

RE – Year 5

Being Silent and Attentive

We follow the Birmingham Agreed Syllabus which has been created by SACRE for all schools in Birmingham.



Religions that we are learning from:

Humanism

Humanists would state that they don't know exactly how the world began but we should look for a natural explanation. For some, the scientific version of how we came into being can make us feel so small and insignificant. For others it provides a sense of belonging to something bigger than ourselves.

Christianity

Some Christians like to spend time quietly with God, by meditating. This can be by repeating a phrase over and over again – for example “Lord have mercy”, or “Do not be afraid”. Some Christians choose to have a ‘quiet time’ where they spend time in Bible study and pray to God. Some Christians include listening to Christian songs to help them to get themselves ready to focus on God.

Key questions to discuss at home:

- What is it like to engage with our own thoughts?
- Do you ever have time to stop and think?
- When should quiet reflection lead to action?
- What action might follow from reflection on a phrase or verse or wise words?

Key Vocabulary:

Engage – participate or become involved in

Reflection – giving serious thought or consideration

Meditating – focus your mind for a period of time or think deeply about something