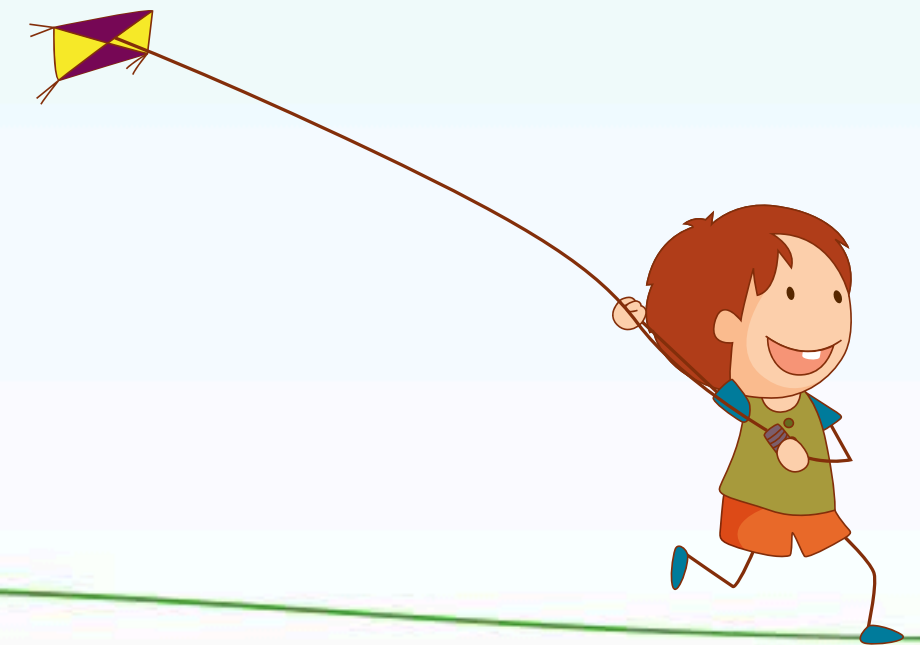
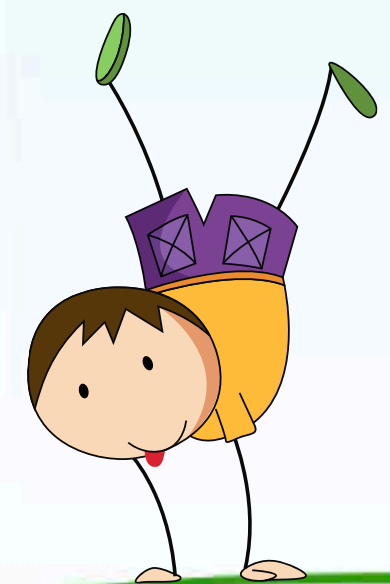


# Identity and Belonging

Learning Objective:

To consider the ways in which we express our identity.



These are words people might use to describe themselves:

thoughtful   caring   happy   sporty  
kind   helpful   organised   funny  
friendly   motivated   quiet  
imaginative  
generous   arty   enthusiastic  
scatter-brained  
positive   competitive  
creative   complicated   clever  
loud   hard-working   calm   popular

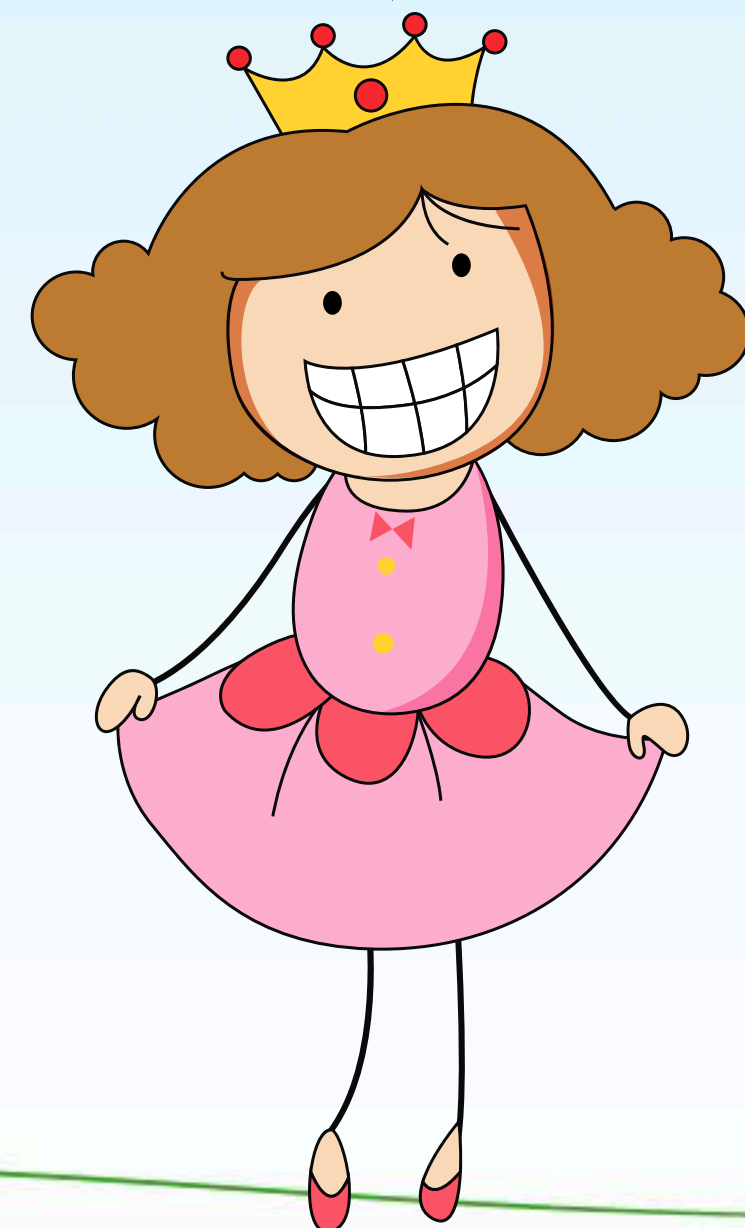
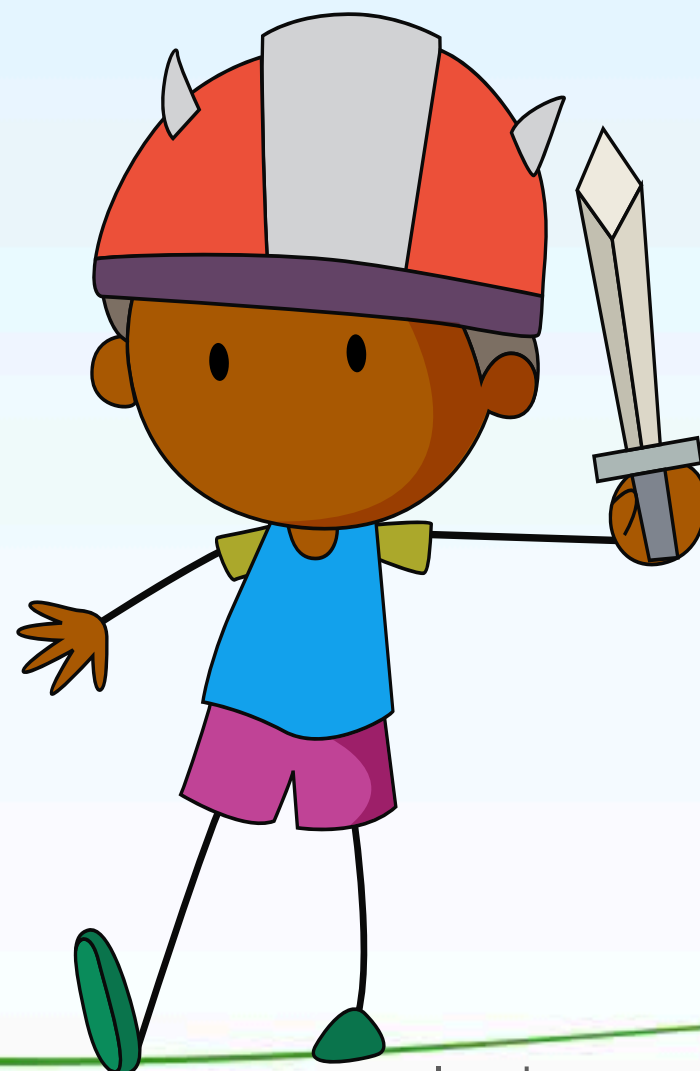
How do you see yourself?



Other  
people can't read  
your mind!

We  
express our  
identity through  
our actions--

--the way we  
behave, the things  
we say and how we  
relate to other  
people.



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# How do you express your identity?

I love to exercise and play football with my friends.



I'm hard-working, helpful and I love music. I try really hard in my lessons and try to help my friends, especially during music lessons!



Discuss your ideas.

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For many people, religion is a very important part of their identity.

What do you know about these religions? How do their followers express their identity?

**Islam**

**Judaism**

**Buddhism**

**Christianity**

**Sikhism**

**Hinduism**

How do they behave? What do they wear? How do they relate to other people?



# Many people express their religious identity through worship.



They may go to a place of worship to pray, sing or study religious books with others.

They may take time to pray or meditate every day.

Many Muslims pray at five different times during the day.





Lots of people wear symbols or clothes associated with their religion.



Christians may wear a cross or a crucifix.

Jewish boys and men may wear a Kippah, or Yarmulke when they pray; some Jewish men wear them all the time.



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Some Muslim men may not trim their beards, and some Sikh men and women do not cut their hair. Sikhs may wear a turban to wrap up their long hair and keep it clean. They do these things because of religious rules and teachings, and as a reminder of their commitment to their beliefs.



Let's find out some other ways that members of religions express their religious identity...



Helping others is a very important way in which members of religions express their identity and their commitment to their faith.



They may donate food...



...or money to help support people in need.





...or take part in events to raise money for charity.

Some people volunteer their time to go and work on charitable projects paid for by their church...





Today you will be considering the ways  
in which identity can be expressed.



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# PLENARY

Can you remember some ways in which members of religious communities express their identity?

How do we express our identity as members of our school community?

Are there any similarities?

