

Y5 Sp. 1 – Tudors - RE

Vocabulary	
Word	Definition
Peace	A state or period in which there is no war or war has ended. Freedom from disturbance; tranquillity.
Acts of peace	Actions that bring people closer to creating peace. These can be big actions that involve lots of people and organisations or small ones that a single person can do.
Conflict	Fights or wars
Non-violence	A commitment to resolving things peacefully.
Pacifist	A person who does not believe in war or violence
Fair trade	A system that focuses on people being paid fairly for their work. It is often linked to food like chocolate and bananas.
Inner peace	Being able to feel peace in yourself. Being in a state of inner peace is healthy and relaxing.
Community cohesion	A group of people (for example a school, town or country) where everyone has a sense of belonging and positive relationships are encouraged between everyone, regardless of their background.



Peace

Peace can mean two different things. It could be a time period without any **conflict** or it could mean an amount of time where you are in a state of calm or quiet with no disturbances.

Peace is something that all governments and organisations aim for. **Acts of peace** are ways that this can be done – both as communities or as individuals.

Community Cohesion

Lots of western religions work alongside charities within the community to promote cohesion (a sense of togetherness). One way that this is done is through promoting **fair trade**. **Symbols of peace** are used worldwide to promote **peace**. Some are linked with religions and others aren't but they share a powerful message of **community cohesion** for **peace**.

Western religions (Christianity, Judaism and Islam) focus on **peace** within their community. Eastern religions (Sikhism, Buddhism and Hinduism) all have a focus on **inner peace**.



Religious Views About Peace

One of the important messages of Christianity is ' Peace on earth'. This was the message from the angels to the Shepherds when Jesus was born.	Peace in Judaism also focuses on ideas like prosperity (for all, not just the rich), fertility of crops, harmony and general well-being.	The word Islam means submission to God. This has been important in creating peace between individuals and nations. While most Muslims are not pacifists , Muslims do not believe in starting wars.
Peace is central to Hinduism. A key teaching in Hinduism is non-violence (ahimsa). This has been used to protest against oppression in India.	Buddhism teaches that through meditation, you can let go of being self-centred and live peacefully and generously with each other.	The founder of Sikhism was committed to non-violence . Sikhs promote human rights and harmony and have been involved in charitable work for the poor and needy.

Inner Peace Techniques

Mindfulness is similar to Buddhist meditation. It involves being aware of the present moment and clearing your mind of distractions. It can be used to help mental health and find inner peace .	Meditation involves focusing your mind for a period of time. It can be done in silence or with chanting and can be for religious or spiritual reasons or as a method of relaxation.	Prayer is often used to say sorry, thank you or please. It helps people focus and gain inner peace .
Tai Chi is a Chinese martial art. It concentrates on controlled body movements and breathing which helps bring inner peace .	Yoga is a Hindu practice and involves controlled breathing, specific body positions and meditation.	