



Hindu Council of Australia  
Special Religious Education

# Scope & Sequence

Years 7 - 10

# Hindu Council of Australia

## Special Religious Education Program

Hindu Council of Australia's Special Religious Education (SRE) Program provides the opportunity for students to connect with their rich spiritual and cultural heritage in a way that is both deeply meaningful and relevant to their lives in modern Australia. A focus of Hindu SRE is to provide a supportive environment for students to experience the benefits of Meditation.

Meditation has innumerable benefits for students, helping to promote increased well-being, better social skills and greater academic skills. From a spiritual perspective, meditation provides students the opportunity to develop a deep and fulfilling relationship with God and experience the sacred connection between themselves and others. Hinduism fosters the positive values of respect, tolerance, empathy, determination, resilience and service to others and encourages a healthy, balanced and meaningful life in harmony with community and the natural world.

HCA's SRE Program repeats the same themes each year with lessons successively building upon what was learned at previous year levels. The program will continue to evolve over time based upon our review process which includes interaction with students and their needs.

## HINDU COUNCIL OF AUSTRALIA: SRE SCOPE AND SEQUENCE YEARS 7-10

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Term 1</b>	<b>Unit 1: What is Meditation</b> This unit introduces students to the many benefits of meditation with special focus on its relevance in our modern lives. Students learn how to use ancient methods of meditation to practically deal with the pressures they face everyday life. The stories of Kunti and Draupadi (Mahabharata) illustrate that connection to and taking refuge in God is where the deepest solace and shelter from the storms of life can be found.  <b>Meditations &amp; Themes: Relaxation, Breath, Mantra, Rest, Inner Peace</b>					<b>Unit 2: Meditation Upon Sound</b> This module focuses on mantra, transcendental sound. Students explore the positive and negative impacts of sound on physical and mental health and then go on to learn about the benefits of transcendental sound. Students further explore the transformative effects of mantra through the story of Valmiki (Bhagavat Purana). Meditation uncovers the true self as well as the spiritual qualities that are inherently part of each person's real nature.  <b>Meditations &amp; Themes: Mantra, Transformation, Self Discovery</b>				
<b>Term 2</b>	<b>Unit 3: Japa Meditation</b> Students make their own japa mala to use for meditation and learn a variety of applications for japa meditation including as a walking meditation for when our bodies are restless, as a stress and anxiety "circuit breaker" and as a tactile way to combat unhealthy habits. Students explore meditation for problem solving and creativity and focus on developing the positive traits of compassion and empathy with meditation through the story of Narada and the hunter (Skanda Purana).  <b>Meditations &amp; Themes: Japa, Problem Solving, Creativity, Compassion, Empathy</b>					<b>Unit 4: Kirtan Meditation</b> Students further their exploration of kirtan meditation begun in Unit 2 with opportunities to explore a variety of musical instruments, rhythms and mantras. An introduction to the history of kirtan with Chaitanya Mahaprabhu and a special emphasis on the joy and harmony of spiritual life. The concept of sangha (community) highlights how kirtan offers an opportunity to strengthen relationships and build community. Forgiveness as a key element of harmonious relationships is explored.  <b>Meditations &amp; Themes: Kirtan, Joy, Harmony, Community, Relationships, Forgiveness</b>				
<b>Term 3</b>	<b>Unit 5: Breathing Meditation</b> Students practice gentle breathing techniques nadi shodhana, viloma, ujjayi and brahmari, and learn the health benefits as well as how to integrate these techniques into their meditation routine to encourage focus and ease stress. The practice of mantra breathing combines breath work and the practice of mantra meditation to keep the mind anchored on the mantra. Building upon the theme of community from Unit 4, students explore connection and karma yoga (selfless service). <b>Meditations &amp; Themes: Pranayama, Mantra Breathing, Focus &amp; Concentration, Service</b>					<b>Unit 6: Meditation Upon A Form</b> Students explore meditation upon a form via the story of Dhruva (Bhagavat Purana) who achieved success by meditating upon the form of the Lord. Through this story, students engage with the concept of murti (deity) and also of the form of the Lord within the heart. Students explore the topics of solitude, mauna (spiritual silence), and combating loneliness with meditation. Students also engage with the values of determination and success.  <b>Meditations &amp; Themes: Meditation upon Form, Success, Determination, Loneliness</b>				
<b>Term 4</b>	<b>Unit 7: Mindfulness Meditation</b>					<b>Unit 8: Integrating Meditation Into Daily Life</b>				

	<p>Students explore mindfulness techniques to enable them to observe their thoughts and emotions in a non reactive way. Students are given the opportunity to explore and discuss some of the most common negative emotions such as fear, jealousy, insecurity, self-worth, anger. Students then explore practical ways to apply meditation techniques to help them overcome emotional overwhelm. Students explore the story of Pralad Maharaj (Bhagavat Purana) as an example of cultivating courage through faith.</p> <p><b>Meditations &amp; Themes: Mindfulness, Courage, Faith, Overcoming Negative Emotions</b></p>	<p>This unit ties together the various themes and meditations students have studied over the course of the year. Students will explore Bhakti - the deeply personal values of love, devotion, individual choice, free will and surrender to God through study of key themes from Bhagavad Gita. Students will be encouraged to reflect on their meditation practices over the past year and evaluate the benefits in their personal lives. Students will further develop strategies to incorporate meditation into a daily sadhana to support them through the ups and downs of life.</p> <p><b>Meditations &amp; Themes: Bhakti, Sadhana, Love, Devotion, Surrender, Free Will</b></p>
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## HINDU COUNCIL OF AUSTRALIA: SRE LEARNING OUTCOMES YEARS 7-10

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Term 1</b>	<b>Unit 1: What is Meditation</b>					<b>Unit 2: Meditation Upon Sound</b>				
	<p>Students gain an appreciation for the relevance and benefits of Hindu Meditation in their personal lives through an exploration of its worldwide popularity and its physical, mental and spiritual benefits.</p> <p>Students develop an understanding of the connection between relaxation, resilience and healthy lives and an appreciation that the deepest solace is found through our relationship with God. Stories of Kunti and Draupadi (Mahabharata).</p> <p>Students identify current issues and situations in their lives where meditation could personally benefit them.</p> <p>Students experience the physical relaxation of shavasana (progressive relaxation), the mental relaxation of simple pranayama (yoga breathing) and the deep spiritual peace of connection to God through mantra (transcendental sound).</p>					<p>Students identify and discuss the positive and negative health effects of sound leading to the appreciation that sound is powerful. Students are introduced to the benefits of mantra (transcendental sound) and explore a variety of ways to engage in meditation upon a mantra.</p> <p>Students continue to practice meditations learned in Unit 1 and now begin to incorporate kirtan meditation. (Kirtan meditation is expanded upon in Unit 4)</p> <p>Students explore the transformative nature of meditation upon mantra via the story of Valmiki (author of Ramayana) and come to an appreciation of how a mantra uncovers the atma (true self) and the inherent spiritual qualities that are part of our real nature.</p>				
<b>Term 2</b>	<b>Unit 3: Japa Meditation</b>					<b>Unit 4: Kirtan Meditation</b>				

	<p>Students create a personal japa mala (set of meditation beads) for their meditation practice.</p> <p>Students experience japa meditation and explore the variety of situations that japa meditation can be used in. Students consider practical applications for japa meditation in their daily lives.</p> <p>Students explore the use of meditation for problem solving and creativity.</p> <p>Students appreciate the qualities of compassion and empathy and explore how they can be developed through the practice of meditation by engaging with the story of Narada and the hunter (from the Skanda Purana).</p>	<p>Students further their experience of kirtan (meditation with music, singing and rhythm) with an opportunity to explore a variety of musical instruments and styles as is suited to the classroom environment.</p> <p>Students gain an appreciation for the joy and harmony of meditation and spiritual life and explore the history of the kirtan movement via stories and songs of Chaitanya Mahaprabhu.</p> <p>Students assess the role of sangha (spiritual community) and explore the ways kirtan offers an opportunity to strengthen relationships and build community. While investigating the ways strong and healthy relationships contribute to a healthy life, students come to appreciate the spiritual quality of forgiveness and assess the relevance of learning to forgive in their own lives.</p>
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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Term 3</b>	<b>Unit 5: Breathing Meditation</b>					<b>Unit 6: Meditation Upon A Form</b>				
	<p>Students are introduced to and practice pranayama (yoga meditation breathing techniques): nadi shodhana, viloma, ujjayi and brahmari. Students learn the benefits of practicing pranayama and identify ways to integrate breathing techniques into their day to encourage focus and reduce stress.</p> <p>Students practice mantra breathing to bring about the deepest level of rest and relaxation for the mind and heart.</p> <p>Students build upon the theme of community from Unit 4, coming to appreciate that because of the connection between oneself and others, we cannot be happy leading self centred lives. This leads to understanding the value of karma yoga (selfless service).</p>					<p>Students are introduced to meditation upon murti (deity form of the Lord). Students sew flower garlands and participate in simple puja (worship).</p> <p>Students are introduced to meditation upon Paramatma (the form of the Lord residing within the heart) via the story of Dhruva (Bhagavat Purana). Students learn the 'Om Namoh Bhagavate Vasudevaya' mantra.</p> <p>Students are introduced to the practice of mauna (spiritual silence), and explore and contrast solitude and loneliness.</p> <p>Students explore the themes of determination and success as embodied by Dhruva.</p>				

<b>Term 4</b>	<b>Unit 7: Mindfulness Meditation</b>	<b>Unit 8: Integrating Meditation Into Daily Life</b>
	<p>Students use mindfulness techniques to observe thoughts and emotions in a non reactive way.</p> <p>Students discuss common negative emotions such as fear, jealousy, insecurity and anger and explore how meditation techniques help to overcome emotional overwhelm.</p> <p>Students gain inspiration through the story of Prahlad (Bhagavat Purana) as an example of courage through faith in the Lord.</p>	<p>Students explore key themes from Bhagavad Gita, especially love, devotion, free will and surrender to God.</p> <p>Students realise that in moving towards adulthood, they have the individual responsibility and free will to make choices in life and also to accept the consequences of those choices.</p> <p>Students reflect on the meditation practices they have engaged in over the course of the year and evaluate the benefits to their personal lives.</p> <p>Students develop strategies to incorporate meditation into their lives on a daily basis through personal sadhana (spiritual practice).</p>