



Sewa Day PSHE/Citizenship lesson 1

Vocabulary cards

expectation

caring

service

reward

kindness

selfless

expectation

caring

service

reward

kindness

selfless

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OPTIONAL World religion cards

Hinduism

- Two key concepts in Hinduism are 'dharma' and 'karma'.
- In Hinduism dharma means 'duty' or 'virtue'. Dharma is what allows people to act with goodness. Karma means 'action'. Hindus believe that actions in harmony with dharma will have good results in this life or the next, while actions against dharma will lead to bad results.

Islam

- Muslims believe that everything comes from Allah (God) and that acts of charity help free us from love of ourselves and love of possessions or money.
- The third 'pillar of Islam' is 'zakat', to give alms to the poor or charity.

Buddhism

- The Buddha taught that following the 'Eightfold Path' is the way to end anguish or suffering. Two parts of the Eightfold Path are:
- Right Intention – try to rid yourself of bad qualities and replace them with good
- Right Effort – abandon harmful thoughts, words and deeds and aim for those that are good

Sikhism

- Sikhs believe good deeds are a way to experience God. Sikhs aim to perform good deeds every day as a way to help them lose their pride (thinking too much of yourself) and ego (thinking that you're more important than others).
- Sikhs have three duties: Prayer, Work, and Giving. 'Vand Chhakna', the third duty, means giving to charity and caring for others.

Judaism

- Judaism is a faith that is based in community and family. Jews believe that to thank God for what He has done for the Jewish people, they must make every aspect of their lives holy.
- Jews believe that everything they do in their family or community can and should be an act of worship designed to please God.

Christianity

- Christians believe that Jesus was sent by God to save mankind from sin and that while on earth, Jesus set God's example of how mankind should live.
- Christians aim to copy His example. They are inspired by Jesus's acts as recorded in the Bible, and believe they can be guided by the Holy Spirit, part of God's Trinity.



Sewa Day English lesson 1

Notes template

Use this template to help you gather information on your inspirational person.

Name

Person I am researching:

Source

What I am looking for:

Main ideas and facts

Details



Sewa Day English lesson 1

Notes template

Use this template to organise your headings and paragraphs as you write about your inspirational person



Sewa Day English lesson 2

Parent letter

Use this template as the basis for your school's official letter to parents to accompany those created by pupils themselves.

Dear parents,

Community service on Sewa Day, [INSERT DATE]

On [INSERT DATE], children from our school will take part in an act of community service as part of Sewa Day. Sewa is an ancient Indian word meaning 'selfless service'. It describes helping others, without any expectation of result or reward for the person doing it. Sewa is just one way to describe a universal concept: that it is good to sacrifice your time and resources for the benefit of others, without wanting anything in return.

The children are learning about the importance of helping others and will

[INSERT YOUR CHOSEN ACTIVITIES]

Sewa is also about coming together and we welcome your help and support on the day to

[INSERT SUGGESTED PARENTAL SUPPORT]

If you would like to come and be involved, please complete and return the slip below.

Sewa Day is organised by the Sewa Day charity and is supported by UNESCO, the United Nations body for education. You can find out more about Sewa and Sewa Day at www.sewaday.org.

Yours faithfully

[INSERT HEADTEACHER'S SIGNATURE AND NAME]

Sewa Day parental help

I would like to be involved on Sewa Day.

(Please print)

Name _____

Child _____ Class _____



Sewa Day English lesson 2

Pupil letter template

Use this template to help you write a letter about your Sewa Day activity.