

<b>Hindu Family – Raksha Bandan</b>	<b>Year Group: KS1</b>	<b>No. of lessons: 3</b>
<b>Learning objectives:</b> To think about family relationships in relation to Hindu worship practices. To begin to explore Hindu worship in the home.		
<b>Themes to discuss:</b> Who are the special people in our lives? Who do I depend on to look after me? How do we show we care for people? What do I particularly enjoy? How do I feel if people mock me? How do we use our senses in everyday life?		
<b>Activities and experiences:</b> <ul style="list-style-type: none"> <li>◆ Show a picture of a family and talk about family relationships. How do you show the different members of your own family that you care for them?</li> <li>◆ Learn that Raksha Bandan is a Hindu festival celebrated in July or August, a time of family celebration when sisters give rakis (bracelets) to their brothers to show them they love them. Look at some photographs of different styles of rakhis and think how they might be made. Make a rakhi, out of plaited threads to give to someone in the class to show your regard for them. In order not to leave anyone out, give out the rakhis in circle time - hand over the rakhi to the person on your left and say something nice about them. You are supposed to wear your rakhi until it falls apart!</li> <li>◆ Think together about the kind of things you would give a family visitor who came to stay in your home (an auntie, grandpa?). Look at photographs / videos of Hindu home shrines (particularly those with Ganesha murtis) and identify the different items there – can these be linked in any way to the list you just made for your special visitor?</li> <li>◆ Share a story about Ganesh which illustrates his approachability e.g. His love of sweets and jellies. Create a display / shrine to Ganesh. Understand that many Hindus have shrines to Ganesh in their home and that the murti is treated like a person and a friend and is offered flowers, water, incense sticks and fruit. (Recognise that the statue itself is not a little god expected to eat the food, but a representation or reminder of God.)</li> <li>◆ Hindu worship is famous for employing all five senses – use the Ganesha worksheet below to explore and record this e.g. (a) touch – touching the image and bowing down before it, (b) smell – incense, (c) sight – the bright murtis and shrine decorations, (d) hearing – ringing a bell, prayers, singing, (e) taste – sharing blessed food or prashad. Make some prashad and eat it together.</li> </ul>		



**Websites and resources:**

How to make a rakhi and details about Raksha Bandan at <http://www.raksha-bandhan.com/how-to-make-a-rakhi.html> The story of how Ganesha got his elephant head is at <http://www.sln.org.uk/storyboard/l3.htm> and [http://www.hindukids.org/stories/gods\\_goddesses/index.html](http://www.hindukids.org/stories/gods_goddesses/index.html) When Ganesha's stomach burst - <http://www.chocolatedeities.com/about.php?deity=ganesh> and <http://members.tripod.com/~srinivasp/mythology/ganesh2.html> Offer puja to Ganesha at [http://www.hindukids.org/pray/god\\_goddesses/ganesh/index.html](http://www.hindukids.org/pray/god_goddesses/ganesh/index.html)

**Recipe for Kara Parshard**

Ingredients (sufficient for one class): 400 grams of semolina, 400 grams of sugar, 400 grams of unsalted butter (ghee if you can get it), cup of water.

1. Melt the butter over a low heat
2. Add semolina and cook until golden brown – about seven minutes – warning: keep stirring, or it will stick to the pan!
3. Mix in the sugar thoroughly and add the water. Cook slowly until the mixture thickens.
4. Serve warm in the hand