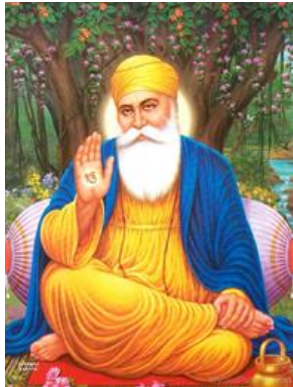

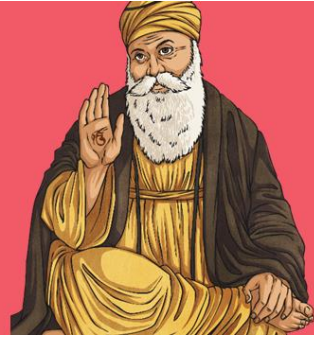
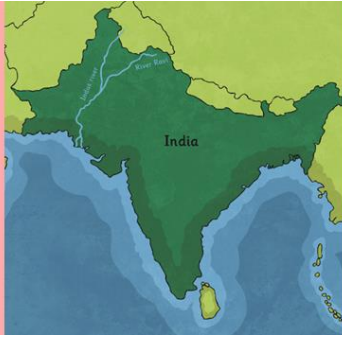


Topic: Caring - Sikhism	Phase: KS1	Strand: RE - Listening and Exploring	
<b>What should I already know?</b>	<b>Key Information</b>	<b>We are MANOR! As learners we will ...</b>	
<ul style="list-style-type: none"> <li>I can talk about past and present events in my own life and in the lives of my family members.</li> <li>I know that other children don't always enjoy the same things as me and I am sensitive to this.</li> <li>I know about similarities and differences between myself and others, and among families, communities and traditions.</li> </ul>	<p>Sikhs believe in one God who guides and protects them. They believe everyone is equal before God. Sikhs believe that your actions are important and you should lead a good life. They believe the way to do this is:</p> <ul style="list-style-type: none"> <li>Keep God in your heart and mind at all times</li> <li>Live honestly and work hard</li> <li>Treat everyone equally</li> <li>Be generous to those less fortunate than you</li> <li>Serve others</li> </ul>	<b>Manners</b>	Develop a respect and understanding for the views and opinions of other people and share ideas about our own ideas and thoughts in a respectful manner. We will celebrate good work, value others' contributions, and discuss and debate opinions.
<b>At the end of the unit, I will be able to:</b>	<p>This half term we will be learning about how and why Sikhs show care for others in their community, and why this is an important part of their faith.</p>	<b>Aspiration</b>	Learn by being challenged in a series of well-designed and interesting activities designed to deepen our understanding of the world and broaden our horizons. We will be aspirational in developing knowledge and conceptual understanding through practical activities and discussions.
<ul style="list-style-type: none"> <li>Identify some people who care for me and talk about the ways in which people show that they care.</li> <li>Understand that people in faith communities care for and help each other.</li> <li>Describe some of the ways in which Sikh people care for each other and understand that Guru Nanek teaches Sikh people to be kind and to care for others.</li> <li>Reflect on what it might be like in a Gurdwara when the Langar meal is served.</li> <li>Demonstrate acts of care towards others and talk about why it is important to take care of others, and explain how and why people show care in different ways.</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<b>Nurture</b>	To recognise that we live in a wonderful world made up of many different people and ways of living. We will develop an appreciation and respect for the diverse world and environment in which we live, showing care and compassion for the people and beliefs around us.
		<b>Open-Mindedness</b>	We will be open-minded so that we can learn more about others and the way in which they live their lives. We will listen respectfully to each other and not laugh at or make fun of what other people say.
		<b>Resilience</b>	Engage confidently with the RE curriculum and learn that anything is possible and failure is not something to fear but to learn from. We will support each other to learn new things and share what we know so that we might help others.

Sikhism was founded by **Guru Nanak** in the 15th Century in **India**.



### Sikhs believe that:

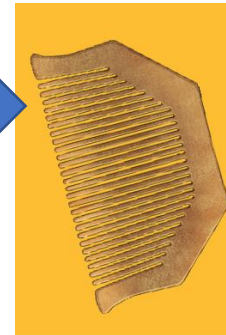
- There is **only one God**.
- God **can not** be described as either male or female.
- God is both **sargun** (everywhere and in everything) and **nirgun** (above and beyond creation).
- God created the world and created people to know the difference between **right and wrong**.
- Sikhs **do not have images of God** and are forbidden to worship any images created of God.

## The 5K's

Guru Gobind Singh founded the Khalsa. All men and women who belong to the Khalsa must wear five symbols which shows they are Sikh. They are called the five Ks because in Punjabi their names all begin with the letter 'K'.

The Kangha is a small wooden comb.

Sikhs use this to keep their hair in place and it is a symbol of cleanliness.



Kesh means hair. Sikhs make a promise to not cut their hair but let it grow as a symbol of their faith.

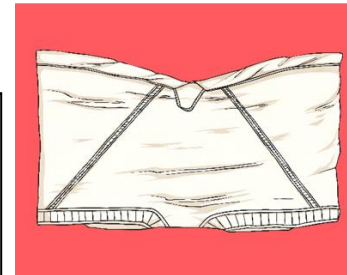


The Kara is a steel bangle worn on the arm of Sikhs.

It is a continuous circle with no beginning and no end.



The Kachera are short trousers worn as underwear. These are more practical than the long loose clothes most people in India wore at the time of Guru Gobind Singh.



The Kirpan is a warrior sword. These days, a very tiny one is worn as a symbol of dignity and self respect.



## The Gurdwara

Sikhs worship both in public, at the Gurdwara, and in private, at home.  
The word Gurdwara means door or gateway to the Guru.



Gurdwaras fly a flag called the Nisan Sahib outside to show that it is a special place of worship. The flag contains the Sikh symbol called the '**Khanda**'. There are four doors into the Gurdwara to show that people from the north, east, south and west are welcome.

## Sharing - The Langar Kitchen

This is a free kitchen where food is served without charge during the whole day and evening until the temple is closed for the night. The food is paid for by donations to the Gurdwara. Usually it is Sikhs who make use of this service but it is for everyone.



Everyone is expected to eat together. People usually sit on a carpeted floor or stand at a table, although there are chairs for those who can't manage this because, for example, they are elderly. Eating together is another way of demonstrating that all people are considered equal.

## Vocabulary

Belonging	a sense of fitting in or feeling like you are an important member of a group.
Sikhism	A major world religion founded by Guru Nanak around 500 years ago in a place called the Punjab. This is an area which spans part of India and Pakistan in South Asia today.
Gurdwara	a Sikh place of worship.
Langar	A common kitchen/canteen where food is served in a Gurdwara to all the visitors for free.
5K's	5 physical symbols worn by Sikhs who have been initiated into the Khalsa. These are Kesh, Kanga, Kirpan, Kara and Kachera.
Khalsa	a group into which committed Sikhs can be initiated to demonstrate their devotion to their faith.

## Caring Quiz

- 1). How many God's do Sikh people believe in?
- 2). Who was the founder of Sikhism?
- 3). Can you name all of the 5K's and tell me what they are for?
- 4). What is the Langar Kitchen?
- 5). True or false, Sikhs **MUST** worship in the Gurdwara.

