**RE- WEEK 1**

**Who is Muhammad?**

1. **Write down on a piece of paper times when you felt it is good to be peaceful.**

**Why are these times necessary? Justify ideas.**

1. **What does peace and quiet enable us to do? Have you ever sat alone to think?**
2. **The prophet Muhammad often spent time alone in quiet contemplation. Try to sit quietly and reflect on times when you have been asked to do something that you felt a bit afraid of doing. Share how you felt and what you thought about.**
3. **Go into the website below and watch the video**

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[**https://www.bbc.co.uk/bitesize/clips/z9b9jxs**](https://www.bbc.co.uk/bitesize/clips/z9b9jxs)

1. **Think about how Muhammad might have felt in the stillness of the cave and compare this to your own ideas from earlier….**
2. **What does peace mean to you? Draw a picture of what this looks like.**