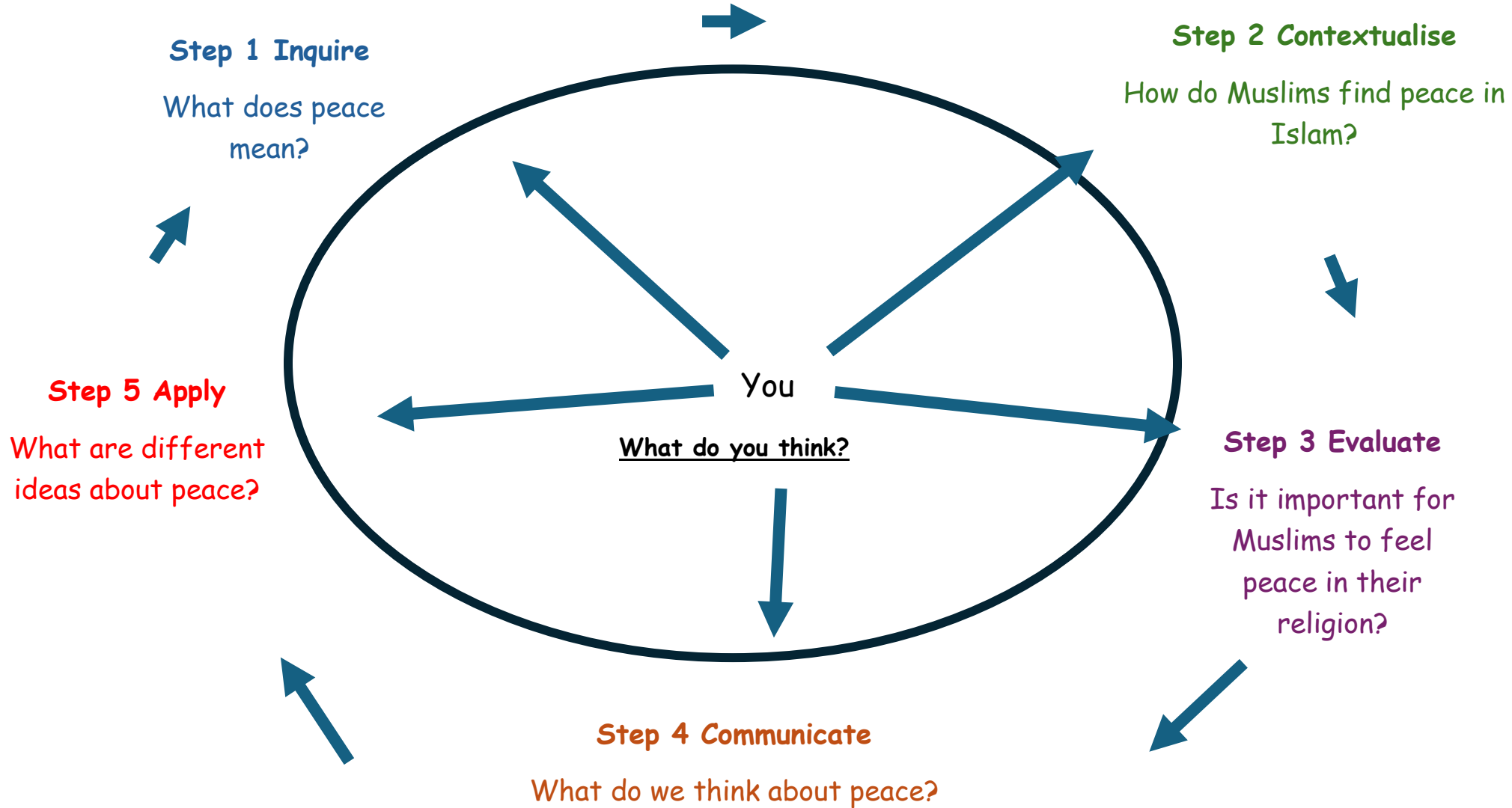







Cycle of Enquiry (Autumn 1)  
Theme: What does it mean to be a Muslim today?  
Key Concept: Peace



Retrieval Task – discussion

<p>Which of these images show belonging?</p>		
	<p><b>A.</b> <i>family</i></p>	<p><b>B.</b></p>
		<p><i>Football Team</i></p>
		
<p><b>C.</b> <i>School</i></p>	<p><b>D.</b></p>	<p><b>E.</b></p>

**Autumn 1: Concept: Peace: Theme/Unit: What does it mean to be Muslim today?**

**Lesson 1 – Step 1 - Inquire – What does *peace* mean?**

**Date: 10/9/25**

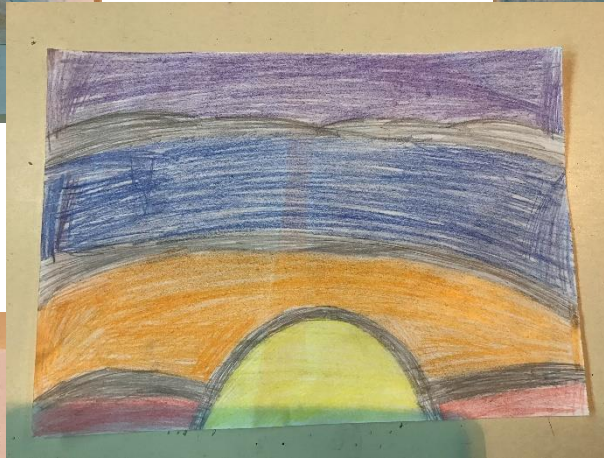
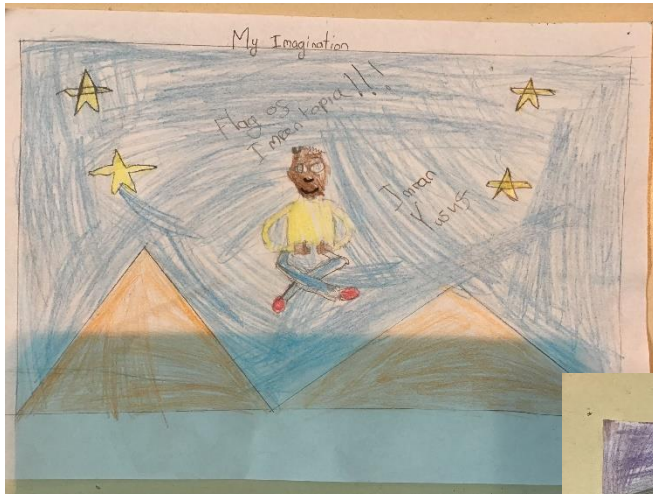


As a class, we listened to some calming music for meditation to help us relax and find peace. This is what the children said afterwards:

- “I like to be active and not sitting still.” JB
- Everything is quiet and you are sleeping. DP
- Calm music makes me sleepy. JK
- Tired and sleepy. FD
- It feels like the world stops and you can relax. PG
- Stay still / stay put. SDC
- Makes my legs and body feel heavy. NP
- Feels like I’m in a cloud. HM
- I feel like I can do whatever I want and dream to be whatever and wherever I want. MB
- It gets rid of my thoughts and makes me feel calm. Like in another universe. IY



Activity



Wednesday 24<sup>th</sup> September 2025

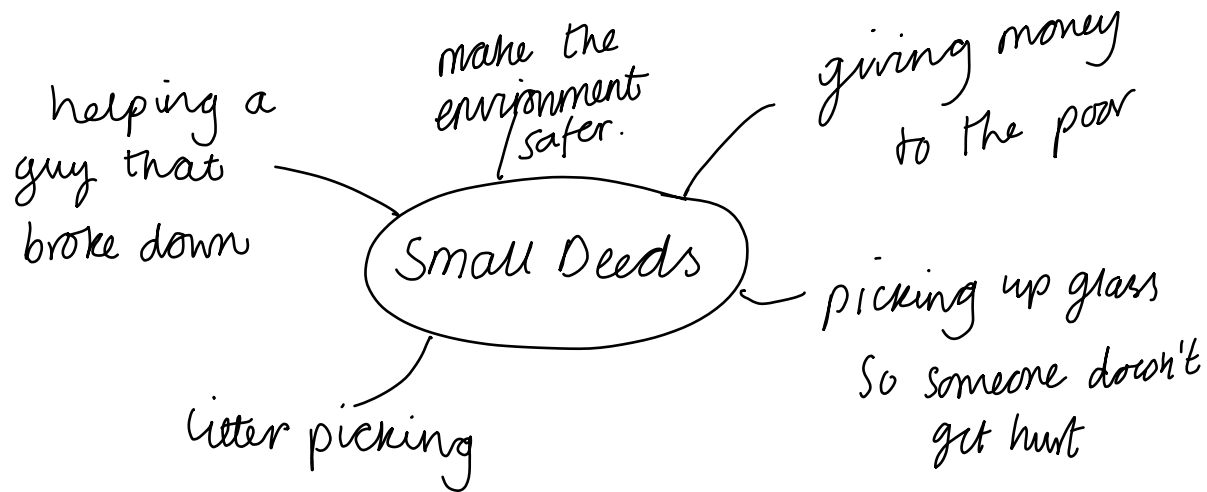
Retrieval Task

List three things that you belong to.

- School community
- Family
- Christian community (my church)

Autumn 1 - Concept: Peace: Theme/Unit: What does it mean to be Muslim today?

Lesson 2 Part 1 – Step 2 - Contextualise – How do Muslims find peace in Islam?



## What is the importance of small deeds?

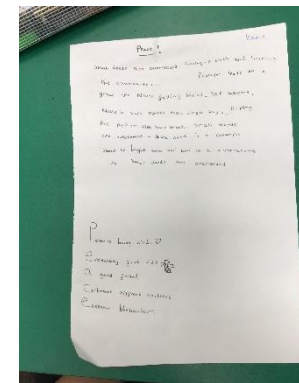
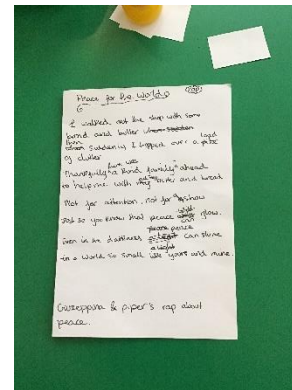
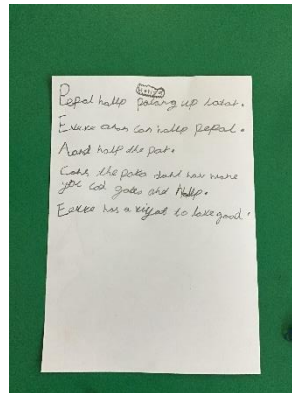
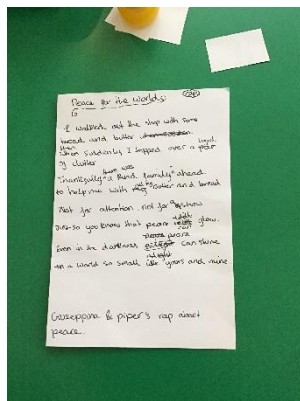
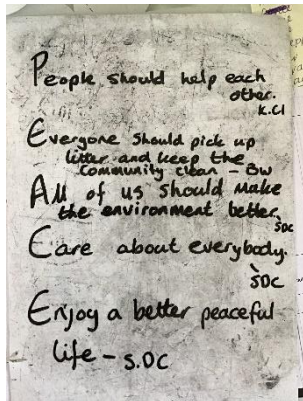
It is important to do them to go to heaven and live a peaceful life.

It is helpful to pick up litter and pick up glass to keep people safe.

It can stop people getting her.

I think giving money to the poor will help them to get a home and a job and set up their life.

## Activity - Poems and raps about Peace:



Retrieval Task



What is this item? prayer mat

Which religion is it associated with? Islam

When used which direction does it face? Mecca

**Autumn 1 - Concept: Peace: Theme/Unit: What does it mean to be Muslim today?**

**Lesson 2 Part 2 – Step 2 - Contextualise – How do Muslims find peace in Islam?**

**Date:**

Fasting

- Pray more to feel closer to God
- Celebrate Eid at the end
- Teaches you about self-discipline
- Be more spiritual
- Think about those less fortunate
- Trying to stop bad habits
- At night they pray then eat
- When you become old enough you practice
- Pray when the sun rises
-

Retrieval Task

What can you remember about Islam?

What is the name of the god in Islam?

Allah

What is the name of their holy book?

Qu'ran

What is the name of their sacred place, where they meet to pray?

Mosque

How many pillars are there in Islam?

5

Any other facts you remember:

whispered to when born

Zakat

special phrase

fast

religious dress clothes

pillars

walk around

throw a stone

Autumn 1 - Concept: Peace: Theme/Unit: What does it mean to be Muslim today?

Lesson 3 – Step 3 - Evaluate: Is it important for Muslims to feel peace in their religion?

Date:

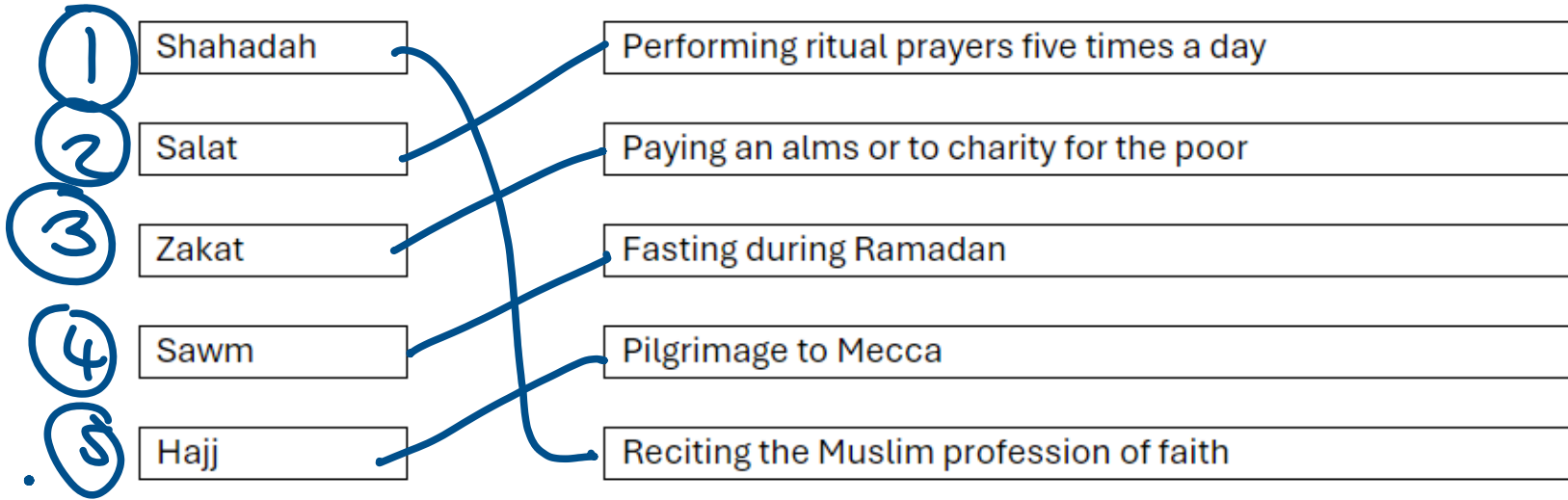
<p><i>Why do you think Muslims might want to feel peace?</i></p> <ul style="list-style-type: none"><li>• time to thank</li><li>• reflection</li><li>• pray</li><li>•</li></ul>	<p><i>Do they want to feel peace all the time?</i></p> <p>Yes - not in danger / dedicated to their god</p> <p>No - communicate with others / fun time job / angry / emotions</p>	<p><i>Do you think it is important for Muslims to go somewhere to feel peace? Why/why not?</i></p> <p>Yes - to feel closer to Allah</p> <p>NO - you can stop and reflect / could be far away / family</p>
<p><i>Can they feel peace anywhere?</i></p> <p>Yes - even if its busy / time. Allah is everywhere</p> <p>No - danger / significant event</p>	<p><i>Do you think it is useful for them to seek peace through prayer and the Five Pillars of Islam? Why/why not?</i></p> <p>Yes - daily &amp; life</p> <p>↳ talk to Allah</p>	<p><i>Do you think there might be other ways that Muslims could experience peace? How might they do that?</i></p> <p>Kind, with family, quiet place, meditating</p>

Why is it important for Muslims to feel peace in their religion?

- ①. calm in tough situations
- ④. Closer to Allah
  - Think positively
- ②④. Being grateful Allah

# Retrieval Task

Match the pillars of Islam to their meaning.



**Autumn 1 - Concept: Peace: Theme/Unit: What does it mean to be Muslim today?**

**Lesson 4 – Step 4 - Communicate: What do we think about peace?**

**Date:**

When do you feel peace?

- When siblings aren't annoying
- When I'm with my friends
- In my bed
- In my room
- Outside – the woods
- Good weather – nature
- Taking my dogs for a walk
- Playing games (build a tractor)
- Eating / drinking
- Quiet
- Alone
- Relaxed
- With my family
- Going to sleep
- Drawing

- Taking a bath
- Reading a book
- A walk / outside time
- Leaving school
- Singing
- 

## Photos of mediation

*When might you want to use these situations, and when would it not be appropriate?*

- **Stressful day**
- **Finding something tricky**
- **Feeling sad**
- **Reflect when you've made a mistake**
- **Feeling mad**
- **Many things to do overwhelmed**
- **Going to sleep**
- **When you've had a fight / falling out**
- **Anxious / panicked**
- **Calm**

- **In your lessons**
- **Significant events**
- **Meetings**
- **With people / talking – rude**
- **Transport**
- **Giving up**
- **Toilet**
-

## Retrieval task – current unit

List three words or images associated with peace.

- nature
- meditating / calm
- Dove

What is the Muslim word for fasting? Sawm

When do Muslims fast? Ramadan

List three items or activities that can make people feel at peace.

- pets
- chess / quiet game
- family
- quiet place

**Autumn 1 - Concept: Peace: Theme/Unit: What does it mean to be Muslim today?**

**Lesson 5 – Step 5 – Apply – What are different ideas about peace?**

**Date:**

Is being at peace always good?

- No because if you are frustrated as you need to get the anger out
- Building onto that, if you are in an argument as you need to say your bit
- It's a choice
- You need time to do fun exciting things – could be boring all the time
- It can prevent war / arguments – can be like the ceasefire
- It can be rude if you are in a conversation
- Sometimes you can't as its significant events / sad times
- Building onto Seren, you can have peace at different times

When to feel peaceful

- quiet place
- alone
- to calm down
- nature / outside
- mosque / sacred place
- mediating
- quiet family time

When not to feel peaceful

- arguments
- playtime
- angry / mad
- significant events
- fighting / war
- job