

World Religions: Hinduism Unit For Special Education

11 day
lesson
plan

preview



By Christa Joy

World Religions: Hinduism

Lesson Plan for High School

Preparation

- Print out a vocabulary board for each student to use throughout unit
 - Laminate or place in page protector
- Book
 - Print out, laminate, and bind
 - OR your students can listen to the pre-recorded version
- Vocabulary cards
 - Print out a set of cards onto cardstock and laminate
 - Make one set for each student and also one for the teacher to use in I Spy games

Preassessment (do day 1 before starting lesson)

- Choose the form of the assessment that best fits the learning level of your students
- Give the assessment to assess what your students may already know
- I cannot emphasize enough how important this step is. If you want to see growth, this preassessment is so important!!

Teaching Tips

1. **Color Coding:** this is a really easy way to add more structure to a matching activity. Outline or color in an empty box or sorting label. Outline or color in the corresponding picture symbols the same colors. Becomes a color matching task.
 - a. For more info, read more here: <https://specialneedsforspecialkids.org/2015/09/05/using-color-coding-for-differentiation/>
 - b. I also have a blog post on differentiating one activity 3 ways: <https://specialneedsforspecialkids.org/2018/10/22/differentiating-1-activity-3-ways-easily-and-effectively/>
2. **Make your own copies of the activities:** Every day I review the activity we did yesterday. For that reason:
 - a. I often complete the activity myself and often laminated it for easy review that I could use year after year.
 - b. My copies were also helpful as either a model for students who needed more support or as a way for more advanced students to self-check their

Quick Look

Day	Activity	Day	Activity
1	<ul style="list-style-type: none"> • Book • Vocab cards intro • Circle map 	7	<ul style="list-style-type: none"> • Book • Vocab cards cut an • Word Search
2	<ul style="list-style-type: none"> • Book • Vocab cards activity • Collage of main beliefs 	8	<ul style="list-style-type: none"> • Book • Vocab cards cut an • Close worksheet
3	<ul style="list-style-type: none"> • Book • Vocab cards activity • Sorting activity 	9	<ul style="list-style-type: none"> • Book • Vocab cards activity • Close worksheet
4	<ul style="list-style-type: none"> • Book • Vocab cards activity • Sorting activity 	10	<ul style="list-style-type: none"> • Book • Vocab cards activity • Close worksheet
5	<ul style="list-style-type: none"> • Book • Vocab cards activity • Writing prompt 	11	<ul style="list-style-type: none"> • Assessment • Cooking activity
6	<ul style="list-style-type: none"> • Book • Vocab cards cut and paste • Sudoku puzzle 		

I wanted to give you some links to meditation exercises for kids that you might want to try.

- Mindful Meditation for Kids; Breathing Exercises (sitting on the floor): https://youtu.be/Bk_qU7I-fcU
- 5 Minutes Bodyscan Meditation for Kids and Adults (sitting in a chair): <https://youtu.be/9A0S54yAgEg>

Day 4

Activity	Notes	Materials
Read or listen to a recording of the book: (10 minutes)	<ul style="list-style-type: none"> • Read through the story, asking lots of questions • Continue to make connections between book and vocabulary board 	<ul style="list-style-type: none"> • Book • Vocabulary board
Vocabulary cards Go Fish Game (15 minutes)	<ul style="list-style-type: none"> • Using several completed student sets of vocabulary cards play a traditional go fish game <ul style="list-style-type: none"> ◦ Modify/use devices or buddies as needed for additional support ◦ If you need more cards, use the color AND B/W as separate cards for students to match 	<ul style="list-style-type: none"> • Vocabulary cards (student sets) • Vocabulary board
Sorting activity review (5 minutes)	<ul style="list-style-type: none"> • Review the sorting activity completed yesterday 	<ul style="list-style-type: none"> • Worksheet completed yesterday
Sorting activity (10 minutes)	<ul style="list-style-type: none"> • Do the sorting activity on the caste system • Use color coding if needed • Make connections to the book as necessary 	<ul style="list-style-type: none"> • Worksheet • Scissors • Glue • Crayons
Sharing (10 minutes)	<ul style="list-style-type: none"> • Each student shares their finished worksheet with the group using the communication method of their choice 	<ul style="list-style-type: none"> • Completed worksheets • Communication devices

Hinduism is the third most popular religion in the world today, just behind Christianity and Islam. More than 1 billion people follow its teachings. Those who follow this religion are called **Hindus**.



Hindus also believe in **karma**. If you do good things in this life, you will come back in a good form in the next life. If you do bad things, you could come back as a worm.



Hindus also believe in practicing **yoga** which is a physical exercise meant to teach self-control by holding various positions that are difficult and focusing on breathing.



Note: many people who practice yoga are NOT Hindus.

39 page book

There is no one God Hindus pray to or follow. Their religion focuses on finding the god-like spirit within yourself.



Finally, **Shiva** is the destroyer god. He removes all evil from the world and makes room for new life.



There are some festivals and celebrations in Hinduism. **Holi** is celebrated in March or April and recognizes the end of winter. There is dancing in the streets and people throw colored water.









Vocabulary board

16 vocab cards



<p>karma</p> <p>The belief that if you do good things, then good things will happen to you. If you do bad things bad things will happen to you.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 0 auto;"></div>	<p>reincarnation</p> <p>Buddhist belief that after you die, you return to live again but in a different body.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 0 auto;"></div>
<p>caste</p> <p>Group or family system that determines what you will be, who you will marry and where you will live.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 0 auto;"></div>	<p>untouchables</p> <p>Group of people not born to a caste. They do the least desirable jobs like sweeping the street.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 0 auto;"></div>

Cut & paste





<p>Hinduism</p> <p>Third largest religion practiced mainly in India.</p> <div style="text-align: center;"></div>	<p>Hindu</p> <p>Person who follows Hinduism.</p> <div style="text-align: center;"></div>
<p>Vishnu</p> <p>A kind and loving god who comes to Earth occasionally in a human form.</p> <div style="text-align: center;"></div>	<p>meditate</p> <p>Thinking very deeply for a period of time.</p> <div style="text-align: center;"></div>

Group of people not born to a caste. They do the least desirable jobs like sweeping the street.

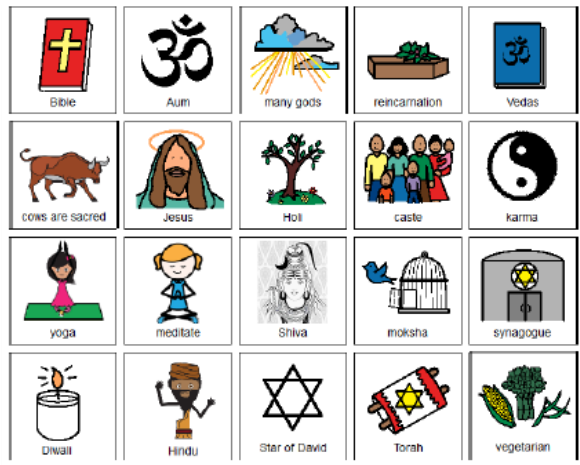
The destroyer god. He get rid of evil to make room for good.

Third largest religion practiced mainly in India.

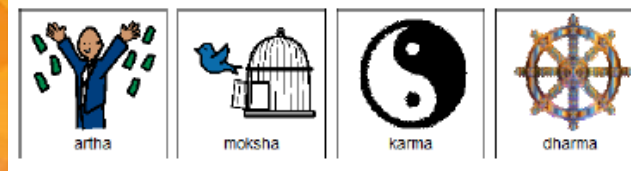
Holiday in October or November that celebrates the start of a new year.

<p>Holi</p> <div style="border: 1px solid black; width: 100%; height: 30px; margin-bottom: 10px;"></div> <div style="text-align: center;"></div>	<p>Diwali</p> <div style="border: 1px solid black; width: 100%; height: 30px; margin-bottom: 10px;"></div> <div style="text-align: center;"></div>
<p>Aum (Om)</p> <div style="border: 1px solid black; width: 100%; height: 30px; margin-bottom: 10px;"></div> <div style="text-align: center;"></div>	<p>Vedas</p> <div style="border: 1px solid black; width: 100%; height: 30px; margin-bottom: 10px;"></div> <div style="text-align: center;"></div>

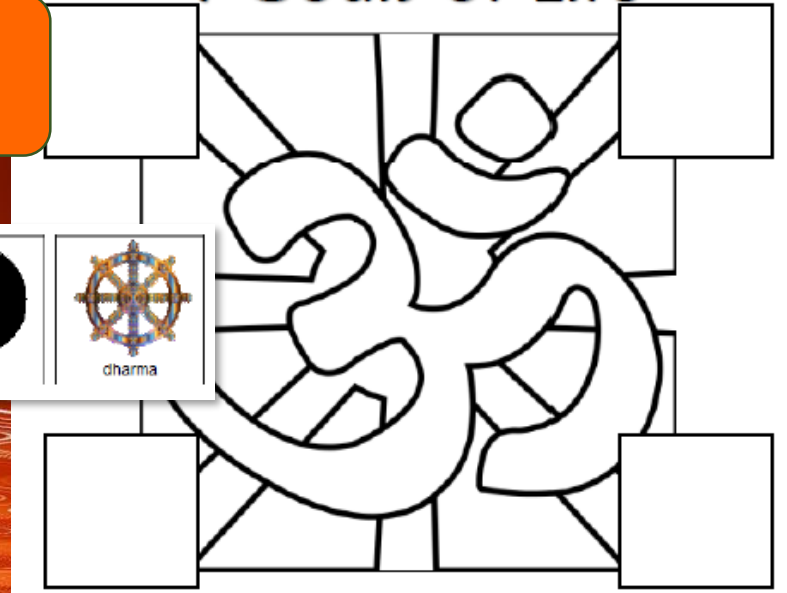
Circle map



Collages of Beliefs



4 Goals of Life



Writing Prompt



Errorless version

My Caste

I was born into the caste that are mainly .

We all really hard.

But, I know I will never be a or a .

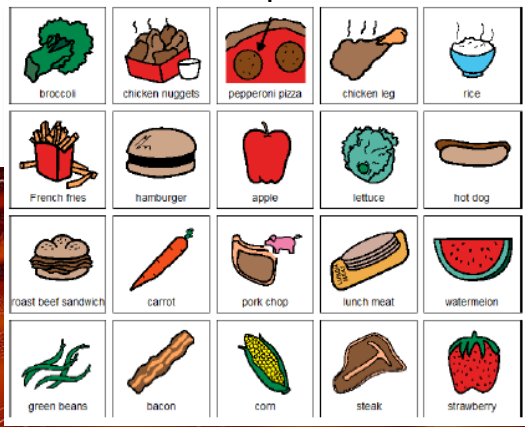
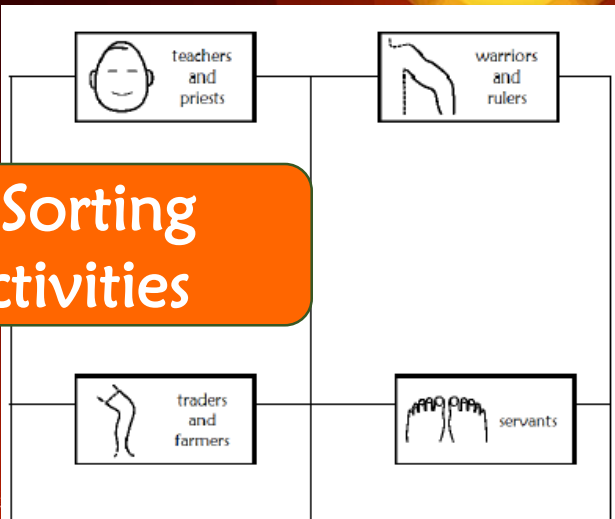
Being a Hindu is .

Our family will always be .





2 Sorting activities



Picture Recipe

Rice Pudding (Kheer)

- Preparation
 - Print out ingredient labels and affix to ingredients prior to lesson
 - Depending on the learning level of your students you can either pre-measure the ingredients so they are just dumping in what is in the containers, **or**
 - Allow your students to measure out the correct amount (good for older students especially)
- Review and address any food allergies (**this has nuts**)
- Depending on learning style of your students, either print a class copy of the recipe directions or make a copy for each student
 - For students that are visually overwhelmed, cut apart the recipe and mount each step on a separate index card*

Ingredient Labels



You will need access to a stove top of hot plate

As a class make pudding following the recipe

You will need to soak the rice (1 cup) in water ahead of time for 30 minutes

Recipe

- Put in

pan	8 cups	rice	<input type="checkbox"/>
	1 cup	condensed milk	<input type="checkbox"/>
	1 cup	sugar	<input type="checkbox"/>
- Wait for it to boil
- Add rice and stir

1 cup	rice	<input type="checkbox"/>
-------	------	--------------------------
- Cook on low heat 20-25 minutes; stir
- Mix in:

1/2 cup	chopped almonds	<input type="checkbox"/>
1/2 cup	raisins	<input type="checkbox"/>

Word search









Hinduism

Q R E T X M U D G D P O C B F
 X E L V V W N I W G M F L M M
 J I D I M A T W F W E V W K V
 B N W X Z X O A A L D L T W D
 V C H T C Z U L S H I V A F M
 Q A I T L A C I N W T H C D O
 T R N V J D H A T F A W W Y K
 K N D I V H A U D R T N J O S
 A A U S E D B M G E E F Y G H
 R T I H D C L Y F Q Y H T A A
 M I S N A A E H H M U C Y Y J
 A O M U S S O I S E T G Y W
 D N S O U T O L N S H A K T I
 G E D T K E Y I D M D W G T T
 B R U W L Z M N U U W K F F W

- | | | | |
|---------------|--------------|----------|--------|
| reincarnation | untouchables | Hinduism | vishnu |
| meditate | moksha | shakti | Hindu |
| caste | Diwali | shiva | Vedas |
| Aum | karma | yoga | Holi |



















Sudoku Puzzles

Hinduism

	 Aum		 yoga
 yoga		 Aum	 caste
 Aum	 caste		 Hindu

Hinduism

			 caste	 cow
 Hindu	 yoga	 caste		 Aum
 cow	 caste		 karma	
			 Aum	 caste
 caste			 Aum	 Hindu
			 caste	 cow

 Hindu	 Hindu	 Hindu	 Aum	 Aum	 Aum
 karma	 karma	 karma	 karma	 karma	 yoga
 yoga	 yoga	 yoga	 cow	 cow	 cow

Hinduism

3 close worksheets

1. Hinduism is the world's largest religion.

2. Hinduism is a more than a true religion.

3. Hindus pray to gods.

4. Hindus spend a lot of time and doing .

5. Most people who live in are Hindu.



lucky



frustrated



sad

Q 8



dolphin



penguin



cow

7. Karma is the belief if you do good things then you will be:

- A. lucky
- B. frustrated
- C. sad

8. This animal is very sacred to the Hindu culture and religion:

- A. dolphin
- B. penguin
- C. cow

9. Diwali celebrates the start of a new:

- A. winter
- B. life
- C. year

10. True or False. Hinduism is a very rare religion. Very few people practice it.

- A. true
- B. false
- C. I don't know

Assessments
3 versions

1. A symbol commonly used in Hinduism is:



Om



a cross



Star of David

2. Hinduism teaches there are many:



Bible



gods



jobs

3. After you die, Hindus believe this occurs:



angels come



go to heaven



reincarnation

4. Most Hindus eat only:



fruits and vegetables



beef



hamburgers

5. Almost all Hindus are born in a certain:



house

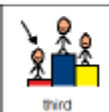


religion



code

Hinduism (page 1)



third



yoga



many



meditating



way of life



India