



**Background Information for Teachers**

Religion has played an important role in the world. The type of religion has changed from place to place and over different times; however, we still draw many messages from it today. The children will be focussing on Sikhism. Here they will explore their beliefs and practices. The children will make links between how Sikhs practise their religion and the beliefs that underpin this. They will respectfully ask questions about some ways Sikhs choose to behave and the levels of commitment they show.

**What? (Knowledge)**

**The 5 Sikh Beliefs**

The Sikh 5 Ks are like a uniform in some ways: but they express beliefs. These connect them to believe in the different items a Khalsa Sikh wears:

1. God has no end, no beginning and we are all connected to God.
2. It's good to be modest.
3. Only fight to defend the weak.
4. God gives us gifts, and we should accept them thankfully.
5. Neat and tidy, clean and calm, that is how to come to God.

**The Langar**

Sikh services are always followed by a Langar. Sikhs believe it is a good thing to treat everyone equally and to share. The Langar is an opportunity to share food with the local and wider community.

**The Golden Temple**

The Golden Temple of Amritsar is located in India. Many Sikhs take a pilgrimage there to pay respect to Guru Granth Sahib and to bath in the Amrit Saras Kund, believed to have healing powers.

**The 3 Duties**

The three duties that a Sikh must carry out can be summed up in three words; Pray, Work, Give.

**Nam Japna (Pray)** - Keeping God in mind at all times.

**Kirt Karni (Work)** - Earning an honest living. Since God is truth, a Sikh seeks to live honestly. This doesn't just mean avoiding crime; Sikhs avoid gambling, begging, or working in the alcohol or tobacco industries.

**Vand Chhakna (Give)** - (Literally, sharing one's earnings with others) Giving to charity and caring for others.

**Diagrams, Images and Symbols**



**What? Vocabulary**

Spelling	Definition/Sentence
Beliefs	Acceptance of something without proof
Langar	Communal free kitchen, serving the community
Pilgrimage	Journey to a religious place
Gurdwara	Sikh place of worship
Temple	Another word for a place of worship
Commitment	The act of being dedicated to the cause or activity

**The 5 Ks**

Kangha	Small wooden comb, symbol of cleanliness and organisation
Kara	Steel bangle, reminds one to behave, follow their faith and not do wrong
Kirpan	Warrior's sword, symbolises the spiritual battle defending what is right and upholding the truth
Kesh	Not cutting one's hair as a symbol of their faith
Kachera	Short trousers, symbol of leaving old ideas and following new, better ones

**Key Question**

What are the key leanings you have taken from this topic?

What similarities and differences does Sikh religious images and symbols have with other major religions? (Christian, Islam, Judaism)

How does Sikh religion bring people close to God?

What does it mean to Sikh's for following the teachings of Guru Nanak and adhering to the 5 Ks?

Give an example from other religious beliefs which are similar to Sikhism. (treat everyone equally, help the less fortunate, be kind to everyone)