

Sikhism 2, Living Sikh traditions

Key learning		Vocabulary		Big Question
1	In Sikhism there were 10 human Gurus (teachers). The last human Guru (Guru Gobind Singh 1675-1708) announced that after him there would be no more human Gurus. Instead he said that in future the Guru would be the Sikh holy book. This contained the teachings of the Gurus, and it would be the Sikh's only teacher. Since that time, it has been called the Guru Granth Sahib.	1	relishes a great enjoyment of something.	How do Sikh traditions show Sikh beliefs?
		2	parshad Parshad is blessed food made from flour, sugar, butter and water.	
		3	morsel a small piece that is the right size for one bite; bit.	Prior Learning 1 Sikhs say that Nanak was neither a Hindu nor a Muslims. Nanak taught, just like Muslims, that there was only one God, the creator of all things. However, like Hindus, Nanak taught that after death, a person's soul entered into another life. Sikhs give Nanak a special title: Guru Nanak. 2 Sikh does not mean a follower. Sikh is better understood to mean a learner, or a student. Sikhs do not worship the Guru as if he was divine. Nor do they regard Guru Nanak as a prophet. Sikhs heed the Guru and learn from him. They regard him as a great teacher, as a man who brought light: God's message of love to all who are willing to listen and learn. 3 Sikhs call Guru Nanak's journey the udasis. An udasis is a long journey from home. Each udasis had an important teaching behind it.
		4	unwavering not moving back and forth or changing positions.	
2	There is usually one person in each gurdwara responsible for reading from the Guru Granth Sahib and leading prayers. This person is known as the granthi. He or she sits behind the Guru Granth Sahib and faces the worshippers.	5	superstitious believing in or having superstitions	
		6	Seva 'selfless service'. It involves acting selflessly and helping others in a variety of ways, without any reward or personal gain.	
3	Sikhs can show their devotion to God in various ways: - Sikhs might go to the gurdwara to pray, ensuring that they cover their heads and remove their shoes. - Sikhs prepare langar in the gurdwara - Sikhs give money for the poor and needy.	7	liberated to free or let out.	
		8	exceptional different, unusual, or out of the ordinary.	
		9	compiled to gather information together to form one written work.	
4	The Khalsa was formed by Guru Gobind Singh at Vaisakhi in AD1699. It is a group into which committed Sikhs can be initiated to demonstrate their devotion to their faith. The purpose of the Khalsa is to respect the poor, defend the weak and understand that everyone is equal. Members of the Khalsa often see themselves as spiritual warriors, battling for the rights of those in need.	10	5 K's Items which represent beliefs that are fundamental to the Sikh faith.	
		11	Kesh Kirpan -Uncut hair - Hair should be left to grow, but must be kept clean and combed. -A sword - reminds Sikhs that it is their duty to fight against evil.	
5	The five Ks are five items that are worn on the body. They can be considered a uniform for Amritdhari Sikhs, also called 'Khalsa Sikhs'.	12	Kachera Kara Kanga -shorts worn as underwear -steel bracelet- the circle bangle remind Sikhs that God has no beginning or end and the steel is a symbol of strength. -Small comb - keeping clean and tidy is part of a Sikh's religion	

THE FIVE K'S

All Sikh men wear five signs of their faith. Each begins with the letter K in Punjabi. They are known as the Five K's.

KESH

Sikhs do not cut their hair or beard.



KANGA

A comb to keep the hair in place.



KIRPAN

A sword to defend the faith, the poor and helpless.



KARA

A steel wristband reminds Sikhs of one God without beginning or end.



KACHERA

Baggy shorts that Sikhs used to wear into battle.

Most Sikhs also wear a turban to keep the hair neat and tidy, and to resemble Guru Gobind Singh.



Sikhs call a melody, the raag (*raag*) and the beat, they call the taal (*taal*). Find the stringed instrument which plays the melody (*raag*). Now find the drums, which keep the beat (*taal*).

National Treasures



Guru Nanak Nishkam Sewak Jatha
Birmingham

Rights of the Child/Global Goals

Freedom of thought and religion (14)

Children can choose their own thoughts, opinions and religion, but this should not stop other people from enjoying their rights. Parents can guide children so that as they grow up, they learn properly to use this right.

Minority, culture, language and religion (30)

Children have the right to use their own language, culture and religion even if these are not shared by most people in the country where they live.