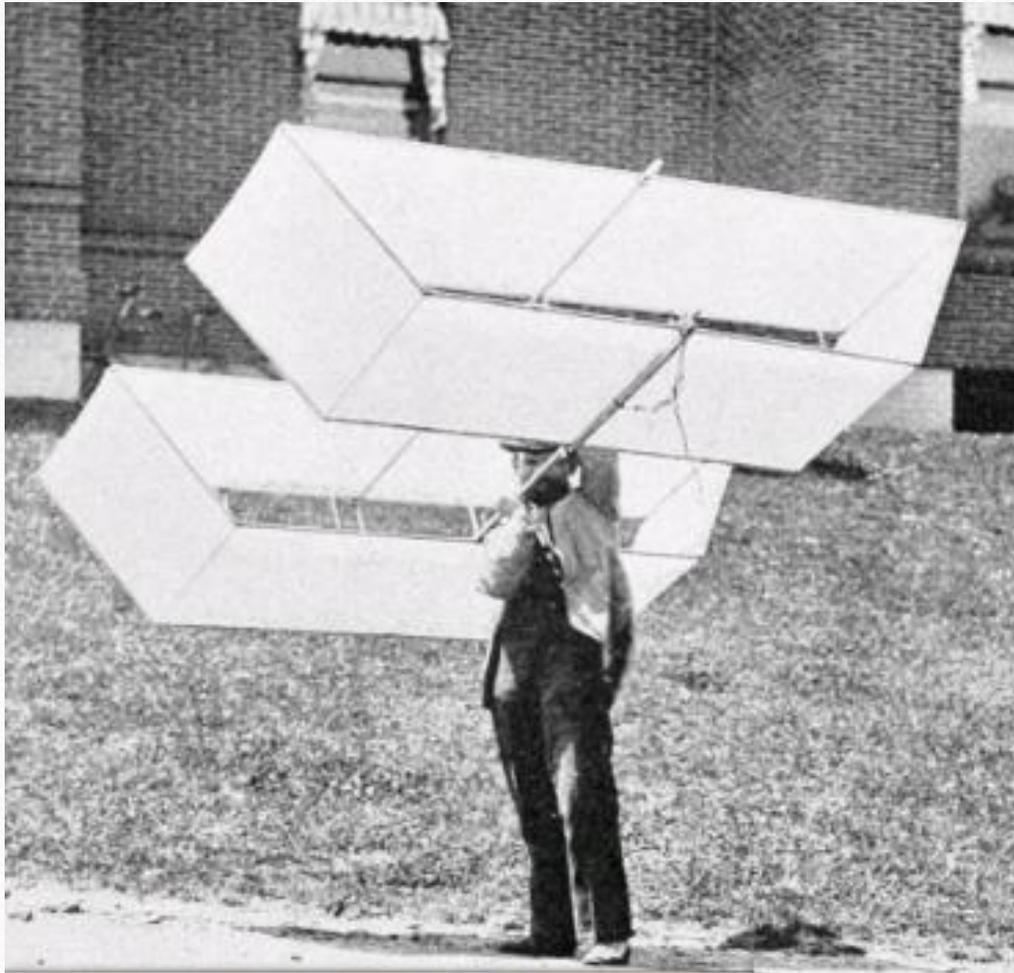
People in India also started using kites for a different reason.



It is believed that Indian people designed fighter kites. They are small kites and hard to fly. People spend time learning the techniques to fly the fighter kites.

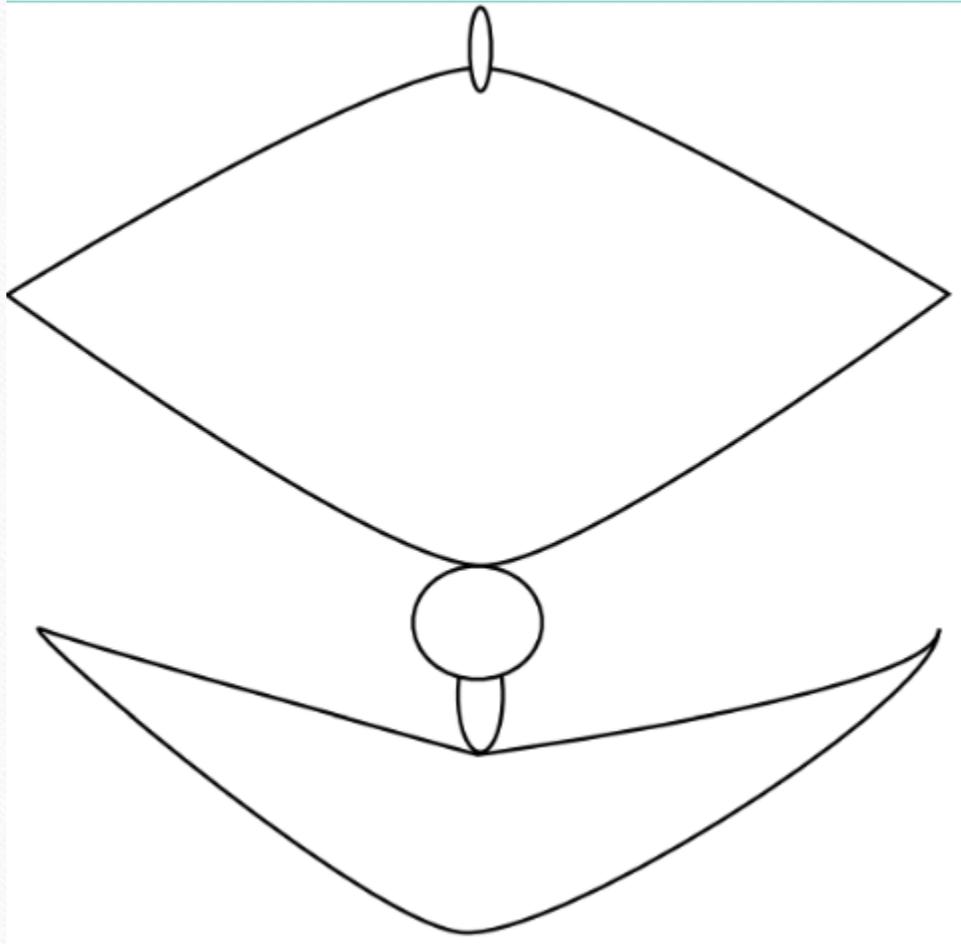
Malaysian
people created
the Moon Kite.
This kite also
uses a lot of
skills to fly it.





American and European people used kites to help them find out about the wind and the weather.

Have a go at designing your own kite, based on the templates. Try and stick to the colours suggested!



This is a traditional Malaysian kite.
You can only use **red**, **brown**, **blue** and **yellow** colours.
You must try to use circle shapes and diamond shapes.

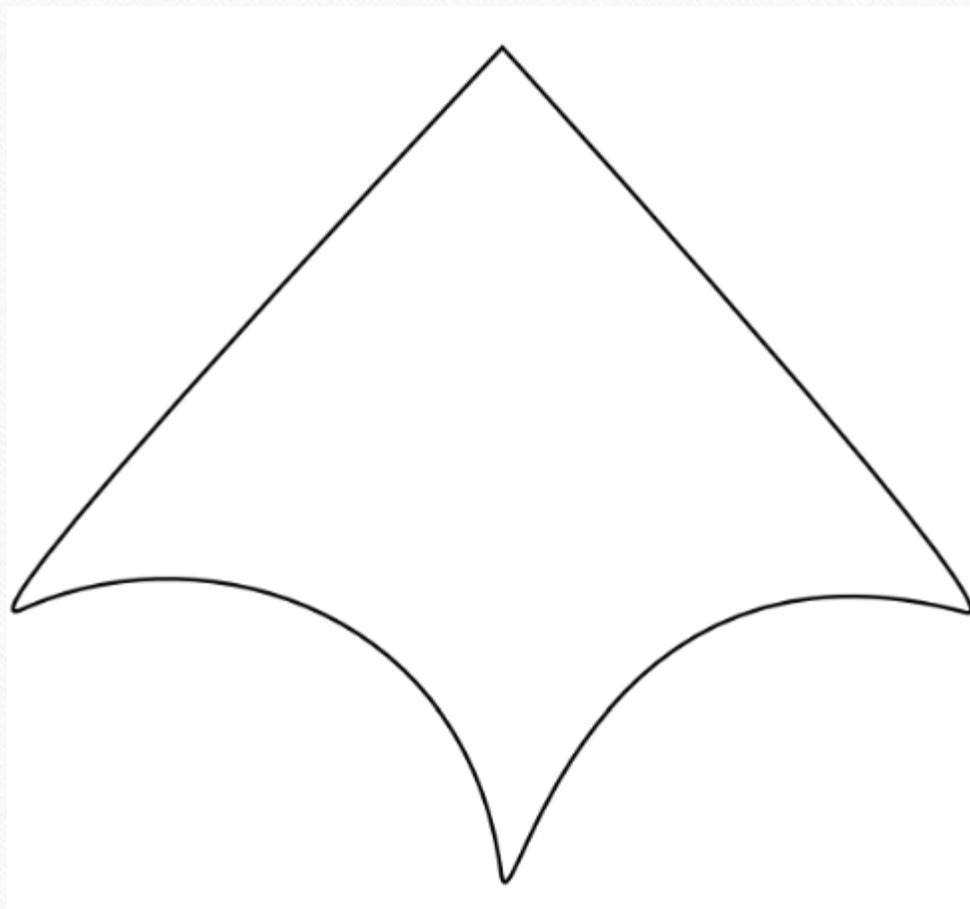


Good luck!



This is a stunt kite.
You can only use **black**, **pink**
and **green** colours.

Good luck!



Can you add some stars to your
design?



You must try to add tails to the kite.





Can you design a kite for these scenarios? Remember to use colours, pictures and patterns to suit the situation.

Help! Birds keep eating my carrots and potatoes. I need a kite to SCARE them away!
Can you design me one?



I want to mark birthdays as a special occasion in my family. I want a kite to fly outside my house every time someone has a birthday.
Can you design me one?



I want to start a kite festival. The theme this year will be African animals.
Can you design an African animal kite for me?



I celebrate New Year's Eve on the 31st of December. It is a fun and busy night.
Can you design a kite I can fly for this celebration?



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