



# RE: Sikhism - How far would a Sikh go for his/her religion? (Autumn 1) Year 5



## When did Sikhism begin?

Sikhism began in India in the 15th Century by Guru Nanak. Nanak thought it was wrong to treat people differently because of race, gender or social status. When Nanak died, other men were chosen to be the Guru. Altogether there were 10 human Gurus - the last was Guru Gobind. The 11<sup>th</sup> Guru is the holy book. It contains prayers and hymns and important teachings.

## Where do Sikhs worship?

At the Gurdwara. Every temple has: a flag outside, a copy of the Guru Granth Sahib, a diwan hall (or worship room) a langar (kitchen / dining room). In the gurdwara visitors must remove shoes, wash hands and cover their heads. Worshippers sit on the floor, women and men usually on different sides. After the service a meal is cooked and served by members of the congregation. This is called langar, anyone is welcome to share and the food is vegetarian as Sikhs believe everyone is equal. Cooking or washing up is a way of giving service to others which is important to Sikhs.

## Vocabulary

1	Guru	A religious leader or teacher
2	Guru Nanak	The man who started Sikhism
3	Sikh	Meaning 'learner'
4	Gurdwara	Sikh place of worship
5	Langar	A special meal shared after services in the Gurdwara
6	Khalsa	A community of Sikhs who are committed to their religion.
7	Guru Granth Sahib	The Sikh holy book, Sikhs think of it as a living Guru
8	The 5 Ks	Items that the Khalsa Sikhs wear to show their commitment
9	Guru Gobind	The final human Guru, he created the Khalsa
10	Golden Temple	The holiest temple in the Sikh faith – In Amritsar, India.

## The 5 Ks

A community of Sikhs who are committed to their religion. It started when Guru Gobind asked 'who is willing to die for their beliefs?' Today Sikhs usually join the Khalsa when they are teenagers. They wear 5 special items to show their commitment.

- 1 Kanga - comb
- 2 Kesh – uncut hair
- 3 Kara - bangle
- 4 Kirpan - dagger
- 5 Kechera - shorts



## What is the Sikh holy book?

The Guru Granth Sahib. It is always treated with respect: Sikhs bow to it and never turn their back on it; carry it above their heads; when it is being used it rests on a throne, under and canopy; and when it is not being used it is covered with special cloths.