

RE: Caring for Others

Raksha Bandhan



Brothers and Sisters

Have you got any brothers or sisters?

If you have, what do you like and dislike about having a sibling?

What do you do to show your family that you love them?



What is Raksha Bandhan?

Raksha Bandhan is a Hindu festival, usually celebrated in August.

Raksha Bandhan is also known as Rakhi.



It celebrates and strengthens the bond of love between brothers and sisters.

Traditions of Raksha Bandhan



Brothers and sisters face each other.

The sisters tie a Rakhi (bracelet) made from coloured cotton or silk around their brother's wrist.

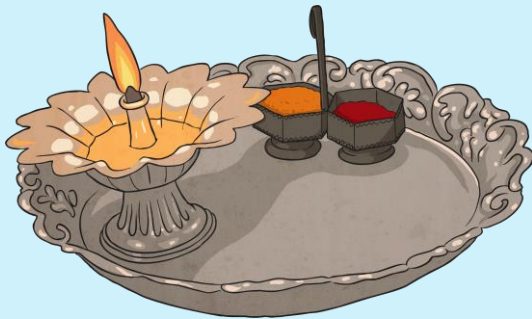


The Rakhi symbolises protection from evil.

Red and gold threads are popular Rakhi colours and some bracelets also have beads and jewels on them.

Traditions of Raksha Bandhan

After the Rakhi (bracelet) has been tied, the sisters say a special prayer and sometimes perform an Aarti ceremony. This is where a special tray with a lighted candle or lamp is rotated around the brother's face in an offering, whilst prayers and good wishes are said.



Then the sisters put a tilak (a colourful mark) on their brother's forehead.



After the tilak, the brothers make a special promise to look after and protect their sisters.

Traditions of Raksha Bandhan

The sisters then feed sweets to their brothers, using their hands.



The brothers then offer their sisters gifts and may also feed them with sweets.



Brothers and sisters often hug and then families usually continue the celebration.

Raksha Bandhan Activity

Make, draw or write something for your brothers and sisters (or someone else in your family if you don't have a brother or sister) to show them that you care for them.

Some ideas could be to:

- Make them a bracelet
- Help to cook something for them
- Draw them a picture
- Write them a note
- Record a video message for them
- Learn a song to sing for them