
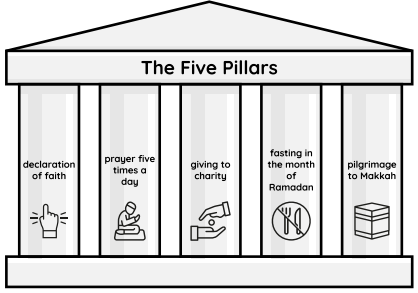


R&W - Where do we get our morals from?

commandments	Rules that some people believe to be given from God.	morals	Beliefs about what is right and wrong.
covenant	A promise or agreement.	observance	Obedying a law or following religious guidance.
Golden Rule	An important rule or guidance linked to an organised worldview.	precept	A rule about how to behave or think.
mitzvot	A Hebrew word meaning the commandments or rules to abide by.	restrictive	Limiting something.



A **prayer shawl** is a special garment, often worn during prayer. Many Jewish people wear a **tallis** which has fringes (**tzitzit**) to remind them of the 613 mitzvot.




Many Muslim people try to focus on the **Five Pillars**, a set of acts showing commitment to God and care to others.




The **Eightfold Path** helps many Buddhists make good moral decisions to become kinder, more peaceful and happier.



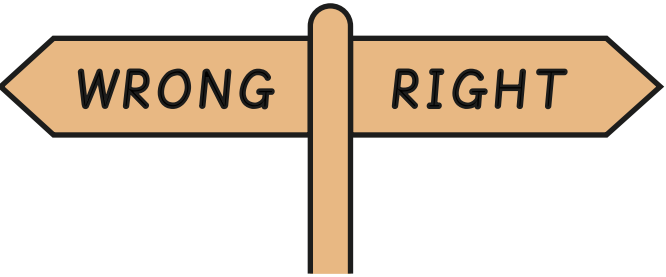
Humanists focus on a happy and fulfilled life and follow the **Golden Rule** which is to treat others as you would like to be treated.



The mitzvot include the **Ten Commandments** which many Jewish and Christian people believe God gave to Moses.



The **Yama** and **Niyama** are part of Hindu guidance. **Yama** means being kind to others and treating them with respect. **Niyama** means being kind to yourself and doing things that make you a better person.



Guidance and **rules** help people to make decisions about what is right and wrong. **Morals** help people make decisions about how to apply and follow rules and guidance.